



# SkinRadiance

Aesthetic Treatments & Skincare

## Botulinum Toxin Type A (Botox)

### Pre-treatment Information

[www.myskinradiance.co.uk](http://www.myskinradiance.co.uk)



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# Wrinkle Reduction/Anti-Wrinkle Injections

Botulinum Toxin Type A is a purified naturally occurring protein produced by the Clostridium botulinum bacterium. In a purified form, as is the case with many other drugs, such as antibiotics, Botulinum Toxin is a very safe and effective treatment not only used for cosmetic reasons but also for a number of medical conditions. There are a number of different types of Botulinum Toxin, "Botox" is the most well known brand on the market is the Toxin of choice by Skin Radiance. It works by temporarily weakening the muscles that cause frown lines and wrinkles. It stops the muscle from contracting by blocking neuromuscular transmission. The muscle stays in a rest state until the 'messengers' recover. The reduction of the chemical messages from the nerve to the muscle result in a dramatically smoother, younger-looking appearance. The effects are outstanding which is why this is the most popular cosmetic treatment in the world.

## Which areas can be treated?

- Frown lines between the eyebrows
- Smile lines around the eyes (crow's feet)
- Horizontal forehead lines

Other areas that can be treated with Botulinum Toxin include; lines at the side of the nose (bunny lines), vertical lines above the top lip (smoker's lines), lower face and the neck. It is also a very successful treatment for excessive sweating.

## How does the treatment work?

The skin creases in areas of use as muscles are used daily throughout a lifetime. The ageing process causes the slowdown of collagen and elastin production in the skin so that as we get older, these areas of over-use become damaged and the lines become permanent.

By reducing the movement of muscles in these areas, the skin stops being creased and can recover, causing the lines to soften or even fade away. In the areas treated, the muscles are temporarily inactivated (always reversible), during which time the patient can break the subconscious habit of overusing these muscles.

The Botox temporarily blocks the nerve signal to the muscle, which in turn relaxes the muscles. The nerve that is in place at the time of treatment shrivels away due to lack of stimulation, and a new nerve will grow in its place, and this is when the movement returns.

The aim of the treatment is to significantly reduce the movement of the muscles causing expression lines (dynamic lines). It may not cause the expression lines themselves completely disappear, this will depend on the quality of the skin. It may take time over a course of treatments to achieve your optimal result. It is not guaranteed to 'completely freeze' the expression. Depending on each individual and the dose used, the response to treatment can vary from a relaxation of the muscle to an inability to move the muscles. There may only be a partial reduction in movement.

## **How soon will I see the effects and how long do the effects last?**

The initial effects of the treatment start to be felt usually within 72 hours, but it can take up to 14 days to see the full effect. The effects of the treatment usually last between 2 and 5 months when you will notice an ability to move muscles more freely, this will vary from person to person depending on a variety of factors such as; age, genetics, skin condition, lifestyle, sun exposure, skin care regime, fluid intake, smoking, stress, sun exposure, sun bed use and consumption of alcohol or drug use.

Deep lines will be softened and may take several treatments until the optimum result is seen. Fine lines can almost disappear. Too frequent or excessive dosing of Botulinum toxin may increase the risk of antibodies in the blood which may lead to failure of treatment. With this in mind, and following the recommended license guidelines, botulinum toxin treatments are carried out after 12 weeks from initial treatment. You should have further treatment when the muscle activity returns but before the lines and wrinkles have had a chance to re-establish if you wish to continue your treatments to maintain the effects of Botox.

## How Long has Botox® Been in Use?

As long ago as 1978, Botox® has been used as a treatment for patients with eye squints by weakening the overactive eye muscle. Since then, it has been used in a variety of therapeutic areas such as spasmodic neck, writer's cramp, tics, multiple sclerosis, facial spasm, Parkinson's Disease and children with cerebral palsy and migraine. In more recent times the use of Botox® for cosmetic therapy has become more widespread. Once the effects of the toxin have worn off there is no lasting effect, the muscle returns to normal activity.

## Is it safe and does it hurt?

Millions of people worldwide have had these injections and the safety of the product is well established and beyond doubt.

The procedure itself takes about 5 to 10 minutes. You will be asked to use certain muscles on the face to observe how they work. Using an extremely fine needle, small quantities of Botox are injected into the muscles under the skin where wrinkles are most troublesome. This may cause some slight but brief discomfort. The area may show some slight redness and swelling which normally resolves in an hour or two. The injections are virtually painless and may cause a minor stinging discomfort. As the needles are very small, the risk of bleeding or bruising is minimal. After treatment, you should not massage the injected area. You should not lie down, do

anything strenuous such as strenuous exercise or lean forward for a lengthy period for 4-6 hours after treatment. The treatment normally starts to take effect after 4 to 14 days, but this may vary slightly with some individuals.

There are a few medical conditions or situations where a Botulinum Toxin Treatment would not be appropriate: myasthenia gravis which affect muscles, neurological disorders, autoimmune disease, taking certain medicines, if you are unwell or have an infection, if you have had adverse reactions to Botulinum Toxin in the past or history or multiple reactions/sensitivities/allergies, if you are currently completing or if you have completed (within the last 18 months) a course of Roaccutane (acne treatment), if you are pregnant or breast feeding, if you are under the age of 18 years of age or any other treatment, medication, health condition/illness if deemed not suitable by the treating aesthetic nurse practitioner

## Are there any side effects?

All treatments carry a degree of risk and possible side effects. Risk and complications will be discussed with you during your consultation prior to any treatment being agreed. Adverse events are uncommon usually occur within a few days of treatment and expected to be temporary, usually resolving spontaneously over a few weeks.

