

Information sheet about BOTULINUM TOXIN TREATMENT: anti wrinkle injections

(Brands include Botox/Dysport/Xeomin/ Letybo)

Botulinum Toxin Injectables: Comprehensive Information Sheet

Botulinum Toxin Injectables operate by temporarily blocking nerve signals to muscles, and therefore preventing injected muscles from contracting (tensing up). This temporarily alleviates the severity of dynamic (moving) facial wrinkles.

These injectables cannot erase deep wrinkles present at rest.

These injectables can be used for:

- Muscles in face causing lines upon expression ie dynamic lines eg. Frown vertical lines, horizontal forehead lines, crows feet eye lines, nose 'bunny' lines, dimpling chin, downturned mouth, neck bands and texture, lip lines, Lip 'flip'
- Brow positioning and shaping
- Skin texture and radiance with micro-tox technique
- Neck bands and texture
- Jaw contouring
- Headaches/ Migraines/ Chronic Pain syndromes/ facial spasm/ Nerve palsy
- Teeth Grinding / Jaw Clenching / Facial Slimming
- Nasal slimming and lifting
- Excessive sweating armpits, face, scalp, hands, feet
- Hayfever (in a spray form)
- Redness and flushing from rosacea
- Enlarged pores / oiliness

Procedure Details:

A fine needle is used to inject small amounts of Botulinum Toxin into the treatment area. Several areas can be treated in one session.

The quantity of Botulinum Toxin prescribed varies depending on the number of treatment areas, the strength of each patients muscles which is completely individual and may change over time, the patient's desired results ie. Softened movement or severely reduced movement. We usually use between 25 units and 100 units in a session depending on the areas that require treatment. Factors that affect this variation include the site of injection, skin texture and quality, and muscle strength.

Like any medical procedure, results can never be guaranteed. Each patient is individual in their response to treatment and outcome, and downtime and a "settling-in" period should be expected. It often takes multiple appointments to achieve your best result.

Possible outcomes

In the short term, patients can expect results approximately 2-8 days after the session, with full effects seen in around 2 weeks. These effects last, on average, between 6 weeks and 4 months. Patient's general progression is as follows:

- At 2-3 weeks after treatment you will be experiencing the maximal effect of the dose that we have given you. From this peak, the effect slowly begins to decline over time.
- by 8 weeks post treatment, you will start to get more movement back.

- At 12 weeks after treatment, most people find that their movement is 50% back to normal.
- At 16 weeks after treatment, most people find that their movement is 80% back to normal.

Retreatment is advised every 3-4 months to maintain results.

Over time, your muscles may train themselves to contract less, which can mean that treatments can take place less frequently, while achieving the same result. However, please note that every patient needs different doses in different areas, and touch up doses (at additional cost) at 2-3 weeks may be necessary to optimise results. Review should not occur any earlier as changes still may be occurring.

Risks and complications:

Adverse events of treatment with Botulinum Toxin include (but are not limited to) swelling, redness, bleeding, bruising, mild pain, or tenderness at the injection sites. These are usually mild and temporary, generally within the first 24 hours after the treatment. These reactions are to be expected and usually resolve spontaneously and improve day by day. Bruising and swelling may last up to a week.

You may also feel faint during the procedure, and experience headache, nausea, or cold like symptoms after treatment

Uncommon and rare effects include

- Infection at the injection site
- Uneven effect or less than expected effect (with areas still active), which may require additional treatment at review at additional cost
- Temporary drooping of eyelids
- Temporary drooping of eyebrows
- Puffy eyes
- Ineffectiveness due to antibody development
- Prolonged sensitivity/pain at the treated sites
- Infection and subsequent scar formation
- Temporary headache
- Immediate hypersensitivity reactions including anaphylaxis
- Masseteric hypertrophy / clenching, jaw treatment: due to disuse atrophy (muscle wasting) the face shape can change to a more oval shape longterm.

Should you experience any of these symptoms I recommend that you contact me at first instance on **0421934291** so that I can advise you further.

Patient-specific risks

You should not have botulinum toxin treatment if:

- you are pregnant or breastfeeding; or
- you have neuromuscular diseases (including myasthenia gravis, drooping eyelids, or weak facial muscles) or Eaton Lambert Syndrome
- active skin disease eg acne in the area of injection

Aftercare

Most patients can return to their normal activities immediately after the procedure. As noted above, swelling and redness are common but usually subside within a few days.

- Proper post-treatment care includes:
- do not apply makeup on the day of treatment
- do not rub or massage or apply pressure to the area of injection for at least 24 hours
- avoiding strenuous sports for that day

Your practitioner may advise you to frown several times a day for these first few days

Following post-treatment instructions is essential to ensure the best outcomes and minimise potential risks.

Follow up

After your initial treatment, you may be invited to attend a follow-up appointment approximately 3 weeks after your treatment. You will not need a follow-up appointment for subsequent treatments.

It is our protocol to not assess muscle relaxant results before 3 weeks, as results will continue to increase up to that time. Sometimes effects are seen on one side of the face before the other, with the other side 'catching up' over those 3 weeks. We therefore need to see the result at its maximal effect, as if we retreat too early, we may not be putting the product in the correct position or using the correct dose.

Cost

Varies between individuals, and over time, depending on dosage required for the desired effect. This will be discussed during your consultation.