

Patient aftercare Information Sheet - 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.

The aim of your treatment is not to completely paralyse every muscles of the upper face. The goal is to reduce muscle activity which will improve on the appearance of lines and wrinkles. It is advisable that you retain some facial expression to ensure the outcome achieved is natural, refreshing and rejuvenating. Gentle facial movement is completely acceptable.

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.

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.

What to do after treatment?

After treatment it is expected that you will start to see an improvement within 2 or 3 days... Keep using your facial muscles! The full result may be judged at 2-3 weeks. You will be invited to a review consultation 2-3 weeks after your treatment to ensure that you are happy with the results.

After having Botulinum Toxin injections to the face, we ask that you **refrain** from:

- Rubbing or massaging the treated area for 24 hours
- Strenuous exercise or activity for 24 hours
- Exposure to extreme temperatures for 48 hours, e.g. - saunas, hot baths/showers, sun beds
- Alcohol for 24 hours
- Avoid facial massages or electrical stimulation of the face for the next 2 weeks.

Reduce the Chance of Infection:

- Do not touch your face in the areas injected or apply make up for 6 hours

How long will it last?

How long results last is unique to every single person. It is not unusual for a patient beginning the journey of toxin treatments to see activity from as early as 5 weeks after treatment. This is nothing to worry about. How soon muscular activity returns to an area is determined by neurone repair and regrowth, the rate of this process is driven by your own physiology.

Regular treatments at 3 to 4 monthly intervals will help to weaken and retrain the muscles which will help your results to last longer.

Frequent treatment at intervals of less than 3 months is NOT recommended.

Is it safe?

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.

Common side effects include, but are not limited to:

- Bruising
- Swelling at injection sites including the eyelid

- Redness at injection sites
- Minor facial
- 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. Adverse reactions possibly related to the spread of the prescribed treatment distant from the injection points have been reported very rarely.

Over the course of the 2 weeks after your treatment, the different treated muscle groups can respond to the medication at different rates, it is not unusual to see some slight asymmetries, such as an eyebrow more raised than the other; this is nothing to concern you.

Small lumps and bumps post injection are perfectly normal and will usually resolve within a few hours after the treatment, however, some small bumps can persist for a few days, and this is simply minor swelling caused by the injection.

Rare side effects can include, but are not limited to:

- Difficulty swallowing
- Difficulty breathing
- Difficulty speaking
- Muscle weakness
- Widespread rash/itchy welts
- Allergic reaction

If you have the above symptoms, which may indicate a serious allergic reaction, seek immediate medical attention via 111/999 as this is a clinical emergency.

Please contact K S Aesthetics Salisbury via our e-mail should you experience any of the side effects: Hello@ksaestheticssalisbury.com

Caution...

Botulinum Toxin A may cause muscle weakness, dizziness and visual disturbance which could affect driving and the operation of machinery.

If you are at all concerned about symptoms you were not expecting, please contact K S Aesthetics Salisbury via Hello@ksaestheticssalisbury.com 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 your practitioner for information prior to giving your informed consent to proceed with the proposed treatment.