

This document is designed to provide information about [Botulinum Toxin Injections](#), their benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

**The Procedure:** Facial lines and wrinkles are caused by a variable degree of muscle action. Botulinum Toxin (Commercially known as **Botox, Dysport, Xeomin, or Jeuveau**) is injected into the muscle to cause weakness or paralysis of that muscle. The effect is the improvement or disappearance of fine lines and dynamic wrinkles on the face by TEMPORARILY relaxing the muscles of facial expression.

**On-Label Uses:** the area between eyebrows (the glabella), crow's feet (around eyes), horizontal forehead lines, hyperhidrosis (excessive sweating in the underarm), and Migraines.

**Popular Off-Label Uses:** Lip flip, bunny lines on the nose, nose lift, vertical lip lines, neckbands, gummy smiles, jowl grooves, chin dimpling, excessive sweating (underarm, palms of hands, soles of feet, and scalp), Masseter (TMJ and jaw slimming), calf reduction, microtox infusion to curb oil production to help manage acne, smooth the skin and decrease pore size and more.

Botulinum Toxin injection can be administered in as little as 10–15 minutes. Weakening of the injected muscles begins to be apparent after 3-7 days with the peak effect being reached after 14 days. The results can last up to 3 months. The procedure is temporary and will have to be repeated on a regular basis (every 3 months) to remain effective. Injections given at less than 3-month intervals may not produce a noticeable effect. Individual results may vary depending on the degree of skin damage, depth of lines, size of muscles, the amount used, metabolism, and presence of antibodies and/or other medications known to interfere with the effectiveness. Some patients will not have the same pronounced effect as others. Results are difficult to predict and there is no guarantee that can or has been made concerning expected results. The number of units injected is an estimate of the amount required to temporarily paralyze the muscles. We ask that you wait at least 14 days after injection to assess whether or not additional injections are needed. A regular charge applies to all subsequent treatments and/or dose adjustments.

**Recommended Course of Treatment:** Regularly scheduled treatments 3-4 months apart.

**Contraindications** include, but are not limited to the following:

- Pregnancy or active breastfeeding
- Diseases that affect muscles and nerves
- Allergies and past side effects to any Botulinum Toxin product
- Allergies to cow's milk products (Dysport only)
- Allergies to human albumin (Xeomin only)
- Pre-existing swallowing or breathing difficulties
- Weakness of forehead muscles
- Aminoglycoside Antibiotics:  
*amikacin, gentamycin, streptomycin, or tobramycin*
- Taking agents interfering w/ neuromuscular transmission:  
*magnesium sulfate, guanidine, lincosamides, polymyxins, anticholinesterases, succinylcholine chloride, curare*
- Had surgery on your face
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects:** include, but are not limited to the following:

- Discomfort during procedure
- Swelling, bruising, or redness at the injection site
- Itching or numbness
- Headache, nausea, or flu-like symptoms
- Disorientation or double vision
- Drooping of eyelids or eyebrows that can last for a few weeks
- Temporary paralysis of a nearby muscle that can last for a few weeks
- Twitching or weakened tear duct
- Asymmetrical (i.e. unevenness) appearance
- Swallowing, speech or respiratory disorders
- Abnormal or lack of facial expression
- Muscle atrophy or nerve irritability
- Allergic reaction
- Infection
- Product ineffectiveness
- Resistant to the effects of Botulinum Toxin

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

**Alternative Procedures** Botulinum Toxin Injection is an elective aesthetic procedure, which is not medically necessary or required.



**Pre / Post Care Instructions** Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

### **Before Your Treatment**

- It is not recommended to have Botulinum Toxin injection procedure less than 90 days apart.
- It is not recommended to have Botulinum Toxin injection procedure less than 2 weeks before a big event.
- Inform your practitioner if you have a history of medication allergies, history of anaphylaxis, and any other medical conditions.
- Do not use Botulinum Toxin if you are pregnant, trying, or breastfeeding.
- Do not use Botulinum Toxin if you are allergic to any of its ingredients, or suffer from any neurological disorders.
- Schedule a follow-up appointment 2 weeks after your procedure.
- If you have a history of cold sores (Herpes simplex virus), start antiviral therapy 2 days before your procedure.
- To avoid bruising it is best not to take any blood-thinning or NSAIDs medications, vitamins, and supplements (unless otherwise prescribed by your doctor) approximately 3 days before your procedure.
- If you have a tendency to bruise easily, you may start taking over-the-counter Arnica Montana tablets 3 days before your procedure.
- Do not drink alcoholic beverages 24 hours before and after your procedure to avoid bruising.
- Do not apply potentially irritating products for 2 days before and after treatment (e.g. tretinoin, Retin-A, glycolic acid, benzoyl, hydroquinone)
- Arrive with a clean face. Please do not wear makeup (you may bring your own makeup to apply after your procedure).

### **Day of Treatment**

- You may experience a mild amount of tenderness, stinging, and discomfort during your procedure.
- The number of units injected during your procedure is an estimate of the amount required to temporarily paralyze a targeted muscle. We ask that you wait at least 14 days after injection to assess whether or not additional units are needed to achieve the desired result. A regular charge applies to all subsequent treatments and/or dose adjustments.

### **After your treatment**

- Stay in a vertical position for 4 hours following injection. Do not rest your head or lie down; sit upright.
- It is best to try to exercise your treated muscles for 1-2 hours after the procedure (e.g. practice frowning, raise your eyebrows, and squint). This helps to work the product into your muscles.
- Do not massage the treated area(s) after the procedure.
- Avoid wearing makeup until the following day.
- Temporary redness, swelling, bruising, tingling, numbness, and pressure right after the procedure are normal.
- You may take over-the-counter Arnica Montana tablets or apply Arnica Montana topical cream to help reduce bruising.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness and discomfort.
- You may apply ice to the treated area with light pressure to reduce swelling. Ice should be applied in an on and off fashion for 10 minutes.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours after your procedure. You may resume other normal activities/routines immediately.
- Do not apply potentially irritating products for 2 days after treatment (e.g. tretinoin, Retin-A, glycolic acid, benzoyl, hydroquinone)
- Avoid laser or skin tightening procedures to the treated area(s) for a minimum of 48 hours (or as directed by your practitioner).
- You will not see an immediate improvement. Most patients start seeing the effect as early as 3 days and up to 14 days after the procedure.
- Schedule a follow-up appointment 14 days after your procedure for your practitioner to assess if additional units are needed to achieve desired results. A regular charge applies to all subsequent treatments and/or dose adjustments.

**If you experience any side effects, such as prolonged redness or swelling, a histamine reaction, or infection, immediately contact your practitioner for proper assessment and care instructions.**