

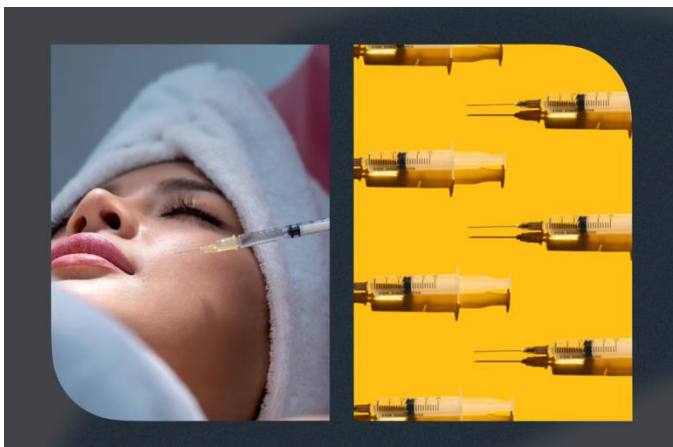
Bustle

Beauty

Botox Resistance Is Real. Here's How To Prevent It.

Derms spill everything you need to know.

by Taryn Brooke Dec. 20, 2024



One of the scariest beauty horror stories out there? Your Botox suddenly stops working.

It happened to me about two years ago. I went for my usual round of neuromodulator injections, and noticed that though it was still freezing my forehead and crow's feet, the movement there would come back a few short weeks afterward rather than the typical three to four months it was supposed to last. I didn't know what was going on — and the fact that my face actually showed that I was upset about this made me even more upset. So, what gives?

How To Prevent It

Don't Overdo It

[Dr. Paul Jarrod Frank, M.D.](#), a celebrity cosmetic dermatologist and owner of [PFRANKMD](#), says that it's most important to keep your expectations realistic with treatment. This means not over-treating, not allowing yourself to have “frozen face,” and not going in too often for injections.

Take An Injection Break

If you feel that your body has developed a true resistance, you might want to consider skipping your next appointment. “I've seen patients take a year break and come back with some efficacy,” says [Frank](#). Laying off the neuromodulators for several months can help to decrease antibodies.