

Your guide to treatment with BOTOX® (Botulinum Toxin Type A)

Your medical aesthetics practitioner has advised that injections of BOTOX® may be a suitable treatment for you. This booklet will provide you with further information about BOTOX® and how it can be used in medical treatment.

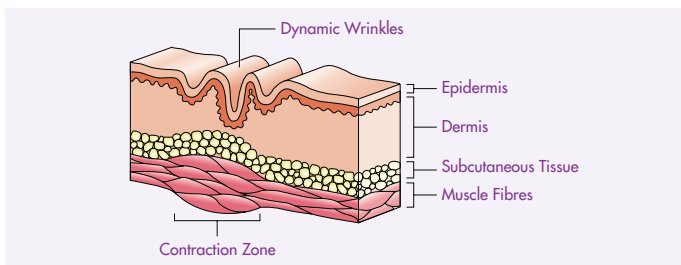


This booklet contains additional information concerning treatment with BOTOX®, and its follow-up.

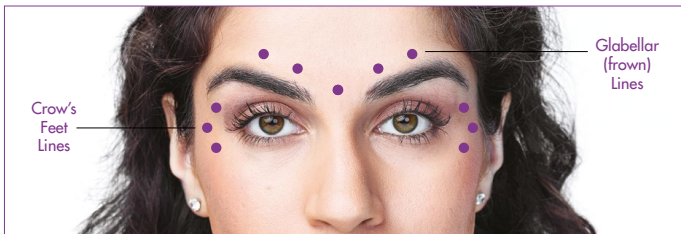
As with any other medical procedure, do not hesitate to speak to your medical aesthetics practitioner about your treatment.

WHAT IS BOTOX® AND HOW WILL IT WORK?

- Your medical aesthetics practitioner has prescribed treatment with **BOTOX®** to correct your glabellar (frown) lines and/or crow's feet lines.
- These are known as dynamic wrinkles. A wrinkle that is caused by muscle over-activity.



- **BOTOX®** is a type A botulinum toxin that temporarily blocks the nerve impulses directed towards the muscles into which it is injected. This prevents the muscles from contracting.
- **BOTOX®** is injected into the muscles in order to relax or soften the appearance of the glabellar (frown) and/or crow's feet lines.



WHAT TO EXPECT?

PRIOR TO TREATMENT

- Tell your medical aesthetics practitioner if you are suffering from any illness and inform them if you are taking any medication. These things may affect treatment with **BOTOX®**
- To avoid bruising, do not take aspirin or anti-inflammatories prior to treatment
- Tell your medical aesthetics practitioner if you are pregnant or breastfeeding your baby
- Tell your medical aesthetics practitioner if you have had any problems in the past with previous injections of botulinum toxin or with injections in general
- Tell your medical aesthetics practitioner if you have any inflammation in the muscles or skin where your medical aesthetics practitioner plans to inject
- Tell your medical aesthetics practitioner if you have had any problems swallowing
- Tell your medical aesthetics practitioner if you have had any surgery that may affect the area to be treated or if you have any operations pending

If you would like further information or have questions, please ask your medical aesthetics practitioner.

THE PROCEDURE

The procedure usually takes around 15 minutes. In this time your medical aesthetics practitioner will ask you to pull some facial expressions to understand your facial muscles. After disinfecting your skin and marking the injection sites, your medical aesthetics practitioner will inject the treatment into each of the areas to be treated.

POST-TREATMENT

To limit complications, it is recommended:

- Not to rub or massage the treated areas for 24 hours after treatment
- To cleanse your face gently that evening, without rubbing it
- Not to apply make-up for 4 hours following treatment
- To avoid excessive bending down, tiring physical exercise or taking a sauna on the day of treatment

The results of treatment are seen within a week and maximum effect may be seen 5-6 weeks after injection. Treatment has been shown to be effective up to 4 months after injection. At least 3 months must pass between treatments.

WHAT ARE THE SIDE EFFECTS?

As with any medicine, the injection of **BOTOX®** may cause side effects in some patients. Do not worry when you read this list of side effects, you may not have any.

Side effects usually occur within the first few days of injection and are generally temporary although some may have a duration of several months and in rare cases longer.

The most common side effects are headache, drooping of the eyelid, skin redness, local muscle weakness and facial pain.

Other side effects may be associated with the injection (bruising, redness, pain, burning, stinging, swelling).

Adverse reactions possibly related to the spread of the prescribed treatment distant from the site of administration have been reported very rarely with botulinum toxin (e.g. muscle weakness, difficulty swallowing or pneumonia due to unwanted food or liquid in the airways).

Tell your medical aesthetics practitioner immediately if any of the following signs or symptoms appear:

- Difficulty swallowing
- Difficulty breathing
- Difficulty speaking
- Muscle weakness
- Allergic reaction (swelling of face and airways)

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard

By reporting side effects you can help provide more information on the safety of this medicine.

YOUR TREATMENT RECORD



Your medical aesthetics practitioner will mark your treatment on the face above

It is important to keep a record of all medical treatments.

Treatment:	
Product name:	
Date:	
Clinic:	
Medical practitioner:	
Notes:	
Next treatment due:	

Treatment:	
Product name:	
Date:	
Clinic:	
Medical practitioner:	
Notes:	
Next treatment due:	



Treatment:	
Product name:	
Date:	
Clinic:	
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Notes:	
Next treatment due:	

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UK/0334/2018 Date of preparation: September 2018

