

WRINKLE RELAXING INJECTION PRE AND POST CARE

Botulinum Toxin type A is a popular non-surgical procedure used to relax the muscles of facial expression in order to soften and reduce unwanted lines. Botulinum toxin is known by two licensed brand names – Botox® and Dysport®. The purified form of the toxin is injected in small doses into specific muscles; this temporarily blocks the chemical signals that cause the muscles to contract. As the muscle that is injected cannot contract as much, the overlying skin appears smoother and less wrinkled. Botulinum toxin is FDA approved for the treatment of glabellar frown lines and crow's feet, but it can safely be used for a number of procedures including frown lines, forehead wrinkles, crow's feet, chin dimples, gummy smile, bunny lines, neck bands, jaw clenching, headaches, and excessive sweating.

Pre Care Instructions

- If you are able to, avoid blood thinning medication one week prior to procedure as these increase your risk of bruising. These include: over the counter medications such as Aspirin, Brufen, Voltaren, other anti-inflammatory medications, niacin, vitamin E and omega-3 fatty acids. Panado is acceptable to use. Arnica tablets help to prevent bruising.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so that extra precaution may be taken to avoid bruising.
- **Aesthetic Options Tip:** Take Zinc supplements to increase the effectiveness of Botulinum Toxin. Zinc is necessary for Botulinum Toxin to attach to nerve receptors.
- Avoid microneedling, laser and other cosmetic treatments at least one week prior to the procedure.
- Reschedule your appointment if you have inflammation or infection in the area to be treated.
- Botulinum Toxin is contraindicated in pregnancy and breast feeding.
- Other contraindications include rare neurological conditions, for example: Motor Neuron Disease, Myasthenia Gravis and Lambert-Eaton Syndrome. Please inform your doctor if you have any questions about this.

Day of Treatment

- Topical anaesthetic cream may be applied to decrease the feeling of the small needle used to inject the toxin.
- If this is your first time receiving Botulinum Toxin Injections a “before” photo or video will be taken for your file.
- Treatment doses are individualized by your doctor for your face and/or concern.

Post Care Instructions

- Do not lie down or rub the area for 4 hours following your treatment. You may pull facial expressions and exercise treated muscles to encourage the toxin to penetrate the muscles naturally.
- Avoid any massage or pressure to the area for 4 days as this may disrupt the placement of the toxin.
- Refrain from vigorous exercise and excessive heat such as heated workouts, saunas, steam rooms and hot baths for 24 hours.
- If you notice slight bruising at the injection site – this is only temporary and can easily be covered by makeup applied gently over the area.
- Avoid facials, microneedling, laser and other cosmetic treatments for at least one week unless specified by your medical practitioner.
- You should expect to see the neurotoxin's full effect between 3-14 days.
- A complimentary two week follow up appointment is advised. Our doctor will check your treatment outcome and perform any refinements to your dose.
- **Expected results:** The manufacturers of Botulinum Toxin report the average duration of results to be approximately 3-4 months. This is patient dependent. Regular injection intervals will maintain an optimal aesthetic result and prevent returning to your original pre-treatment condition.
- Contact the clinic should you experience any unexpected side-effect to treatment. Call: 087 806 8700