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FDA-Approved Botox Dosage Guide: How Many Units Do You Need?

Botox has transformed the cosmetic treatment landscape, offering millions a way to reduce wrinkles and maintain a youthful appearance. But if you're considering Botox for the first time—or even if you've had it before—you might be wondering exactly how many units you'll need.

The truth is, there's no universal answer. Botox dosage varies based on the treatment area, the depth of your wrinkles, and your unique muscle activity. Understanding these factors can help you set realistic expectations and have more informed conversations with your healthcare provider.

This guide breaks down FDA-approved Botox dosages for the most commonly treated facial areas, so you know what to expect before your appointment.

What Are Botox Units?

Botox is measured in units, which refer to the amount of botulinum toxin type A in each injection. The number of units you need depends on the size and strength of the muscles being treated. Larger or more active muscles typically require more units to achieve the desired effect.

Your healthcare provider will assess your facial anatomy and muscle movement to determine the appropriate dosage. While FDA-approved guidelines offer a starting point, your treatment plan may be customized based on your individual needs.

Forehead Lines

Horizontal forehead lines are one of the most frequently treated areas with Botox. These lines develop from repetitive facial expressions like raising your eyebrows or showing surprise. Over time, they become more pronounced and may remain visible even when your face is at rest.

FDA-Approved Dose: 20 units

This dosage is typically distributed across several injection points along the forehead. The goal is to relax the frontalis muscle, which is responsible for



lifting the eyebrows and creating those horizontal lines. Results usually appear within a few days and last around three to four months.

Keep in mind that individual results may vary. Some people may need slightly more or fewer units depending on their muscle strength and the severity of their lines.

Frown Lines (Glabellar Lines)

Frown lines, also called glabellar lines or “11s,” are the vertical creases that form between your eyebrows. These lines can make you look tired, angry, or stressed—even when you’re feeling perfectly relaxed.

FDA-Approved Dose: 20 units

Botox is injected into the corrugator and procerus muscles, which pull the

eyebrows together and downward. By relaxing these muscles, Botox smooths out the vertical lines and creates a softer, more approachable expression.

This is one of the most popular treatment areas, and many patients report a noticeable improvement in how rested and refreshed they look after treatment.

Crow's Feet

Crow's feet are the fine lines that radiate from the outer corners of your eyes. They're often caused by smiling, squinting, or sun exposure, and they tend to become more visible as skin loses elasticity with age.

FDA-Approved Dose: 24 units (12 units per side)



Injectations are placed around the orbicularis oculi muscle, which surrounds the eye. Relaxing this muscle helps soften the appearance of crow's feet while still allowing for natural facial expressions.

Many people choose to treat crow's feet along with forehead lines and frown lines for a more comprehensive rejuvenation of the upper face.

Jawline and Neck (Masseter and Platysmal Muscles)

Botox isn't just for wrinkles. It can also be used to contour the jawline and smooth the neck.

Masseter Muscles (Jawline Contouring)

The masseter muscles are located at the angle of your jaw and are responsible for chewing. In some people, these muscles can become enlarged due to genetics, teeth grinding, or jaw clenching. Injecting Botox into the masseter muscles can slim the lower face and create a more V-shaped or contoured appearance.

Platysmal Bands (Neck Lines)

The platysma is a thin muscle that runs down the front of the neck. Over time, it can create vertical bands or cords that become more visible when you talk or make certain facial expressions. Botox injections can relax these bands and smooth the appearance of the neck.

FDA-Approved Dose: 36 units

This dosage may be used for either jawline slimming or neck band treatment, depending on your goals. Your health-care provider will evaluate your anatomy and discuss which approach is best for you.

Factors That Influence Your Botox Dosage

While FDA-approved dosages provide a helpful baseline, your actual treatment may differ. Here are a few factors that can influence how many units you need:

Muscle Strength: Stronger or more active muscles may require higher doses to achieve the desired relaxation.

Treatment Goals: Some patients prefer subtle results, while others want a more dramatic effect.

Previous Treatments: If you've had Botox before, your healthcare provider may adjust your dosage based on how your muscles responded.

Gender: Men typically have larger and



stronger facial muscles, which often means they need more units than women.

