

# Chat: Dr. Joseph

Wednesday, April 29, 2009

**Interviewer: 60 Minutes presents a live interview with Dr. Joseph Hkeik, about botox.**

**Interviewer: Dr Hkeik thank you for talking to us tonight, in our live online chat room.**

**Joseph Hkeik: Welcome everyone, I hope you enjoyed the segment. I thought it was great and I'm happy to answer any questions. Liquid face lifts can be done in a very natural way, fillers we use in Australia are natural.**



Wee\_Wrinkle asks: What qualifications do you have as a medical professional?

Joseph Hkeik: I'm a MBBS from Sydney University, so I'm a Doctor first and a Fellow of the Australasia of Cosmetic Surgery. I'm also a Fellow of the Royal Australian of General Practitioners and have a Diploma of Practical Dermatology from the UK. I also work for the All Saints Cosmedical Clinic. It's location is North Parramatta and Surry Hills.

shane asks: Are there any known long term detrimental effects of stuffing one's face with botox and filler?

Joseph Hkeik: No, as long as it is used within the medical guidelines. Botox has been used for 30 years now and used on children with Cerebral Palsy, and 30 years later these kids are still fine. And we inject much higher amounts in these children than in cosmetic procedures.

jen\_gander asks: What type of patient can not have botox ? i.e. patients with diabetes...

Joseph Hkeik: Patients who are pregnant, breast feeding, are below 20 or early 20s (so I am very conservative) and anyone with facial infections. Also anyone with any neurological disorders, as they need to be checked out first to ensure they are safe.

Wee\_Wrinkle asks: Do you need a medical degree to administer botox?

Joseph Hkeik: Absolutely, it is necessary. In Australia, if you do not have a

medical degree and you administer botox, it is a crime. Overseas, it is different, botox is like going to the hairdresser, but in Australia it is very strict. A nurse may administer the botox, but a patient must see a Doctor first.

Nova asks: What should a person consider before making the decision to use botox?

Joseph Hkeik: This is a personal issue, so if people have wrinkles on their face and are very concerned they need to see their Doctor to see if they are suitable for Botox. Botox is not the only solution for wrinkles on the face.

Lifted1 asks: I am really wondering when the users of this treatment for youthful looks think there is a point beyond which they don't go and whether they would abide by that when they reach that point. I heard somewhere that Barbara Cartland was a devotee, do those administering the treatment feel they have a responsibility to say when they believe enough is enough? I mean that walking advertisement of a doctor, if that was not modern frankenstein I'm not here!!

Joseph Hkeik: This is where the experience and perception of beauty lies in the Doctor, to me beauty is very natural, so I always try to recreate what nature does and never over the board. I always try to talk patients out of going overboard and will refuse if patients want to go overboard and turn them down (this has only happened to me once), This is how to can distinguish whether you have a good Doctor they should be concerned about your appearance, not how much you spend.

Marjo asks: The Doctor doing the Botox on himself, on the show, was a terrible example. Would you agree this was way too much?

Joseph Hkeik: Yes, I certainly agree that he was totally overdone. Totally totally overdone. So yes, to me, that was not beauty, I believe there is a limit and to me he has gone over the limit.

Bella asks: What do you suggest individuals look for when selecting a clinic to undertake any of these types of procedures? Thanks

Joseph Hkeik: Look for a clinic that has been established, where the Doctors have good qualifications and you need to see some of the work that has come out of their clinic. Do your research, and make sure your doctor has qualifications in cosmetic medicine. And make sure they have an artistic art, because this is not just medicine, it is medicine combined with art.

Julie asks: Does the earlier you start with botox equal the less wrinkles you will have after you stop using it?

Joseph Hkeik: Certainly Botox can prevent the frown line on the forehead, and

down the track it will be less and sometimes disappear. But other places on the face, when you stop Botox it can come back again. It does help minimise but it doesn't stop them forever.

Wee\_Wrinkle asks: What is it that botox does that can help someone who has excess perspiration problems?

