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Dysport®
abobotulinumtoxinA
300 Units for Injection

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A 30+ Year Old's Guide to the Best Skin of Their Life

Sponsored by Dysport® (abobotulinumtoxinA) for Injection*



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voice, trouble saying words clearly, or loss of bladder control. Swallowing and breathing problems can be life threatening and there have been reports of death.

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We all know how quickly time passes, and our skin couldn't agree more. Often beginning as early as your 30s, skin starts to reveal the first signs of aging, making this decade especially crucial for treating skin conditions that pop up and preventing them from worsening. Whether you're in your 30s, 40s, 50s or older, you can still have the best skin you've ever had by following these golden rules.

Exfoliate Regularly

Because cell metabolism begins to slow down in your 30s, exfoliating up to three times a week is key to encouraging cell turnover and maintaining a smooth and fresh-looking appearance. Look for an exfoliator with glycolic acid, which is particularly effective in helping slough off dead skin cells.

[Learn More about Restylane® Silk →](#)



Explore Injectables

Growing older means that wrinkles and lines will pop up where they never used to. While a good skin care regimen can help replenish moisture and make wrinkles look less obvious, it can't deliver long-lasting results. Plus, as you age, skin doesn't respond as well to topical products as it used to.

Instead, opt for a prescription injectable like **Dysport**, that can temporarily treat the look of moderate to severe frown lines between the eyebrows (glabellar lines) in adults. It's a quick treatment (10–20 minutes) and results may last up to four months*. **Dysport** is a great option if you want to look natural—not frozen, because your 30s (or any age!) is too young for that.

[See Before and After Photos →](#)

*GL-1 and GL-3 evaluated subjects for at least 150 days following treatment. Based on investigator assessment at 120 days, the percentage of responders in GL-1 was 23% with Dysport (24/105)

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Don't Skimp on Hydration

Moisturize from head to toe, and don't forget about your neck and wrinkle-prone décollete area. As you get older, your skin gets drier and thinner, so moisturizing is important in maintaining a plump and smooth appearance. Better yet, use a product with peptides in it to firm your skin, smooth out its tone and boost collagen production.

See Slideshow: [How to Look More Naturally Beautiful](#) →



SPF Is Your BFF

Sun damage is a major contributor to aged-looking skin, along with more serious conditions like skin cancer. And, believe it or not, the sun negatively affects you even on cloudy days. The golden rule of skin care is to wear sunscreen daily—and make it a broad spectrum one to protect from both UVA and UVB rays. You'll be less prone to brown spots, wrinkles and redness, and more serious skin health issues.



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Introduce a Retinol to Your Routine

Often touted as a topical holy grail product, retinol is effective at helping cell turnover, fighting free radicals (which causes wrinkles and other signs of aging), increasing collagen production and helping with hyperpigmentation. Just remember, you don't need more than pea-size and use it regularly to help maintaining a more youthful complexion.

Learn More About How Dysport Can Work For You



Load Up On Vitamins

Use **vitamins** topically in the form of serums, which provide a super dose of these skin care essentials. Vitamin A helps boost collagen and smooth skin texture, vitamin C is a potent antioxidant that brightens skin and works to fade hyperpigmentation and vitamin E moisturizes skin and neutralizes free radicals.

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Dysport® is a prescription injection for temporary improvement in the look of moderate to severe frown lines between the eyebrows (glabellar lines) in adults less than 65 years of age.

Important Safety Information

***Please see full Important Safety Information, including Distant Spread of Toxin Effect, below.**

What is the most important information you should know about *Dysport*?

Spread of Toxin Effects: In some cases, the effects of *Dysport* and all botulinum toxin products may affect areas of the body away from the injection site. These effects can cause symptoms of a serious condition called botulism. Symptoms of botulism can happen hours to weeks after injection and may include swallowing and breathing problems, loss of strength and muscle weakness all over the body, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, or loss of bladder control. Swallowing and breathing problems can be life threatening and there have been reports of death.

The risk of symptoms is probably greatest in children treated for muscle spasms but symptoms can also occur in adults treated for muscle spasms and other conditions, particularly in those patients who have underlying conditions that would predispose them to these symptoms.

The toxic effects have been reported at doses similar to those used to treat muscle spasms in the neck. Lower doses, in both approved and unapproved uses, have also caused toxic effects. This includes treatment of children and adults for muscle spasms.

These effects could make it unsafe for you to drive a car, operate machinery, or do other dangerous activities.

Do not have *Dysport* treatment if you: are allergic to *Dysport* or any of its ingredients (see the end of the Medication Guide for a list of ingredients), are allergic to cow's milk protein, had an allergic reaction to any other botulinum toxin product, such as Myobloc® or Botox®, or have a skin infection at the planned injection site.

The dose of *Dysport* is not the same as the dose of any other botulinum toxin product. The dose of *Dysport* cannot be compared to the dose of any other botulinum toxin product you may have used.

***Dysport* may not be right for you if:** you have surgical changes to your face, very weak muscles in the treatment area, your face looks very different from side to side, the injection site is inflamed, you have droopy eyelids or sagging eyelid folds, deep facial scars, thick oily skin, or if your wrinkles can't be smoothed by spreading them apart.

Tell your doctor about all your medical conditions, including if you have: a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis, or Lambert-Eaton syndrome), allergies to any botulinum toxin product or had any side effect from any botulinum toxin product in the past, a breathing problem (such as asthma or emphysema), swallowing problems, bleeding problems, diabetes, or a slow heart beat or other problem with your heart rate or rhythm, plans to have surgery, had surgery on your face, weakness of your forehead muscles (such as trouble raising your eyebrows), drooping eyelids, or any other change in the way your face normally looks. Patients with a disease that affects muscles and nerves who are treated with typical doses of *Dysport* may have a higher risk of serious side effects, including severe swallowing and breathing problems.

Human Albumin

This product contains albumin taken from human plasma. Steps taken during donor screening and product manufacturing processes make the risk of spreading viral diseases extremely rare. In theory, there is also an extremely rare risk of contracting Creutzfeldt-Jakob disease (CJD). No cases of spread of viral diseases or CJD have ever been reported for albumin.

Allergic Reaction to Injecting in the Skin

It is not known if an allergic reaction can be caused by injecting *Dysport* into the skin. The safety of treating excessive sweating with *Dysport* is not known.

Common Side Effects

The most common side effects are nose and throat irritation, headache, injection site pain, injection site skin reaction, upper respiratory tract infection, eyelid swelling, eyelid drooping, sinus inflammation, and nausea.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal and other natural products. Using *Dysport* with certain other medicines may cause serious side effects. **Do not start any new medicines while taking *Dysport* without talking to your doctor first.**

Especially tell your doctor if you: have received any other botulinum toxin product in the last four months, have received injections of botulinum toxin, such as Myobloc® (rimabotulinumtoxinB) or Botox® (onabotulinumtoxinA) in the past (be sure your doctor knows exactly which product you received), have recently received an antibiotic by injection, take muscle relaxants, take an allergy or cold medicine, or take a sleep medicine.

Use in Specific Populations

Dysport should not be used in children or in women who are pregnant or breastfeeding.

Ask your doctor if *Dysport* is right for you.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see *Dysport*® Full Prescribing Information including Medication Guide at www.dysportusa.com.

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