Your injector will take all of these factors into account when creating your personalized treatment plan.

Ready to Refresh Your Look?

Understanding Botox dosage is an important step in making an informed decision about cosmetic treatment. Whether you're targeting forehead lines, crow's feet, or looking for jawline contouring, knowing the FDA-approved guidelines can help you feel more confident going into your appointment.

Remember, every face is unique. The best way to determine how many units of Botox you need is to schedule a consultation with one of our qualified, experienced healthcare providers who can assess your individual needs and create a personalized treatment plan. Ready to take the next step? Book a consultation today and discover how Botox can help you look and feel your best.





How SkinCeuticals P-TIOX Complements Your Botox Treatment

Botox has long been the gold standard for smoothing dynamic wrinkles and achieving a more youthful appearance. But what if you could extend those results, address lines Botox can't reach, and enhance your overall skin quality at the same time?

That's where SkinCeuticals P-TIOX serum comes in. This innovative topical treatment works alongside your neurotoxin injections to maximize and prolong your results. By supporting muscle relaxation, smoothing additional fine lines, and improving skin texture, P-TIOX offers a comprehensive approach to anti-aging that goes beyond what Botox alone can achieve.

Let's explore how incorporating P-TIOX into your skincare routine can elevate your Botox results and help you maintain that coveted smooth, radiant complexion

between appointments.

What is SkinCeuticals P-TIOX?

SkinCeuticals P-TIOX is a peptide-based serum specifically formulated to work in harmony with neurotoxin treatments like Botox. The formula combines powerful active ingredients including dipeptide diaminobutyroyl benzylamide diacetate, niacinamide, polyhydroxy acid, and laminaria extract.

Together, these ingredients target wrinkle formation at multiple levels. They help relax facial muscles, smooth skin texture, and improve overall skin quality. Think of it as a daily reinforcement of your Botox treatment, working continuously to maintain and enhance your results.

How P-TIOX Complements Botox Treatment

Prolongs Your Botox Results

One of the most valuable benefits of P-TIOX is its ability to extend the lifespan

of your Botox treatment. Most people experience optimal Botox results for about three to four months before needing a touch-up. P-TIOX helps bridge that gap.

The serum's peptide complex supports the muscle relaxation process that Botox initiates. By maintaining this relaxed state and minimizing muscle reactivity between appointments, P-TIOX can help you enjoy smoother skin for longer. Many users find they can stretch their Botox appointments further apart or maintain more consistent results throughout their treatment cycle.

Smooths Fine Lines Botox Doesn't Target

Botox excels at treating dynamic wrinkles caused by repeated muscle contractions, particularly in areas like the forehead, between the brows, and around the eyes. However, there are many delicate areas where Botox isn't typically used or isn't as effective.

P-TIOX fills this gap beautifully. The serum can address fine lines and wrinkles in sensitive areas such as:

- Around the mouth (including smile lines and vertical lip lines)
- Under the eyes (tear trough area)
- On the cheeks
- On the décolletage

This means you can achieve more comprehensive wrinkle reduction across





Laminaria extract, derived from brown algae, is rich in vitamins and minerals that nourish the skin. It helps firm and tone while providing antioxidant protection against environmental damage.

Together, these ingredients work to refine skin texture, boost radiance, and increase hydration. The result is that coveted “glass skin” finish—smooth, luminous, and beautifully even-toned. Your Botox results will look even more impressive when your skin itself is glowing and healthy.

Minimizes Muscle Reactivity

Between Botox treatments, your facial muscles gradually regain their full range of motion. This is normal and expected, but it also means those expression lines start to return. P-TIOX helps slow this process by maintaining some degree of muscle relaxation even as the Botox effects begin to fade.

The serum’s peptide complex helps minimize muscle reactivity, which means your muscles don’t contract as forcefully when you make facial expressions. This gentler movement pattern reduces the reformation of wrinkles and helps keep your skin looking smooth and relaxed between appointments.

Think of it as preventive maintenance for your face. While Botox provides the initial muscle relaxation, P-TIOX helps maintain that relaxed state, preventing the deep creasing that leads to

your entire face, creating a more harmonious and naturally youthful appearance.

