

# PATIENT INFORMATION

# **BOTOX<sup>®</sup>**

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## **WHAT IS BOTOX<sup>®</sup>?**

Botox<sup>®</sup> is a brand name for Botulinum Toxin Type A, a protein produced by anaerobic bacterium clostridium botulinum neurotoxin. It is manufactured by Allergan. In order to be used as a drug and for cosmetic purposes, the toxin has to be isolated, stabilized and purified.

## **HOW DOES BOTOX<sup>®</sup> WORK?**

In order for a muscle to contract it requires a chemical substance called acetylcholine, released by the nerve endings. When Botox<sup>®</sup> is injected into the appropriate muscle it temporarily blocks the release of acetylcholine. The muscle then becomes relaxed and in turn the wrinkle is reduced.

## **WHAT KIND OF LINES CAN BOTOX<sup>®</sup> TREAT?**

Lines and wrinkles fall into two categories, Dynamic lines and static lines. Dynamic lines are wrinkles in motion, due to muscular over activity. Examples of these include lines upon frowning, raising your eyebrows or when smiling.

When lines have become present on the skin when the face is at rest then this is referred to as static lines. Static lines form through repeated expression and are increased by loss of volume to the skin, skin thinning due to age, sun damage and factors such as diet, smoking and alcohol. **Botox treats dynamic lines only and will not work on static lines. At best static lines may soften over time with repeated Botox treatments.**

## **WHICH AREAS OF THE FACE CAN BOTOX<sup>®</sup> TREAT?**

Botox<sup>®</sup> is primarily used for wrinkles to the upper face including Frown, forehead and eyes and nasal lines.

## **HOW LONG DOES IT TAKE TO WORK AND HOW LONG DOES IT LAST?**

The results of treatment start to be seen at 3-5 days with full effect at 2 weeks. At 2 weeks you will be invited back by your practitioner for review and possible tweaking of your treatment if needed. Maximum effect is seen 5 weeks after injection with effects lasting 3 to 4 months.

**ARE THERE ANY RECOMMENDATIONS PRIOR TO INJECTION?**

Your nurse practitioner will ask you to complete a rigorous medical questionnaire to check you are safe to be treated. Please remember to state everything to the best of your knowledge as medical conditions and medication can affect treatment. Treatment is not allowed if you are pregnant, actively trying to become pregnant or breast feeding. It is recommended to avoid aspirin, ibuprofen or other anti inflammatory prior to treatment as they can increase your risk of bruising. Herbal medication must be declared as they too can affect treatment and increase the risk of bruising.

**HOW IS TREATMENT GIVEN?**

Botox® comes in the form of a vial. Your nurse practitioner will dilute this powder with a saline solution to make it suitable for administration. After disinfecting your skin, your practitioner will draw up the necessary amount using a syringe, ask you to make facial expression, mark the points to be injected and then inject.

**WHAT ARE THE POTENTIAL SIDE EFFECTS?**

As with any medicine Botox® can cause side effects in some patients. Side effects are usually temporary and you may not get any. As with any needle procedure, common side effects can include bruising, bleeding, pain, redness, swelling and stinging at the injection sites. Other common effects include headache, local muscle weakness, facial pain and drooping of the eye lid. Adverse reactions are **very rare**. Your practitioner must be told if you experience difficulty swallowing, difficulty breathing, difficulty speaking, muscle weakness or swelling of the face and airways. It is important to take in to consideration the risk of potential adverse events mentioned within this document. Particularly if you have important social events scheduled. Please consider this fact when booking your treatment times and dates.

**ARE THERE ANY AFTERCARE INSTRUCTIONS?**

To limit the risk of unwanted side effects do not rub or massage the treated areas and cleanse the face gently for 48 hours following your treatment. Treat the injected areas carefully for the following 2 weeks. No facials are advised for 2 weeks and it is recommended that No makeup be worn for 12 hours after treatment. Do not partake in physical exercise for 24 hours after treatment and avoid bending with head down or laying flat for 4 hours. Please try to sleep on your back the night of your treatment.

**I CONFIRM I HAVE READ AND UNDERSTOOD THE ABOVE INFORMATION** (please tick)

**SIGNATURE:**.....

**PRINT NAME:**..... **DATE:** .....