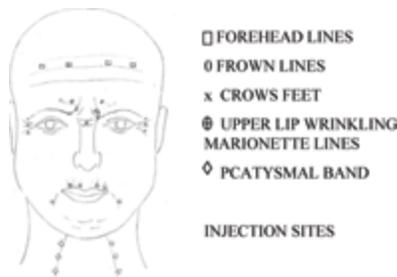


Botulinum Toxin Injections

(Botulinum toxin is commercially available as Botox® or Dysport®. However, these injections are commonly referred to as 'Botox injections' whichever product is actually used. This factsheet will, therefore, refer only to 'Botox injections').

Introduction

Wrinkles are part of the ageing process. They can be attributed to sun damage, effects of gravity and muscle contraction resulting from facial expressions such as frowning and laughing. Wrinkles due to the effects of gravity represent natural sagging of tissue with age and are generally only improved by surgical tightening procedures. Wrinkles caused by muscle contraction such as frown lines, forehead lines and crows' feet, can be improved by Botox treatment. The various wrinkles caused by facial muscle contraction as illustrated. Botox can also be used to treat excessive sweating of the armpits and palms of the hands.



What is Botox?

Botox® and Dysport® are the trade names for Botulinum toxin, produced by bacteria called *Clostridium botulinum*. Several types of toxins have been identified, but type A, which is used commercially, is the most potent. Botox acts by blocking acetylcholine, a chemical that is responsible for transmitting electrical impulses that cause muscle contraction. This results in muscle paralysis. The resultant paralysis, however, is

temporary, as the new growth of nerves will re-innervate the muscles. Botox was first used in 1978 to weaken overactive muscles in the eye, followed by other neurological conditions such as dystonia and hemifacial spasm with good effects and little side effects. Botox was first used cosmetically in 1990, to reduce facial wrinkles arising from muscle contraction.

What can you expect at the time of your procedure?

Botox is injected directly into the muscles that cause the wrinkles, using a very small needle. Several injections are usually needed at specific sites, depending on the area treated (see diagram 1). When used to treat excessive sweating in the armpits, Botox is injected directed into the axillary skin. Localised discomfort and bruises can occur, but no sedation or local anaesthesia is generally required. Normal activities can be resumed immediately.

What are the results?

Botox usually takes effect 24-72 hours after injection, with maximum effect at about 1 to 2 weeks. Its effects generally last for approximately 3-4 months. When injected into the muscles that are responsible for expression wrinkles, it gives the face a more relaxed and smoother appearance. Sometimes longer lasting effects (9-12 months) are seen after treatment of excessive sweating. When a gradual fading of the treatment effect is noticed you may return to have another treatment.

What are the limitations?

Whilst Botox can be very effective in reducing wrinkles due to muscle contractions, it has no effect in reducing the fine lines on the face caused by sun damage, and lines due to sagging of facial skin. In those patients with very heavy lines, repeated treatments may be needed for maximum effect. Too frequent or excessive dosing of Botox may lead to patient's resistance to treatment due to antibody formation and Botox treatment may exaggerate any facial asymmetry.

What are the contraindications for treatment?

The use of Botox is contraindicated in people with neuromuscular disorders such as myasthenia gravis, those who are taking certain muscle relaxants and antibodies such

as aminoglycosides, pregnant or breast feeding women, those with infection or inflammation at the proposed site of injections and bleeding disorders.

What are the risks?

No severe complications after cosmetic use of Botox have been reported in the literature. Very rarely, excessive weakening of the target muscles and paresis of adjacent muscles can occur, resulting in facial weakness. This is self-limiting. When injecting above the eyebrows, upper eyelid ptosis or slight drooping may occur but only 1:100. This can be corrected with eye drops but will also improve as the effects of the Botox wears off.

What is the cost of such procedures?

Each treatment is charged for individually, according to the amount of material used. Prices in the UK vary by region and skill set from approximately £150 to £350 per session, depending on the amount of product required. Examples of such prices start from:

BOTOX from:

£180 for x1 area.

£210 for x2 areas.

£230 for x3 areas.

- Hyperhidrosis (feet, hands, underarms) or full face: £350
- Brow lift/ bunny lines/ gummy smile/ lip flip/ nose slimming/ nose lift/ dimpled chin (all 1 area: £180)
- Foxy brow lift/ smokers lines/ masseter down turned mouth £230
- Nefertiti neck lift (£220)

How long does the procedure take?

Each treatment takes about 15-40 minutes. There is no downtime and you can return to work immediately after the procedure.

How do I prepare for my treatment?

Your practitioner will advise you about any personal specific care in line with the medical information that you share with us.

No vaccinations should be undertaken 2 weeks prior to your treatment although consultations are absolutely fine and essential. No vaccinations should also be performed up to 4 weeks after your injectable therapy.

Avoid the application of AHA, BHA and products containing retinoid ingredients at least 7 days prior to your treatment.

Avoid exfoliation of the skin at least 7 days prior to your treatment.

No other treatments should be undertaken to the treatment area; including electrical facials, chemical peels or other injectables for up to 2 weeks prior to your treatment.

We do not advise applying makeup to the treatment area for at least 12 hours post treatment. Where makeup must be applied, a mineral based SPF and/or mineral based SPF foundation are best.

All New Patients should allow a period of up to 14days consultation between the prescriber and the actual injectable treatment.

All patients will be booked in for a check up 2 weeks later with their practitioner for final assessment.

PLEASE NOTE: This is an information fact sheet designed to give you an idea into the world of injectables, particularly dermal fillers.

We strongly recommend booking a consultation with our clinicians prior to agreeing on any injectable therapy.

Kind Regards,

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