Improves Overall Skin Quality

While Botox focuses specifically on muscle relaxation and wrinkle prevention, P-TIOX takes a more holistic approach to skin rejuvenation. The serum’s carefully selected ingredient blend delivers multiple benefits beyond wrinkle reduction.

Niacinamide (vitamin B3) brightens the complexion, minimizes pore appearance, and strengthens the skin barrier. It also helps reduce inflammation and can even out skin tone over time.

Polyhydroxy acid provides gentle exfoliation without irritation, removing dead skin cells to reveal fresher, more radiant skin underneath. This ingredient also attracts moisture to the skin, improving hydration levels.

permanent wrinkles over time.

How to Use P-TIOX with Botox

To maximize the benefits of P-TIOX alongside Botox, consistency is key. Begin by using P-TIOX daily, applying it to clean, dry skin in areas where Botox has been administered. This ensures the active ingredients can penetrate effectively, complementing the effects of your Botox treatment. Use gentle, upward motions when applying the product to encourage absorption and circulation. For optimal results, incorporate P-TIOX into your skincare routine both morning and evening.

Additionally, it's important to follow up with sunscreen during the day, as protecting your skin from UV rays helps preserve its overall health and maintain the longevity of your treatments. Regularly consult with your skincare provider to evaluate progress and adjust your regimen as needed. By pairing P-TIOX with your Botox sessions, you can enhance and extend the results, keeping your skin smooth and rejuvenated for longer.

Maximizing Your Anti-Aging Results

To further enhance your anti-aging skincare routine, consider incorporating complementary treatments such as chemical peels or microneedling. These procedures help to exfoliate the skin, stimulate collagen production, and improve overall skin texture, making fine lines and wrinkles less prominent.



Pairing these treatments with P-TIOX and Botox can significantly amplify your results, providing a smoother and more youthful complexion. Additionally, maintaining a healthy lifestyle—such as staying hydrated, eating a balanced diet rich in antioxidants, and avoiding excessive sun exposure—can greatly contribute to long-term skin health and vitality.

By integrating clinically-driven formulations with professional treatments, you can achieve a more youthful, radiant complexion while maintaining long-term skin health.

This complementary strategy allows you to achieve more comprehensive rejuvenation and longer-lasting results. Your skin doesn't just look smoother—it looks healthier, more radiant, and naturally youthful.

If you're already investing in Botox treatments, adding P-TIOX to your routine is a smart way to protect and enhance that investment while giving your skin the daily care it deserves.



Celebrate National Healthy Skin Month This November

November isn't just about cozy sweaters and pumpkin spice lattes. It's also National Healthy Skin Month, an annual campaign led by the American Academy of Dermatology (AAD) to spotlight the importance of skin health. This month-long awareness initiative encourages people to evaluate their skincare routines, adopt healthier habits, and take proactive steps to prevent skin cancer.

Your skin is your body's largest organ, yet it's often one of the most neglected. From harsh weather conditions to daily exposure to pollutants and UV rays, your skin faces constant challenges. National Healthy Skin Month is the perfect opportunity to refocus on protecting and nourishing your skin, hair, and nails.

Whether you're dealing with dryness, acne, or premature aging, this guide will help you understand why skin health matters and what you can do to keep your skin

glowing year-round.

Why Skin Health Matters

Healthy skin does more than just look good. It plays a vital role in protecting your body from external threats like bacteria, viruses, and environmental damage. When your skin is compromised, whether through cuts, burns, or chronic conditions, it becomes less effective at doing its job.

Beyond protection, your skin can also serve as an early warning system for underlying health issues. Changes in texture, color, or the appearance of new growths can signal anything from nutrient deficiencies to more serious conditions like skin cancer. Regular skin checks and a solid skincare routine can help you catch potential problems early.

November's cooler temperatures and lower humidity levels can take a toll on your skin, making this month an ideal

time to reassess your routine. Dry, flaky skin is common during fall and winter, but with the right approach, you can keep your skin hydrated and healthy.

Simple Steps for Healthier Skin

Building a skincare routine doesn't have to be complicated or expensive. Here are some practical steps to improve your skin health this month and beyond.

