Botox Injections, Cosmesis

Botox® Cosmetic (Botulinum type A) is purified botulinum toxin. It is a non-surgical way to soften facial lines and wrinkles. Botox® is a very weak (*diluted*) form of botulinum toxin. This toxin is produced by a germ (*bacteria*) called Clostridium botulinum. The toxin works by blocking nerve impulses to muscles. When used for cosmetic purposes, it works by weakening the muscle, which in turn lessens the lines of facial expression. It works the best for:

- Forehead lines.
- Crow's feet.
- Frown lines.
- Neck wrinkles.

A second injection is sometimes needed for touch up if the first treatment is not entirely successful. The results last about 4 to 6 months. It is thought that when this treatment is used together with chemical peels, they can give a more youthful appearance without the use of surgery.

SIDE EFFECTS:

- Soreness.
- Small bruises may develop around injection sites.
- Rare drooping of eyebrow or eyelid can occur; this can last 3 to 6 months but is reversible.
- Rarely, double vision develops. This can last 3 to 6 months but is usually reversible.
- Change in voice or speech, loss of the ability to close the eyes and difficulty breathing may occur rarely. These side effects occur as early as several hours after injections or may be delayed up to several weeks.

PRECAUTIONS (REASONS NOT TO HAVE BOTOX)®

If you:

- Have myasthenia gravis.
- Have allergies to human albumin.
- Are pregnant or breastfeeding.
- Have taken aspirin or anti-inflammatory medication in the last 2 weeks.
- Have neuromuscular disease.
- Have allergies to botulinum toxin.
- Have had beer, wine or alcohol in the last week.

PREPARATION FOR BOTOX® INJECTIONS:

- No alcohol 1 week prior to treatment.
- No anti-inflammatory medication or aspirin 2 weeks before treatment. You should not be on blood thinners (*anticoagulants*).

HOME CARE INSTRUCTIONS

- Do not lie down for 4 hours after the treatment.
- Do not massage the treated muscles, this can cause the Botox® to spread to the muscles around the eyes. This may cause double vision.
- Exercise the muscles every 15 minutes for 1 hour after the treatment. Botox® attaches better to active muscles.

EXPECTATIONS FOLLOWING BOTOX® INJECTIONS

- Treated areas take 5 to 10 days to develop softening of the facial lines.
- Treatments generally last 4 to 6 months.
- Injections can be repeated every 4 to 6 months. There are no known long term side effects. With time, often less frequent treatments are required as the habit of contracting frown lines is broken. The same is true for the rest of the facial expression muscles.
- If an initial injection does not work well, a repeat treatment is necessary. Repeat treatments generally cost less than the cost of the initial treatment.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop double vision or start to have trouble swallowing.
- You develop muscle weakness in other parts of your body.
- Your pupils start to become dilated and sensitive to light. The pupils are the dark spot in the center of the eye.

Document Released: 09/14/2005 Document Re-Released: 01/09/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.