Joseph Hkeik: It relaxes the muscles of the sweat glands, so they don't secrete too much from under the arm.

Kourt10 asks: Can Cosmetic Surgery such as an eye lift or botox work on somebody who has suffered from Bells Palsy??

Joseph Hkeik: A patient with Bells Palsy is someone I would not treat with Botox. You can resolve that through surgery, but not Botox.

Coopstar asks: Are there Botox parties in Australia?

Joseph Hkeik: I'm not sure, I don't have them in my clinic. I believe Botox is a medical procedure and should be only done in the clinic by a doctor. But I have heard and seen in newspapers that people advertise for Botox parties, but I do not think this is a good thing. Botox and alcohol do not mix.

Goatse asks: Can you get botox 'anywhere'? Are there viable applications other than the face?

Joseph Hkeik: The face and the neck for cosmetic reasons and obviously in the arm pits for extreme sweating, but also for medical reasons you can get it in the back of the neck, or scalp for migraines. But for cosmetic reasons, it is mainly the face and neck.

angelml asks: They say the fillers are natural, what is it exactly?

Joseph Hkeik: Botox is a purified protein extracted from the plant toxin. Very similar to the flu vaccination in a way, when we give people the vaccine, we give them a protein to build their immunity to the flu. With Botox, it is purified protein that relaxes the muscles for the results. Filler is made from sugar molecules that exist in our skin, comes in a gel made in the lab and it is exactly the same as what is under our skin. It is not a protein, it is a type of sugar. It gives volume, where as Botox relaxes.

Lilya asks: Would you expect wrinkles to be removed after one course of botox? I had some but can still frown slightly and didn't think I should be able to do this.

Joseph Hkeik: Depends on how much Botox you have had, usually in my practice I get patients to come back to my clinic after 2 weeks and if needed I

give them a top up treatment is required to make sure they are happy with the results.

Natss asks: How often do you have to get botox? Maintenance. Approximately how much does it cost?

Joseph Hkeik: It depends on how much you use, in my practice we charge between \$17.50 if they use 1 unit, and sometimes down to \$13.50. If we are treating the horizontal line on the forehead, it would be \$175.00. The frown could be around \$280 to \$360. For the forehead we use about 10 units.

melissa asks: I am 55 and think I look OK but need a little improvement if you have it a couple of times and then can not afford more treatments what will happen to my face

Joseph Hkeik: Nothing, it will go back to what you did before, you simply delay the effect of aging.

frenchymm asks: Do you have an age limit for cosmetic procedures?

Joseph Hkeik: Certainly a lot of the young patients who have acne problems come to us, we prescribe creams and medication. The oldest patient I treated was a lady around 82, and she looks great.

marg asks: Can you tell me what the difference between botox and resilin?

Joseph Hkeik: Basically, Botox is a muscle relaxant and very commonly used for the upper part of the face, and Filler adds volume. So I use it for the lips, noses, build checks, fill wrinkle in the lower part on their face, or heavy wrinkles on the top face. Also help build a chin, or under their eye if they have sunken eyes. We can also fill people who have a "dent" has a result of an accident.

Wee\_Wrinkle asks: How did someone actually discover that administration of botox could help with these cosmetic issues, was it an accident?

Joseph Hkeik: Yes, it was by accident at 22 year ago, an eye doctor from Canada, Dr Caruthers. Patients were coming to her for treatment for eye twitching, and she would inject one eye with Botox. And they would come back later saying that eye looked younger than the other.

topgirl asks: Is there an antidote if the results are not pleasing? or do you just wait a few months until it wears off?

Joseph Hkeik: Yes, it's the latter. Hence why I only inject very conservatively, since some people can react very strongly to the Botox so it is always better to do is conservatively. If patients want more, we will do it at the follow up appointment. We are especially more careful with first time patients.

Sally asks: What is a safe timeframe to wait between having botox and falling pregnant?