Side effects are infrequent but can occur: you may experience bruising, swelling, redness, tenderness at the injection site, asymmetry of expression, a sensation of tightness or heaviness, a headache and very occasionally the treatment may not work as some people are immune to the effects of Botox. Taking the following within 72 hours prior to or following the treatment may increase your risk of bruising: alcohol, aspirin, ibuprofen, St John's Wort, Fish Oils, Ginko Biloba, Vitamins C and E. Tenderness should settle within a few days and the sensation of heaviness and/or tightness should also settle within a few a days. Pain killers may be taken as required.

When injecting close to the eye there is a very small chance of developing a temporary drooping of the eyelid. If this occurs eye drops can be used to lessen the effect until it wears off naturally. Drooping of the brow can also occur which will return to normal as the treatment wears off. If you have experienced drooping of the brow of lid in the past from a previous treatment, there is a chance this may happen again.

If you suffer any adverse reactions or a poor cosmetic result, it may be that correction is not possible and you will be advised to wait until the muscle recovers and the toxin wears off. All side effects are temporary and reversible as the effects wear off.

Uncommon side effects may include: infection, anxiety, numbness, dizziness, inflammation of the eyelid, eye pain, visual disturbances, nausea, dry mouth, skin tightness, swelling (face, eyelid, around the eyes), sensitivity to light, itching, rash, red itchy welts, wheezing, difficulty swallowing, asthma symptoms, feeling faint/fainting, dry skin, muscle twitching, flu syndrome, lack of strength and fever.

Rare side effects that have been reported include: rash, hives, itching, red blotchy skin rash, serious allergic reaction, hair loss, loss of eyebrow, hearing disturbances. Allergic reactions, difficulties to swallow, speak or breath have been reported when Botulinum Toxin type A has been used for uses other than what we would treat in this instance. If any side effect becomes serious, or any side effect not listed in this document, please tell your healthcare professional. Botulinum toxin should only be administered by medical personnel with the appropriate training, qualification and expertise.

In extremely rare cases patients have developed an allergy to the treatment, while others have shown resistance: i.e. it causes little or no effect on the treated muscles.

Please contact your healthcare professional should you experience any problems, concerns as soon as possible and seek medical advice. Please contact your healthcare professional if any side effect worsens after 3 days rather than settling down.

It is essential that the aftercare guidance is followed as the aim is to minimise risk and promote a speedy recovery from any expected side effects.

## **What can I expect after the treatment?**

For six hours after treatment it is advised that you avoid exercise, leaning forward, hot baths/showers or alcohol as these can increase blood flow and dilute the effect. It is important to avoid touching the area injected, including applying makeup, as this may push the product beyond the intended area. Be gentle for the next few days when washing your face or undertaking your daily skincare regime. Please avoid extreme sun exposure, UV light, freezing temperatures, saunas, spa/jacuzzi, beauty and/or aesthetic treatments and steam rooms for 2 weeks after treatment.

You are encouraged to actively use the treated muscles e.g.: frown or squint frequently during the first hour after treatment, as this may enhance the effect due to the Toxin is attracted to active muscles.

Make up should not be worn for 12 hours and the skin should be kept clean-avoid touching the areas treated. Do not use cleansing wipes which can irritate the skin. Avoid tight headgear or hats following treatment.

Wrinkles normally begin to disappear after two or three days, and full results are usually seen within 14-21 days. On average the effects last 2 to 4 months, but with regular and repeated treatments the results may last longer. You are encouraged to attend a review appointment 2-4 weeks following treatment.

# Tips for Healthy Skin and Treatment Results

**To support your treatment and skin care regime with the aim of achieving healthy skin:**

- Consume a good diet, rich in anti-oxidants, omegas, protein and fruits and vegetables
- Invest in good quality topical skin care and use as directed
- Use a High Factor Sunscreen (SPF)-everyday regardless of the weather
- Take regular exercise
- Avoid smoking/recreational drug use
- Sleep well
- Take time to relax/meditate
- Avoid stress wherever possible
- Increase clear fluid intake

**Finally, it is important to understand and acknowledge the following:**

- Results are individual, may vary from person to person and therefore cannot be guaranteed
- The best results are achieved over a period of time/several treatments/course of treatments but cannot be guaranteed
- Treatments are delivered as part of a mutual plan to improve the appearance of certain areas as discussed at consultation, taking expectation and realistic outcomes into account. A combination of treatment types may be suggested to address your concerns as part of a treatment plan
- The way that an individual ages depends on a number of factors including the following; age, lifestyle, environment, drug use, alcohol, medication, health, skin care, fluid intake, stress, sleep, exercise and genetics to name a few
- Signs of ageing may be improved/attempted to be reversed but do require constant maintenance.

Thank you for choosing Skin Radiance for your treatment, if you have any questions or require further information prior to your treatment or if you have any problems or concerns following your treatment please contact Claire for advice:

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