

## **IMPORTANT INFORMATION FOLLOWING BOTULINUM TOXIN TYPE A TREATMENT**

1. Do not massage the treated area at all. If the area is washed, pat dry very gently with a soft towel. Do not rub the treated area for 48 hours.
2. Do not bend excessively or lie down for at least 4 hours.
3. You can help activate the Botulinum Toxin by gently exercising the muscles that have been treated by tensing them and relaxing them for the first hour after treatment.
4. Some patients experience slight discomfort around the treatment area for a short time after treatment.
5. You may experience temporary swelling or bruising around the site of treatment. This will usually settle within a day or two. Some patients can experience a headache following treatment for which you can take paracetamol.
6. Botulinum Toxin takes from 2 to 14 days to become effective. This is dependent on the strength of the muscles injected and the individual response.
7. If the degree of muscle relaxation is not as you would wish, please contact your practitioner.
8. Treatment with Botulinum Toxin is temporary and to maintain the effects, treatment is recommended every 3 to 6 months. Side effects, if they occur, are usually temporary and mild to moderate.

### **The most common reported side effects:**

- Tenderness
- Bruising
- Temporary headache
- Drooping of the eyelid or brow
- Excessive watering of the eye
- Mild inflammation of the surface of the eye

### **Less common side effects include:**

- Inflammation of the surface of the eye
- Eversion or inversion of the eyelids
- Light sensitivity/double vision
- Dizziness, rash, tiredness
- Facial weakness, droop/asymmetry
- Allergic reaction

Should you experience any of these symptoms following treatment, please contact your practitioner.

When you feel the muscles relaxing (2-14 days) gently massage the area with your regular moisturiser twice a day.

We do hope you are happy with your treatment. Please remember, however, that the treatment will usually only last for three to four months and movement will start to return any time from four weeks