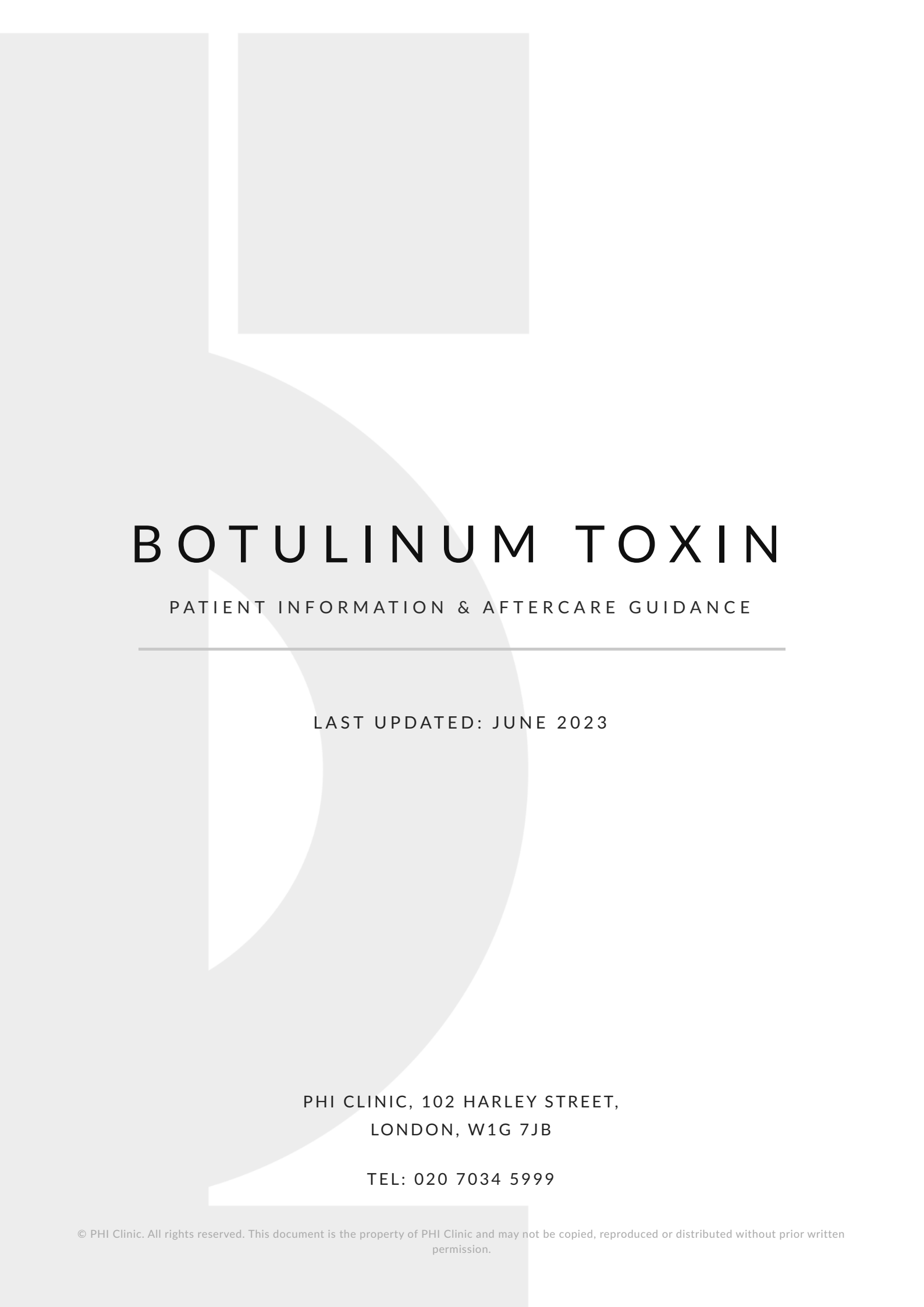




BOTULINUM TOXIN

PATIENT INFORMATION & AFTERCARE GUIDANCE

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BOTULINUM TOXIN FACIAL TREATMENT INFORMATION

WHAT IS BOTOX AND WHAT IS IT USED FOR?

Botulinum toxin remains to be the single most popular treatment in aesthetics to prevent overworking of facial muscles which create and deepen fine lines and wrinkles.

Our practitioners at PHI Clinic only use the brand Botox® from Allergan; the world's leading pharmaceutical company in anti-wrinkle injections and the only FDA approved treatment to temporarily improve frown, forehead and crow's feet lines. Muscle relaxing injections have been around for over 100 years, with extensive clinical studies to support its efficacy and safety. It is also used for a number of medical conditions such as muscle spasm, bladder problems, migraines and hyperhidrosis.

