

# BOTOX



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**Debbie Reynolds Hughes MSN, PMHNP, FNP, BC**

*Debbie received her master's of science in nursing from the University of Nebraska Medical Center. Her specialty areas are Psychiatry and Family Practice. She trained in a dual track program that emphasized holistic care by treating the patient's physical and psychological needs simultaneously. She is board certified by the American Nurses Credentialing Center as a Psychiatric Nurse Practitioner and also with the American Academy of Nurse Practitioners as a Family Nurse Practitioner.*

*As a holistic practitioner, Debbie offers a variety of services for the entire family, including medical and psychological diagnostic evaluation, medication management, weight loss, counseling and wellness coaching. One of Debbie's focus areas is treating men and women's hormone imbalances with the use of bio-identical hormones. She also specializes in diagnosing and treating nutritional deficiencies. Debbie has over 25 years of experience as a healthcare professional with her focus on keeping patients well and preventing the onset of chronic disease.*

## **Q What is Botox and is it right for you?**

Botox is a prescription medication that temporarily improves the look of mild-to-severe facial wrinkles. It is a purified protein that has been researched for more than 30 years on safety and efficacy. A nurse practitioner who has been specially trained and certified will review your medical history to determine if you are a good candidate for this procedure.

**A**

## **Q How many units will I need to prevent wrinkles?**

The average used per treatment is approximately 30 units. This will vary depending on gender, facial muscular strength and depth of wrinkles that are being treated.

**A**

## **Q How long will the treatment last?**

Botox will last 2 ½ to 3 months. The treatments may be done on a quarterly basis or "touch ups" may be done sooner if the patient wishes to be treated sooner.

**A**

## **Q Is Botox combined with other cosmetic treatments?**

Yes, Botox works great with other derma fillers, such as, Juvederm or Radiesse to have a more youthful appearance. Ask your Nurse Practitioner about time intervals between combined treatments, which is very important.

**A**

## **Q What can I expect during my first treatment with Botox?**

The nurse practitioner will evaluate your skin and review your medical history. It will then be determine how many units you will need for the best outcome. An ice pack will be applied to the area to help with vasoconstriction and will have an anesthesia effect. The injections are given with a small needle and the procedure only takes 15 minutes from start to finish.

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**Schedule Your Appointment with Debbie TODAY!**  
**(402) 408.0017**