

BOTOX® INFORMATION SHEET

PRODUCT INFORMATION

Botox® is the brand name of Botulinum Toxin Type A, a purified toxin produced by the bacterium *Clostridium botulinum*. In large amounts, this toxin blocks the nerve impulses to muscles, causing a form of paralysis called Botulism. When extremely small doses of Botox® are injected directly into a specific muscle only the action of that muscle will be paralyzed. Botox™ was first used in the 1980s by ophthalmologists to treat certain eye disorders. Cosmetic use of Botox® began in 1990, and since that time, the use of Botox® has become a popular option for the management of wrinkles. Over one million patients have been treated with Botox®,

Botox® is only helpful for "wrinkles in motion." It is not as effective on "wrinkles at rest," but prolonged use of botulinum toxin may help prevent wrinkles in motion from becoming wrinkles at rest. The anatomy of the upper part of the face makes it a more suitable and safe area for Botox® treatments. The typical areas treated include the frown lines of the brow, horizontal forehead lines and "crow's feet". In certain individuals, unwanted dimpling of the chin, or vertical bands in the neck can also be improved with Botox®. Within days of the treatment, you should see a marked improvement in the treated areas. Lines continue to improve for up to a month, and results can last for up to 4 months.

PROCEDURE DESCRIPTION

BEFORE YOUR PROCEDURE:

Aspirin and ibuprofen should be *avoided* for 10 days prior to and 2 days after treatments. If you were told to take aspirin daily by a doctor, then please ask us, or ask your prescribing doctor before stopping it. Other medications to avoid include Excedrin™, Motrin™, Naprosyn™, Aleve™, Ginko, garlic supplements, and vitamin E. Be certain that you have communicated any pertinent medical history to your doctor, particularly any history of neurologic or muscular disease, medication allergies, new medications, pregnancy, breastfeeding, and previous cosmetic procedures.

DURING THE PROCEDURE:

Your skin is cleansed in the treatment area. Botox® is then injected with a very fine needle into the target areas. These injections are quick and only mildly uncomfortable—no anesthesia is required. Cold packs will be placed on the treated areas to reduce any swelling or chance of bruising.

AFTER YOUR PROCEDURE:

Immediately after the procedure you may reapply any makeup and resume your usual skin care routine. You should avoid massaging the areas for the next four hours. You should also avoid lying down, or bending over during this period of time. Otherwise, you may resume your usual activities. **The full effect of the treatment is seen about one week after the procedure.** You may want to schedule a follow-up two weeks after the treatment because a touch-up can then be done to perfect and/or maximize your result.

RISKS/COMPLICATIONS

Botox® treatment of frown lines can cause minor temporary drooping of one eyelid in less than 2% of injections. This usually lasts 2-3 weeks. Some patients have experienced occasional numbness of the forehead lasting 2-3 weeks. Bruising, swelling, and/or transient headaches have also been reported. Each individual's response to BOTOX may vary. The possibility of an undesired cosmetic effect can be limited by clear communication with the doctor about your specific treatment goals.

CONTRAINDICATIONS

There are certain conditions where Botox® treatments are not recommended. These include:

- Patients with neurological disorders such as ALS, myasthenia gravis, or Lambert-Eaton syndrome may be at increased risk of serious side effects
- Pregnancy or breast-feeding
- Infection at the proposed injection site(s)
- Known hypersensitivity to any ingredient in the formulation.

ALTERNATIVES

Chemical or laser resurfacing and fillers can be used to treat unwanted lines. However, no other treatment has the same effect on lines that are generated by muscle movement. Botox® is frequently combined with dermal fillers and/or laser treatments to give the best results.