

Botulinum Toxin Patient Leaflet



The procedure you are undertaking uses a small dose of Botulinum Toxin Type A (BTX) delivered to the muscles of the face either around the forehead, between the eyes (the 'glabellar' region) or around the outer eyes for crow's feet ('lateral canthal lines'). I normally use 'Bocouture', but other forms are available on request

This treatment usually takes an average of 2 to 3 days to start working as seen in glabellar lines, although it may take a little longer for the full effects to be seen. The speed of action will depend on the strength of your facial muscles and your individual response to the injection.

Hopefully you will be pleased with the effects of your treatment. The severity of glabellar lines can be reduced for up to 5 months and lateral canthal lines up to 3 months.

On the day

Prior to injecting, any make-up must be removed and the skin disinfected. I will then check the facial muscles to see how they affect the frown lines or crow's feet, as individuals can differ from each other.

To treat frown lines and crow's feet, the BTX is injected with a fine needle above the nose and eyebrows and across the forehead or around the skin of the outer eye next to the crow's feet or smile lines. The treatment session will last about 15-20 minutes and you can return to your daily activities immediately afterwards.

Side effects

As with all medical treatments, there are potentially side effects, but these are generally rare, and the reactions are usually minimal and temporary.

The most common side effects of BTX are headaches and reactions at the injection site. The headache is more common if the glabellar area has been treated. If you do develop a headache, use simple pain killers such as paracetamol, keep well hydrated and take some rest.

Injection site reactions can include redness, swelling, irritation, rash, itching, numbness, pain, discomfort, stinging, bruising and bleeding. Lateral canthal line treatment is more likely to cause bruising (if you develop anything at all) and some people develop some transient eyelid swelling, which settles with time. Normally these reactions are mild to moderate, reversible and occur in the first week after treatment. There is also a small possibility of slight drooping of the eyelid or visual problems – again these are usually temporary and will settle with time.

If you have any concerns about a side effect, please do not hesitate to call me and I will review you in an appropriate timescale.

Aftercare

First 4 hours after treatment:

- Keep upright,
- Do not bend excessively.

First 24 hours after treatment:

- Avoid extreme facial expressions
- Avoid excessive alcohol consumption
- Avoid wearing make-up
- Avoid exercise

Up to 2 days after treatment:

- Do not rub or massage the affected area – this can cause the BTX to spread to nearby muscles
- After washing, pat the skin dry with a soft towel rather than rubbing (for the same reason).

Up to 2 weeks after treatment:

- Avoid extremes of temperature, especially saunas
- Do not have other beauty treatments on your face.