Cleanse Gently

Washing your face might seem straightforward, but using the wrong products or techniques can strip your skin of its natural oils. Opt for a gentle, fragrance-free cleanser that suits your skin type. If you have oily skin, look for a gel-based formula. Dry or sensitive skin types benefit from creamy, hydrating cleansers.

Avoid scrubbing too hard or using hot water, as both can irritate your skin. Instead, use lukewarm water and pat your face dry with a soft towel.

Moisturize Daily

Moisturizing is essential, especially during colder months when the air is drier. A good moisturizer locks in hydration and helps repair your skin's natural barrier. Choose a product with ingredients like hyaluronic acid, ceramides, or glycerin for maximum hydration.



Don't forget about your body. Apply a rich body lotion or cream after showering to keep your skin smooth and supple.

Protect Against UV Rays

Even though summer is over, UV rays can still damage your skin in the fall and winter. Apply a broad-spectrum sunscreen with at least SPF 30 every day, even on cloudy days. If you're spending extended time outdoors, reapply every two hours.

Sunscreen isn't just for your face. Don't forget areas like your neck, hands, and any exposed skin. Over time, consistent sunscreen use can reduce your risk of skin cancer and prevent premature aging.

Stay Hydrated

Your skin reflects what's happening inside your body. Drinking enough water helps keep your skin hydrated from the inside out. Aim for at least eight glasses of water a day, and consider adding hydrating foods like cucumbers, oranges, and watermelon to your diet.

Get Enough Sleep

Sleep is when your body repairs itself, and your skin is no exception. Lack of sleep can lead to dark circles, dull skin, and even breakouts. Aim for seven to nine hours of quality sleep each night to give your skin time to regenerate.

Avoid Smoking and Limit Alcohol

Smoking accelerates skin aging by breaking down collagen and reducing blood flow to the skin. Excessive alcohol consumption can dehydrate your skin and contribute to inflammation. Cutting back on both can lead to noticeable improvements in your skin's appearance.

The Importance of Skin Cancer Prevention

Skin cancer is the most common form of cancer in the United States, with millions of cases diagnosed each year. The good news? It's also one of the most preventable types of cancer.

National Healthy Skin Month emphasizes the importance of early detection and prevention. Regularly checking your skin for changes can help you spot potential issues before they become serious.

Perform Monthly Self-Exams

Set aside time each month to examine your skin from head to toe. Look for new moles, growths, or changes in existing spots. Use the ABCDE rule to identify warning signs:

Asymmetry: One half of the mole doesn't match the other.

Border: The edges are irregular or blurred.

Color: The mole has multiple colors or uneven shading.

Diameter: It's larger than a pencil eraser (about 6mm).

Evolving: The mole is changing in size, shape, or color.

If you notice any of these signs, schedule an appointment with a dermatologist as soon as possible.

See a Healthcare Provider Annually

Even if you don't notice anything unusual, it's a good idea to have a professional skin exam once a year. Healthcare providers, specifically dermatologists, are trained to spot subtle changes that you might miss. Early detection significantly improves treatment outcomes for skin cancer.

Caring for Your Hair and Nails

National Healthy Skin Month isn't just about your skin. It's also a great time to focus on your hair and nails, which are extensions of your skin and require similar care.

Hair Care Tips

Cold weather can leave your hair dry and brittle. Use a moisturizing shampoo and conditioner, and limit heat styling to prevent further damage. Consider adding a weekly deep-conditioning treatment to restore moisture.



Nail Care Tips

Your nails can reveal a lot about your overall health. Keep them clean and trimmed, and avoid biting or picking at them. Moisturize your cuticles regularly, and give your nails a break from polish every now and then to let them breathe.

Make Skin Health a Year-Round Priority

National Healthy Skin Month is a reminder to prioritize your skin, but these habits shouldn't end when November does. Consistency is key to maintaining healthy skin, hair, and nails.

Start by making small changes to your daily routine. Swap out harsh products for gentler alternatives. Commit to wearing sunscreen every day. Schedule that overdue dermatologist appointment. These simple steps can make a big difference over time.

Your skin works hard to protect you. This November, return the favor by giving it some love and care.