



## “BOTOX”

### Frequently asked Questions

**Q: What is a “BOTOX” cosmetic treatment?**

**A:** “Botox” cosmetic treatment is a simple, non-surgical procedure that smoothes the deep, persistent facial lines that develop over time. One ten minute treatment – a few tiny injections – relax the muscles that cause those lines to form and keeps them relaxed for up to four months. “Botox” has been widely tested and now has FDA approval in the USA for cosmetic use. The results will start to appear within days. In clinical trials, nearly 90% of people surveyed rated the improvement in their brow lines as moderate to better. For many, “Botox” virtually “erases” these lines. Unlike surgery there is no “down-time” and the client can often return to work etc, directly after the treatment. Within days, they report looking more relaxed. With “Botox”, people know you’ve done something, they just don’t know what.

**Q: What is “BOTOX” and what does it contain?**

**A:** “Botox” is a novel therapeutic muscle-relaxing agent derived from the bacterium, Clostridium Botulinum. Also known as Botulinum Toxin A, the brand “Botox” is produced in controlled laboratory conditions and given in extremely small doses. Botulinum Toxin Type A is the most studied of the seven different serotypes of Botulinum toxin (A, B, C, D, E, F, and G). Each serotype has different properties and actions. No two are exactly alike. “Botox” has been approved by the FDA in the USA and Europe since 1989 as a safe and effective treatment for eye lid spasms, muscle spasms causing crossed eyes, as well as facial spasms. Moreover, it has been shown to be an effective non-surgical treatment in very low doses of “Botox” for facial lines and wrinkles if administered via a few tiny injections directly into the overactive muscles that cause lines to form.

**Q: How does “BOTOX” work?**

**A:** “Botox” works by blocking the transmission of nerve impulses to the injected muscles. Normally your brain sends electrical messages to your muscles so that they can contract and move. The electrical message is transmitted to the muscle by a substance called Acetylcholine. “Botox” works to block the release of Acetylcholine and, as a result, the muscle doesn’t receive the message to contract. This means that the muscle spasms stop or are greatly reduced after using “Botox”, providing reliable relief from symptoms (pain) or softening of wrinkles. The effects of “Botox” are usually confined to the injected region; it does not travel around the body.

**Q: How is “BOTOX” administered?**

**A:** In a simple clinical procedure, “Botox” is injected using a very fine needle in the overactive muscles. The muscle function becomes weakened, eliminating part or all of its function. Long standing wrinkles will soften and may eventually disappear. The result is softer, more relaxed and pleasant appearance. The procedure itself takes



about 10 minutes although the consultation and application of numbing cream to the skin means that the appointment takes approx. one hour. You may return to work etc immediately; however you should avoid exercise for 4-6 hours or massaging the area to avoid the product spreading.

**Q: Does the treatment hurt?**

**A:** Discomfort is minimal and brief. The specialist will use a local anaesthetic cream (if required). A very fine needle (nearly as thin as your hair) is used for the few injections that are usually given per muscle. Once the injection is complete, there is usually no discomfort. Occasionally you may have headaches that should be controlled with Paracetamol.

**Q: When does "BOTOX" start to work?**

**A:** The effects of the injection may be seen after 2-3 days with a maximum benefit reached in 2 weeks. The end result may take up to 30 days to appear, particularly in men with strong facial muscles.

**Q: How long does the effect last?**

**A:** "Botox" offers sustained relief, dose after dose over the course of long term treatment. The relief felt from a single treatment will normally be sustained for approx. 3-5 months. You will notice a gradual fading of its effects. At this point you may return to BOCO for your next treatment.

Please note that response may vary among individuals, and so the degree of relief and duration of effect varies from person to person.

**Q: What do you mean by "touch ups" and "top ups"?**

**A:** "Botox" may require "touch ups" within 30 days of treatment to correct asymmetry. "Botox" usually require "top ups" which are in fact full dose treatments:

Every 3 to 4 months in the first year

Every 6 months in the second year

Every 9 months in the third year

"Touch up" does not always mean a full treatment. Most clients return not out of necessity but because they are so pleased with the result they wish to improve it.

