



Save Face

Botulinum Toxin A
Fact Sheet



Patient information Botulinum Toxin A

- Botulinum Toxin A
- Results from 3 days
- Single treatment
- Minimal downtime
- Lasts 3-4 months

What is Botulinum Toxin A?

Botulinum toxin is a naturally occurring protein produced by the bacterium *Clostridium Botulinum*. In a purified form, as is the case with many drugs/medications such as Penicillin, Botulinum toxin is a very safe, effective treatment not only used in cosmetic clinics, but also for a number of medical conditions, including migraine and excessive sweating.

Licensed brands of botulinum toxin A include, Botox®, Azzalure®, Bocouture®, Xeomin®, and Dysport®

All botulinum toxins are prescription only medicines (POM) and can only be prescribed by doctors, dentists and nurses with the prescribing qualification, following a face to face assessment and consultation with the qualified prescriber.

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. This recovery takes approximately 8 to 12 weeks on average. 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.

It may not 'completely freeze' the expression,

particularly if extreme effort is exerted to make an expression.

Botulinum toxin is not suitable for lines present without expression (static lines), your practitioner will advise you.

There may be only a partial reduction in movement this very much depends on the amount administered and location of product placement – This is not a one size fits all treatment and may be tailored to suit your individual requirements and expected treatment outcomes – discuss this with your clinician at the time of consultation.

Does it hurt?

A very fine needle is used and generally this treatment is not painful and can be well tolerated with no anaesthetic. Ice may be helpful in numbing the skin for nervous patients as well as reducing the risk of a bruise.

Used to treat (in cosmetic medicine)

*Though widely used in cosmetic medicine and with an extensive evidence base to support safety and efficacy, Botulinum toxin A brands, Botox[®], Azzalure[®] and Bocouture[®] are licensed only for the treatment of frown lines; Botox[®] recently gained an additional license for crows feet. All other indications are, for the time being, 'off label', i.e. being used beyond the terms of the original license. Many drugs are routinely used off label. Please discuss with your practitioner if you have any concerns and they will be happy to explain further.

- ↘ Frown lines
- ↘ Worry lines
- ↘ Crows feet
- ↘ Lip lines

- ↳ Lower face treatment to improve jawline and appearance of neck, known as 'Nephertite lift'.
- ↳ Hyperhidrosis (excessive sweating)

After treatment

After treatment it is expected that you will start to see an improvement within 2 or 3 days. The full result may be judged at 2-3 weeks. You may be invited to attend a review appointment at 2-3 weeks where the success of the treatment may be assessed and adjustments to your personal

treatment plan made, if necessary.

You will be advised to keep the target muscles active for a few hours and to avoid extremes of heat or cold, vigorous exercise, lying down or leaning over for 4-6 hours.

How long will it last?

Results tend to last 3-4 months Movement will begin recovering from 8 weeks
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.

Botulinum Toxin should be administered by a healthcare professional with specialist training.

Side effects include, but are not limited to;

- ↳ Bruising
- ↳ Swelling at injection sites
- ↳ Redness at injection sites
- ↳ 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.

Your practitioner will provide aftercare advice designed to minimise risk and promote speedy recovery from any expected side effects.

Am I suitable for treatment?

Your practitioner will take a detailed medical history and an assessment of your needs and expectations to ensure this is an appropriate treatment for you.

*This must be a nurse, doctor or dentist with specialised training, qualified to prescribe.

Except in exceptional circumstances this is not a treatment recommended for those under 25 or over 65.

For best results skin should be in good condition and the target lines not too furrowed. Your practitioner will assess your suitability and advise.

Botulinum toxin cannot be given to pregnant or breast feeding women.

Not suitable for patients with certain neurological disorders.

Not suitable if you are currently taking certain medicines.

If you have previously experienced adverse reactions to any botulinum toxin treatment.

With any injectable treatment;

Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).

If you are taking any medicines which affect bleeding, such as aspirin or warfarin.

If you are currently or have recently completed a course of Roacutane (acne treatment) in the last 18 months.

If you are pregnant or breastfeeding.

Caution

If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you.

If you are planning to attend an important event and any adverse event described would be unacceptable to you, discuss with your clinician in advance of having treatment.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided the day before and after treatment.

Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.

If you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.

Consumer Check List

What to Expect

- To be seen by a, doctor, nurse or dentist for your consultation and assessment
- To have sufficient time to consider all the information- avoid making hasty decisions
- To be treated by a doctor, nurse or dentist
- A follow up appointment if necessary or desired

Ask Questions

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| What is this treatment/product? | How many treatments will I need and in what time frame? |
| How does it work? | Are you able to treat complications, should they occur? |
| What are the side effects/risks? | What happens if I am not happy with the result? |
| What are the alternatives I might consider? | Is it painful? How do you minimise pain? |
| What results can I expect? | What aftercare am I expected to perform? |
| What will I look like immediately after? | What will it cost and what are the payment terms? |
| How long will the results last? | |

What to Check

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| You may check the qualifications of a doctor (www.gmc-uk.org), Nurse (www.nmc-uk.org) and dentist(gdc-uk.org) | medicine to be used and make a note of it for future reference, should you later see another clinician. |
| Ask to see the unopened box of product/ | |

Be Safe

- ↘ Do not proceed with treatment if you do not feel comfortable with the practitioner
- ↘ Do not proceed with treatment if you do not fully understand the information you are given
- ↘ Take the necessary time to make your decisions
- ↘ Ask the practitioner to show you the product in its unopened package prior to treatment.
- ↘ Make a note of the practitioner's name and product used for future reference
- ↘ Ask for copies of before and after photographs for your reference
- ↘ Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate.