

Botox Cosmetic® Patient Information

- ☞ **Botox Cosmetic® is an approved, safe prescription drug which is used to reduce or minimize facial wrinkles in the area(s) it is applied.** The treatment involves very tiny injections into the muscles under the skin in order to temporarily relax the muscles. This will prevent the muscles from fully contracting, and thus will minimize the creasing / folding / wrinkling of the skin in the treated area. **The treatment is temporary and not permanent.**
- ☞ **Most patients are interested in a natural, relaxed appearance. Your physician strives to achieve a natural outcome in conjunction with the patient's treatment goals.** Botox Cosmetic® will relax the muscles which contract and thus it helps to soften or reduce the wrinkling typically associated with negative expressions such as: worry, anger, stressed appearance, tired etc. You will still be able to express yourself and to smile! **A Botox Cosmetic® treatment often results in a more relaxed, better rested and "fresher" appearance.**
- ☞ **Botox Cosmetic® is applied by a few tiny injections** into the area(s) discussed between your physician and the patient. The needle used is very tiny and feels similar to tiny pinches. Anesthetic is not required and the treatment only takes approximately 20 minutes to perform.
- ☞ You may start to see the results begin within a few days after the treatment, but **full treatment results can take up to 14 days to fully set in. Please wait until 2 weeks has passed before assessing results.**
- ☞ **Local reactions at the injection site are usually minimal**, but there are reported cases of temporary pain, swelling, redness, bruising, numbness, and headache following Botox injection. If upper or lower lip lines are treated, one may be unable to whistle or drink through a straw. Dribbling of liquids may occur after the chin or corners of the mouth are injected. Temporary puffiness may occur for two weeks following lower eyelid treatment.
- ☞ In treating furrows between the eyebrows, **a small percentage (1-3 %) of patients will experience a slight eyelid droop (ptosis)** that may last from one to six weeks. This can be partially (sometimes totally) reversed by a prescription eye drop (*Iopidine*) until it resolves.
- ☞ **Our clinic charges by the number of units used during a treatment.** Our price is \$10 per unit. The number of units used is decided by your physician after assessing the patient's muscular structure and discussing the patient's goals of treatment. Every patient is different and will require a different amount of product. **After the medical assessment by your physician, the price for the first treatment will be provided.**
- ☞ **Every patient's results are different, due to everyone's unique muscular structure.** As a result, all patients are required to return to our office for a 2 week follow-up assessment after the first treatment. At this visit, your physician will review the results and will assess if more product is required to be injected in order to achieve a good clinical result. **If more Botox Cosmetic® needs to be applied the cost will be calculated at a rate of \$10 for each additional unit required.**
- ☞ **Treatment results may last approximately 3 to 4 months BUT every patient is different due to everyone's unique muscular structure.** Thus, it is important to take note of the date when you begin to notice that your muscles start to regain their movement and thus, begin to create folding / wrinkling of the skin.

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Post Treatment Instructions

- ☞ Try to exercise your treated muscles **for the first 30 minutes after treatment** (e.g. practice frowning, raising your eyebrows or squinting). This helps to work Botox Cosmetic® into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
- ☞ **Do NOT rub or massage the treated areas for 24 hours after your treatment.** Do NOT do strenuous exercise for 4 hours after treatment. Also avoid facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
- ☞ **Do NOT lie down for 4 hours after treatment.** This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
- ☞ Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.
- ☞ Results of your treatment can take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing your treatment results.
- ☞ Our clinic needs to see you for a 2 week follow up appointment. This will ensure your physician is able to see how your facial muscles reacted to your treatment. If you require more product to fine tune / adjust your treatment results, it will be applied during this appointment at a small additional cost. Alternatively, additional product may not be required. For medical reasons, your results will be photographed and documented in your confidential patient file.
- ☞ Because Botox Cosmetic® requires a special technique in order to customize the injections to your individual muscular structure, it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.
- ☞ Botox Cosmetic® is a temporary procedure and at first, you may find that your treatment results will last approximate 3 or 4 months. If you maintain your treatment appointments with the frequency recommended by your physician, the duration of each treatment result may last longer than 4 months
- ☞ Further follow up appointments are made between the 3 and 4 month time period. The best clinical results are obtained during this period. If you allow Botox Cosmetic® to completely wear off, it is difficult for him to be able to see how your individual muscles reacted and therefore optimal results for your face are harder to achieve.
- ☞ We strive to fully satisfy our patients. We offer the special service of contacting you as a reminder prior to your booked appointment. If that date / time is not suitable, we will be more than happy to adjust it to fit your schedule
- ☞ **If you have any questions or concerns, please call our office 519.667.1212**