Botox® uses the drug Botulinum Toxin Type A which is a prescription medicine that is injected into muscles to reduce lines caused by muscle movement such as frown lines between the eyebrows (glabellar lines), forehead lines caused when raising your eyebrows and the area around the side of the eyes (crow's feet) for a short period of time (temporary). Botox® can also be used 'off label' to treat other areas such as gummy smile, upper lip lines and down turning mouth corners.

HOW OFTEN SHOULD I HAVE THE TREATMENT AND HOW MANY WILL I NEED?

Botox® temporarily reduces the appearance of lines by relaxing the muscle activity and so the treatment may need to be carried out every 3-6 months depending on the degree of concern and patient preference.

IS THERE ANY DOWN TIME?

The majority of patients will encounter minimal to no downtime – there is sometimes some mild swelling from the injection points, but this usually subsides after 20minutes. Bruising can occur and is unfortunately something that is unavoidable but typically settles within a couple of days. Patients are able to resume their normal activities almost straight away, but should refrain from over exerting themselves (strenuous exercise) for 24 hours and facials or facial massage for 1 week.

PRE TREATMENT:

All make up will be removed to the area prior to treatment.

Please avoid aspirin, ibuprofen and other blood thinning medications or supplements (unless advised by your GP) in the days leading up to and the day of treatment as this can increase the risk of bruising.

Please avoid excessive caffeine or alcohol intake the day of treatment to reduce the risk of bruising. If you have a needle phobia or have fainted when having an injection in the past please make your practitioner aware.

POST TREATMENT INFORMATION:

Patients are able to resume their normal activities immediately, but should refrain from strenuous exercise and excessive alcohol for 24 hours. If you require a review you will be told this on the day of treatment and advised when to book in. If possible make up should be avoided for 12 hours post treatment but can be applied after 2 hours if necessary. Facials, facial massage and other cosmetic treatments such as ultrasound and radiofrequency should be avoided for 1 week after the administration of botox.

POSSIBLE SIDE-EFFECTS/COMPLICATIONS OF TREATMENT INCLUDE:

Some common injection-related reactions, such as mild swelling, redness, pain, itching, discoloration, bruising and tenderness at the treatment site can be present for 24 hours after treatment. Other rare side effects such as temporary upper eye lid drooping, asymmetries and twitching can occur and will be discussed at length prior to any treatment. Smile asymmetries can occur when treating the lower face with botox, this is rare but all asymmetries that occur are temporary. Blanching following exercise and/or on exertion has also been reported.

WHEN WILL I SEE RESULTS?

Results can take 3-4 days to start to take effect but can take up to 14 days for the full effects. We advised all new patients to have a review at 14 days post treatment to make any necessary adjustments and administer a top up if needed. Please be aware that we cannot offer adjustments and top ups if it has been over 3 weeks since your treatment.

HOW MUCH WILL IT COST?

Prices are charged by areas treated and not the units used and will vary depending on the amount of areas that are treated. One area of treatment starts from £175 with our nurses and £250 with our doctors.

WHO WILL CARRY OUT MY TREATMENT?

Our injectable treatments are carried out by our experienced team of doctors and nurses who have all been trained by the Medical Director, Dr Patel himself.

BOTULINUM TOXIN TREATMENT AFTERCARE

You have now had botulinum toxin type A injections.

- You may experience mild bumps to the treated area and redness for approx. 20 minutes post treatment.
- Following any injections bruising can occur. Depending on the area treated, pinpointing to extensive bruising may be noted. The area can be covered with makeup from the following day.
- A temporary headache can occur and usually subsides within 24-48 hours. Paracetamol can be taken if needed.
- Other less common side effects such as asymmetries, eye lid heaviness and twitching can occur and will be assessed at your review appointment.
- Strenuous exercise, saunas, spas and excessive alcohol and caffeine intake should be avoided for 24-48 hours post treatment to minimise the bruising risk.
- Botulinum Toxin takes 3-4 days to start working and up to 14 days for the full effect.
- If this is your first treatment you will be advised to return for a review and possible top up at 2-3 weeks post treatment. This is included in your treatment price however it must take place no later than 3 weeks post treatment. If you cannot make the review during this top up period you will be advised not to have a top up and to wait for your next treatment in 3-4 months' time.
- Botulinum Toxin is most effective for 8 weeks when the effects will slowly start to wear off and movement will slowly begin to return. Most people will see some movement at 8-12 weeks and more significant movement at 12-16 weeks.
- We advise repeat treatments at 3-6 months but no sooner than 3 months.
- Repeat, regular treatments is the only guaranteed way to reduce lines formed by muscle movement, if you fail to have regular treatment the lines of concern will not improve.

For further information:

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**