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NEUROTOXINS

Everything to Know About 'Baby Botox'

These are the must-know facts about Baby Botox.

By [Allie Hogan](#), Staff Writer · Dec 16, 2021



You may have heard the term "Baby Botox" being thrown around a lot recently. Per research done by Spate, searches for [Baby Botox](#) have shot up over the past year by more than 227%. If you've been curious about whether the treatment is right for you, we've got the details you need to make an informed decision.

What is Baby Botox?

"Baby Botox is a term used to refer to the injection of micro-droplets, or small doses of neurotoxin, to achieve a more natural, less 'frozen' result in reducing expression lines," explained Southlake, TX dermatologist [Q Janine Hopkins, MD](#). Essentially, it's lower doses of Botox Cosmetic.

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Botox Cosmetic is not the only brand that can be used at a low dose. New York dermatologist Erin Gilbert, MD pointed out that Dysport, Jeuveau and Xeomin can be used in the same way, so Baby Botox should really be called a “baby neuromodulator treatment.”

What are the benefits of Baby Botox?

This treatment boasts a slew of different benefits. Woodbury, NY oculoplastic surgeon [Q David Schlessinger, MD](#) said Baby Botox is great for preventing crow’s feet, [frown lines](#) and brow drooping. The preventive possibilities with Baby Botox allow patients to be proactive before lines appear so they “can enjoy decades of a more youthful appearance,” explained Dr. Schlessinger. One of the major benefits Baby Botox has over traditional neurotoxin injections is that it allows for a more natural look.

While New York City oculoplastic surgeon [Q Irene Gladstein, MD](#) doesn’t inject decreased doses of neurotoxin into the muscle in her practice, she does use Baby Botox superficially for [pore reduction](#) or to improve skin texture.

What differentiates Baby Botox from Botox?

“The dose in Baby Botox is much less. As the name implies, it is usually administered to younger people that are looking more for maintenance and prevention rather than full treatment for lines and creases that are very prominent,” explained Dr. Schlessinger. As the desired results are more subtle, Dr. Gilbert said the lower doses are “calculated based on a patient’s unique muscular strength in order to achieve this result.”

Who is a good candidate for Baby Botox?

Dr. Hopkins said she’ll put Baby Botox to work on her younger patients who are looking to [prevent wrinkles](#). Additionally, depending on patients’ facial features, they may be a better candidate for Baby Botox than the real thing. For example, “Patients with narrow foreheads or low set brows often have better results with lower doses to soften expression lines but prevent droopy lids or flat brows,” said Dr. Hopkins.

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In Dr. Schlessinger's opinion, "anyone that wants an improvement in their eyelid or brow position and anyone interested in maintaining a youthful appearance" may be right for Baby Botox. Dr. Gilbert said those seeking a mild reduction of frown lines, crow's feet or forehead lines but still want some movement are ideal candidates. She added that she also uses this technique on her clients that are models or actors, "who need to be able to make expressions while working. They can't if they are treated at higher doses."

Dr. Gladstein said patients who are "looking for smooth skin, significant pore reduction and a smooth, radiant complexion" are great candidates and "will be shocked by what superficial application of Botox would do for them."

What can a patient expect during a Baby Botox appointment?

"The procedure takes only a few minutes. These injections are performed with a very fine needle, so pain is minimal and bruising is rare," assured Dr. Schlessinger. When used in the muscle, Baby Botox is injected similarly to traditional neurotoxins, just in smaller doses. "First, any makeup or sunscreen is removed. Then the skin is prepped with a cleansing agent," explains Dr. Gilbert. "The injections are then performed into specific muscles depending upon which areas you want treated."

When used superficially as Dr. Gladstein uses it, there are a few different techniques. The stamping technique uses a custom microneedling device "to deposit the toxin in the superficial layers of skin," said Dr. Gladstein. Another technique "involves using tiny needles to inject the toxin into the superficial skin layers."

What is the recovery following Baby Botox?

According to Dr. Hopkins, "Patients can expect minimal to no downtime or discomfort." Dr. Schlessinger said small injection bumps appear for a few minutes following the procedure then dissipate. He also noted that there's not much of a recovery period. "If bruising occurs, it usually resolves within a few days and can be covered with makeup," said Dr. Schlessinger.

Different doctors will give you different instructions on how to go about your recovery period. According to Dr. Gilbert, some common things your provider may tell you to avoid includes: bending forward or laying down for a certain period of time, and, "Avoid rubbing your face, particularly the area around the eyebrows or eyes downward since this can result in the dreaded eyelid droop that people talk about," said Dr. Gilbert.

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How long do the results last?

Dr. Hopkins said the results last about four months. Dr. Schlessinger said they last three to six months. You will begin seeing the effects within the first or second day following the treatments, and the peak effects are seen at two weeks, said Dr. Schlessinger.

What are the potential side effects?

The potential side effects are the same as with any toxin treatment, said Dr. Schlessinger. "Bruising, mild injection site swelling and extremely rarely a drooped eyelid," he explained. Dr. Gilbert assured that allergies to neuromodulators are "exceedingly rare." However, she noted that migraines can occur in those with a history of the condition.



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