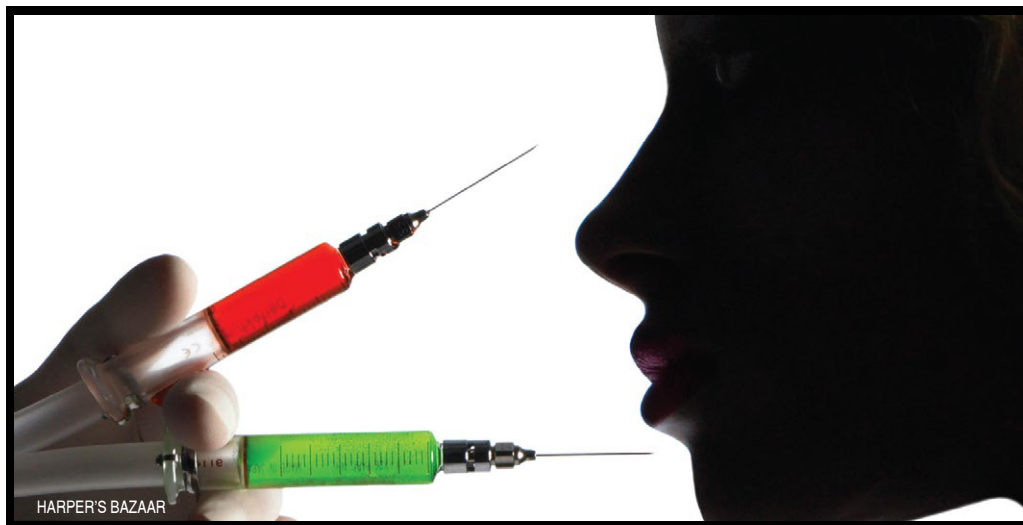


7 DERMATOLOGISTS & PLASTIC SURGEONS WEIGH IN ON BOTOX

When it comes to Botox, everyone's got an opinion. We asked the experts: How young is too young?

By Alexandra Tunell

"The youngest who have wrinkles in the forehead, between the eyes or crows feet, are very light skinned women with a history of excessive sun exposure. In that case, they may be as young as their late 20s. There are unusual cases of people in their early to mid twenties who overuse their forehead muscles which become overgrown and in those cases it may also be appropriate." —*Dr. Macrene Alexiades-Armenakas, Dermatologist and Founder of 37 Actives*



"Most women under the age of 23 maybe even 25 do not typically need Botox." —*Dr. Stafford Broumand, Plastic Surgeon and Associate Clinical Professor of Plastic Surgery at The Mount Sinai Hospital*

"In the past, Botox has been thought of as a treatment for middle-aged women. This is not true anymore and it has been used in women (and men) at a younger age. It is very common now in patients in the early thirties. This is usually the time in which expression lines become deeper and can potentially become permanent. When used correctly, it can be wrinkle-preventative. Patients in their early twenties are probably too young, although each situation must be judged individually." —*Dr. Matthew Schulman, Plastic Surgeon*

"If there are no visible wrinkles yet...then it's too young." —*Dr. Elizabeth Tanzi, Co-director of the Washington Institute of Dermatologic Laser Surgery*

"Botox is FDA approved and available for patients 18 and older. Most patients typically start using Botox in their thirties or older. It is possible to benefit from preventative Botox treatments starting at an age where wrinkles are not deep. For patients in their teens and

twenties, I typically recommend beginning a preventative skincare routine with clinically-proven ingredients, rather than Botox injections." —**Dr. Elie Levine, Plastic Surgeon & National Medical Director of AOB Med Spa**

"Using Botox before the age of approximately 25 is probably unnecessary. Although there may be lines present, it is unlikely that the lines are permanent at this point. Also, skin at this age is very healthy and resilient. Using sun protection along with a good skin care regimen is all that is needed at this stage." —*Dr. John Diaz, Plastic Surgeon and Vice President of the Los Angeles Society of Plastic Surgery*

"There really isn't an absolute age that is 'too young' for botox. As with any cosmetic procedure, I see age as less of a determining factor for treatment versus a whole host of other factors including but not limited to: extent of visible signs of extrinsic and intrinsic aging, appreciable fine lines and wrinkles, quantity and depth of dynamic wrinkles. I also take into account the patient's desire for the procedure and their realistic expectation for the outcome of treatment." —*Dr. Carlos A. Charles, Dermatologist and Founder of Derma di Colore*