



Botulinum treatment information

Anti-wrinkle injections

Botulinum toxin Type A is a purified protein produced by the *Clostridium botulinum* bacterium. “Botox” (Allergan) is the most well-known brand on the market, although there are other brands which are in common use. It works by temporarily weakening the muscles that cause frown lines and wrinkles, resulting in a dramatically smoother, younger-looking appearance. The effects are outstanding which is why this is the most popular cosmetic treatment in the world.

Which areas can be treated?

Most of our clients request treatment on one or more of these facial areas:

- Frown lines between the eyebrows
- Crow’s feet or smile lines around the eyes
- Horizontal forehead lines

Other areas that can be treated with botulinum toxin include the lower face and neck. It is also a very successful treatment for excessive sweating.

How does the treatment work?

Using a tiny needle, small quantities of the protein are injected into the muscles under the skin where wrinkles are most troublesome. The protein temporarily blocks the nerve signal to the muscle, which in turn relaxes the muscles. The nerve that is in place at the time of treatment shrivels away due to lack of stimulation, and a new nerve will grow in its place, and this is when the movement returns.

How soon will I see the effects and how long do the effects last?

The initial effects of the treatment start to be felt usually within 48 and 72 hours, but it can take up to 14 days to see the full effect. We generally require you to attend a follow up appointment 2-3 weeks if you would like your treatment reviewed by our practitioners.

The effects of the treatment usually last between 3 and 5 months, this will vary from person to person. Deep lines will be softened and may take several treatments until the optimum result is seen. Fine lines can almost disappear.

Too frequent or excessive dosing of Botulinum toxin may increase the risk of antibodies in the blood which may lead to ‘resistance’ and failure of treatment. With this in mind and the recommended license guidelines, further botulinum toxin treatments are carried out after 12

weeks. The strategy is to have repeat treatment when the muscle activity returns but before the lines and wrinkles have had a chance to re-establish.

Is it safe and does it hurt?

Millions of people worldwide have had these injections and the safety of the product is well established and beyond doubt. There are a few rare medical conditions such as myasthenia gravis which affect muscles, and people with these conditions cannot have treatment. Treatment is also not recommended in pregnant or breast-feeding women.

The injections are virtually painless and may cause a minor stinging discomfort. As the needles are very small, the risk of bleeding or bruising is minimal. Botulinum toxin type A has been used for many years for medical conditions, children with cerebral palsy have the injections for muscle spasms and many eye irregularities can be treated i.e. squints. Botox is also used medically for migraine. Once the effects of the toxin have worn off there is no lasting effect, the muscle returns to normal activity.

Are there any side effects?

Side effects are uncommon and temporary – you may experience bruising or tenderness at the injection site, a mild headache and very occasionally the treatment may not work as some people are immune to the effects of Botox. When injecting close to the eye there is a very small chance (significantly less than 1%) of developing a temporary drooping of the eyelid. If this occurs drops can be used to lessen the effect until it wears off naturally.

Many people worry about having a 'frozen' face after Botox; this is almost always due to poor injection technique. Uncommon side effects may include:- infection, anxiety, numbness, dizziness, inflammation of the eyelid, eye pain, visual disturbances, nausea, dry mouth, skin tightness, swelling (face, eyelid, around the eyes), sensitivity to light, itching, dry skin, muscle twitching, flu syndrome, lack of strength and fever. Rare side effects that have been reported include: rash, hives, itching, red blotchy skin rash, serious allergic reaction, hair loss, loss of eyebrow, hearing disturbances.

Allergic reactions, difficulties to swallow, speak or breath have been reported when Botulinum toxin type A has been used for uses other than what we would treat in this instance. If any side effect becomes serious, or any side effect not listed in this document, please tell your healthcare professional. Botulinum toxin should only be administered by medical personnel with the appropriate training, qualification and expertise.

What can I expect after the treatment?

For six hours after treatment we advise that you avoid exercise, hot baths or alcohol as these can increase blood flow and dilute the effect. It is important to avoid touching the area injected, including applying makeup, as this may actually push the product beyond the intended area. We do encourage you to actively use the treated muscles (e.g. frown or squint) frequently during the first hour after treatment, as this may enhance the effect.

Wrinkles normally begin to disappear after two or three days, and full results are usually seen within ten days. On average the effects last three to four months, but with repeated treatments the results may last longer. We always offer our clients a follow up appointment

2 – 3 weeks after their treatment to ensure we have achieved the best result possible; any additional toxin needed at this appointment is included in the original cost.