Joseph Hkeik: We never inject patients who are pregnant, but if you are trying to fall pregnant I wouldn't inject you. Having said that I have injected patients who were not aware they were pregnant and their children have turned up fine. If you have Botox one week, and fall pregnant the next, you should be fine, Botox doesn't travel in the system, it stays where it is injected.

jessica asks: I have noticed that these botox injections are positioned in between the eyebrow and above the outer corner of the brow. can you opt to just have the frown line injected? or is the effect not as reliable?

Joseph Hkeik: The inject technique is different for every patient. If you are only concerned about the frown, you just inject the frown. If you want a lift, you do the outer corner of the brow. So it completely depends on what results you want to achieve.

Lambo asks: From the 60 Minutes story, it seemed like it was predominantly females who have Botox. Are there many men who undertake the procedure?

Joseph Hkeik: Definitely, in my practice in Parramatta 20-30% are men who receive Botox and in my clinic in Surry Hills I have close to 50%.

camlana asks: Can you please tell me how to find a good Dr. for this procedure is there a website or something?

Joseph Hkeik: Yes, you can go to the Australasian College of Cosmetic Surgery ([accs.org.au](http://accs.org.au)), they will have all the lists of who is registered and who is not. They will guide you.

Deefer asks: I have had a sunspot removed from my frown region area.....would this be a concern getting injected in that area

Joseph Hkeik: No, no problems. The sunspot is in the skin, and the botox goes just below the skin so it should be okay. Obviously, we will not do it at the same time. The skin needs to heal first, then do the botox.

sha\_na\_na asks: Honestly is there any down side at all to using Botox?

Joseph Hkeik: Not that we know of, so far all the studies have been very positive and there have been a lot of studies and papers and there is nothing that is negative to injecting Botox so long as you follow the medical guidelines.

helen asks: Can you use botox for smokers lines above your mouth? If not what would you recommend?

Joseph Hkeik: This is an advanced procedure, and not all patients are suitable. So people who have gummy smiles and lines on top of their lips are good for Botox. But if people already have low lips, if you inject Botox it will drop more and won't be a good look. Fillers are better for these kinds of problems since Fillers have grades (soft, thick etc). We would use a soft filler for a smokers line.

Nova asks: During a consultation, do you suggest all the alternatives available to a patient, based on their particular needs even if they come in only wanting botox?

Joseph Hkeik: If they come to my practice concerned about one issue, I will address it. If they come to me and would like a consultation about what is available, then I will tell them about the different options we have, then send them home to think about it with lots of information then they can decide what they want to do. We are doctors and we do a medical consultation for all patients.

equimar asks: What are your thoughts on that 21 year old featured on the Sixty Minutes episode tonight? Is administering botox to someone with smooth healthy skin really theraputic and ethical?

Joseph Hkeik: That is very hard to answer because I do not know the person, but in my practice I would not treat someone like that, I would guide her to what creams are good for young skin to prevent wrinkles and sun damage. I only educate the younger patients, they do not get botox done.

shelly666 asks: How does sculpturing differ from botox.

Joseph Hkeik: I sculpt the face with the fillers, so it is like sculpting with clay. I design an implant with the filler. If you want to see results, just visit youtube and my surname and you can see interviews on how it is done. My surname by the way Hkeik.

Interviewer: Unfortunately, we are out of time, do you have anything else you would like to share before we finish tonight?

Joseph Hkeik: If you want to send me an email, it is [jhkeik@allsaintscosmedical.com.au](mailto:jhkeik@allsaintscosmedical.com.au) or [jhkeik@bigpond.com](mailto:jhkeik@bigpond.com). Or you can visit my website please visit [www.allsaintscosmedical.com.au](http://www.allsaintscosmedical.com.au). I will be happy to answer any questions you may have after this interview is finished.

Interviewer: Once again thank you and goodnight.

Interviewer: This concludes our chat with Dr Joseph Hkeik, Sunday April 26, 2009