



Simply Fox

## Patient Information Sheet - Botulinum Toxin A

### What is Botulinum Toxin A?

Botulinum toxin is a naturally occurring protein produced by the bacterium *Clostridium Botulinum* in a purified form. Botulinum toxin is a very safe, effective treatment not only used in cosmetic clinics, but also for a number of medical conditions, including migraine and excessive sweating.

Licensed brands of botulinum toxin A include, Botox<sup>®</sup>, Azzalure<sup>®</sup>, Bocouture<sup>®</sup>, Xeomin<sup>®</sup>, and Dysport<sup>®</sup>

All botulinum toxins are prescription only medicines (POM) and can only be prescribed by doctors, dentists and nurses with a prescribing qualification, following a face to face assessment and consultation with the qualified prescriber.

### How Does it Work?

The toxin blocks the transition of chemical messages sent from the nerve to cause the muscle to contract. Without these messages, the muscle stays in a resting state until the 'messengers' recover. This recovery takes approximately 8 to 12 weeks on average. The aim of this treatment is to significantly reduce the movement of the muscles causing expression lines (dynamic lines). It may not cause the expression lines themselves to disappear completely, this will depend upon the quality of your skin and may take time over a course of treatments.

It may not 'completely freeze' the expression, particularly if extreme effort is exerted to make an expression.

Botulinum toxin is not suitable for lines present without expression (static lines), your practitioner will advise you.

There may be only a partial reduction in movement this very much depends on the amount administered and location of product placement – This is not a one size fits all treatment and may be tailored to suit your individual requirements and expected treatment outcomes – discuss this with your clinician at the time of consultation.

### Does it hurt?

A very fine needle is used and generally this treatment is not painful and can be well tolerated with no anaesthetic. Ice may be helpful in numbing the skin for nervous patients as well as reducing the risk of a bruise.

## Used to treat (in cosmetic medicine)

- Frown lines
- Worry lines
- Crows feet
- Lip lines
- Lower face treatment to improve jawline and appearance of neck, known as 'Nephertite lift'.
- Hyperhidrosis (excessive sweating)

## After treatment

After treatment it is expected that you will start to see an improvement within 2 or 3 days. The full result may be judged at 2-3 weeks. You may be invited to attend a review appointment at 2-3 weeks where the success of the treatment may be assessed and adjustments to your personal treatment plan made, if necessary.

You will be advised to keep the target muscles active for a few hours and to avoid extremes of heat or cold, vigorous exercise, lying down or leaning over for 4-6 hours.

## How long will it last?

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Results tend to last 3-4 months Movement will begin recovering from 8 weeks. Frequent treatment at intervals of less than 3 months is NOT recommended.

## Is it safe?

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All treatments carry a degree of risk. All risks and complications will be discussed with you at consultation and prior to any treatment being agreed.

Botulinum Toxin should only be administered by a healthcare professional with specialist training.

## Side effects include, but are not limited to;

- Bruising
- Swelling at injection sites
- Redness at injection sites
- Asymmetry of expression
- Drooping of the brow, or eyelid
- Headache or a sensation of 'tightness' or 'heaviness'

Adverse events are uncommon, usually occur within a few days of treatment and are expected to be temporary, usually resolving spontaneously within weeks.

Your practitioner will provide aftercare advice designed to minimise risk and promote speedy recovery from any expected side effects.

## **Am I suitable for treatment?**

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Your practitioner will take a detailed medical history and an assessment of your needs and expectations to ensure this is an appropriate treatment for you.

Except in exceptional circumstances this is not a treatment recommended for those under 25 or over 65.

For best results skin should be in good condition and the target lines not too furrowed. Your practitioner will assess your suitability and advise.

Botulinum toxin cannot be given to pregnant or breast feeding women.

Not suitable for patients with certain neurological disorders.

Not suitable for patients with autoimmune disorders and bleeding disorders.

Not suitable if you are currently taking certain medicines, such as aspirin, warfarin or oral steroids.

If you have previously experienced adverse reactions to any botulinum toxin treatment.

Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).

Not suitable if you are currently or have recently completed a course of Roacutane (acne treatment) in the last 18 months.

## **Caution**

If you are planning to attend a special event when a bruise, should it occur, or any adverse event described would be unacceptable to you, discuss with your clinician in advance of having treatment.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided the day before and after treatment.

Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.

**If you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.**

**If you are unclear with any aspects of the procedure, please ask the practitioner for information prior to giving consent to proceed with the treatment.**