Botulinum toxin treatment concepts in South America

The aesthetic treatments with botulinum toxin A (BoNT-A) are well established, safe and effective. However, standardized injections are still missing, as treatments should be individualized.

Together with anatomy, the dose is one of the most important aspects of BoNT-A injections. But the used dosage has changed over the years. In the recent past, the recommended dosages for the main indications of BoNT-A, such as the glabellar area, were increased. Currently, we also have suggestions for different techniques according to the anatomy and the way people use their muscles.

In the last years, the suggested doses for the frontalis m. were reduced due to a better understanding of the function of these muscles, the relationship between dosage and muscle anatomy and response, as well to prevent aesthetic side effects, such as frozen appearance and sad look due to a lowered brow position.

To combine safety and efficacy, the trend is to use the lowest effective dosage in some areas and the most potent standard doses in other areas. For the lower face, the use of lowest effective dosage and combination with synergistic treatments, such as fillers, remains the trend for optimal results. For the upper face, successive treatments with effective doses reduce the muscle mass and preserve the brows in a better position.

The specific selection of the sites to be injected and dosages are the keys to obtain successful results.