**Q: How long can I be treated with "BOTOX"?**

**A:** Treatment with "Botox" can typically be repeated indefinitely. "Botox" has been used for over 20 years world wide. Acceptable safety in long-term treatment has been well established.

**Q: Is "BOTOX" a new treatment?**

**A:** No. "Botox" has been used for over 10 years in thousands of patients world wide. The American Academy of Neurology, American Academy of Ophthalmology and



National Institute of Health has recognised "Botox" (Botulinum Toxin Type A) as a valuable treatment.

**Q: Is "BOTOX" right for me?**

**A:** In addition to your cosmetic needs, if you suffer from headaches, migraine or pain syndromes associated with muscle spasm, your specialist will determine the right course of therapy. For cosmetic use, please see the question below.

Please note that "Botox" may not be used if you are pregnant or breast feeding. The effects of "Botox" may be increased with the use of certain medication so please ensure that you disclose this in the medical history questionnaire and during the consultation.

**Q: What are the cosmetic uses of "BOTOX"?**

**A:**

- Glabella frown lines (wrinkles between the eyebrows)
- Orbital creases ("Crow's feet")
- Horizontal creases (surprise lines)

**Q: Do you give any guarantees and what about follow up visits?**

**A:** We will do our best to provide you with a very professional and specialised treatment. If further treatment is needed within 30 days, it will be provided at no extra charge. A follow up visit is preferred between 2-4 weeks (optional).

**Q: Who will see my photos?**

**A:** You and the specialist will be the only people to see your photos, and no one else. Follow up photos may be useful on your first follow up visit, as it may result in a minor adjustment in calculating the doses of "Botox" for future visits. You may decline having your photo taken.

**Q: What are the side-effects of "BOTOX"?**

**A:** "Botox" side-effects are usually transient and mild to moderate in nature. Some people notice temporary weakness of muscles or discomfort at the injection site. Minor side-effects may occur and can be related to the dose used and the migration of the "Botox" from the injection site. For this reason, we ask you not to rub or massage the area for 8 hours after the injection. Some people have a slight headache after treatment for which we advise the use of Paracetamol rather than Aspirin. After forehead treatment, a small droop in the lower eyelid may occur. Any droop or lack of symmetry is temporary, lasting 1 to 3 weeks.

Summary of possible side-effects: mild swelling at injection site, headache, localised numbness, bruising, rash, temporary loss of muscle (e.g. drooping eye lid) is a rare event, but for people with unequal lines prior to treatment, they may need an adjustment treatment after 2 weeks.

**Q: Am I a good candidate for "BOTOX"?**

**A:** Any image-conscious man or woman who is concerned about the appearance of a frown line may be eligible for "Botox" (subject to medical consultation). Your specialist will help you decide if "Botox", or other alternatives such as peels or dermal-fillers are right for you.

**Q: Once I have started "BOTOX", do I have to continue having the treatments?**

**A:** You do not have to keep having "Botox". It is like returning from a relaxing holiday, away from the unnecessary pressure and stresses that cause over-use and abuse of facial muscles. These effects will gradually fade away and you will feel like you are in need of another relaxing "Botox" holiday!

**Q: Is "BOTOX" expensive?**

**A:** When considering your aesthetic options, "Botox" is quite affordable. The treatment of the first area is £200. And each extra area is £50. For example if you need to use it for frown lines between the eyebrows it will cost £200. If you include "crow's feet" it will cost £250. And if you add forehead lines it will cost £300.

Follow-up top up/adjustment within 4 weeks is free of charge (any follow up after 4 weeks will be charged as a new treatment).

**Q: Are there any special instructions to follow after "BOTOX" treatment?**

**A:** Avoid rubbing or touching injection sites to avoid spreading of product resulting in an unequal effect.

Stay upright in the first 6 hours after treatment. Frowning frequently for a few hours may help uptake of "Botox" (not essential).