



## Botulinum Treatment

### What is botulinum toxin?

Botulinum toxin is a natural protein that relaxes muscles, leaving the overlying skin smoother and less wrinkled. Brand names are Botox, Dysport and Xeomin.

Botox is registered for treatment of frown lines, horizontal forehead lines, and crow's feet. Dysport and Xeomin are registered for frown lines. All brands can also be used under Section 29 of the Medicines Act to smooth the chin, release mouth corners, improve the jawline and slim the lower face.

The safety profile of botulinum toxin is excellent. It has been used internationally for over 20 years, and has been used in NZ for wrinkles since 1997.

### What does botulinum toxin do?

Treatment softens wrinkles and releases the downward pull of selected muscles, resulting in a more pleasant expression with fewer lines. At Skin Institute we favour a natural look and will personalize your treatment to retain warmth and character in your face. It takes 1-3 days to start working and 2 weeks to be fully effective. A full-dose treatment lasts 3-4 months. Areas treated lightly for a natural effect may wear off more quickly. After 2-3 years of regular treatments your botulinum toxin may last longer.

### Who should not have treatment with botulinum toxin?

You should not have treatment if you are pregnant or breast-feeding, have an infection at the treatment site or have myasthenia gravis or motor neurone disease.

### Are there any possible side effects?

You may experience a **bruise** or slight **tenderness** where the needle has been introduced. A **headache** on the day of treatment, or, very rarely, **prolonged headache** or **flu-like symptoms** have been reported. Rarely, botulinum toxin can migrate and cause **unwanted weakness** in nearby muscles. This is always **temporary** and wears off over 2-8 weeks. The effect of unwanted weakness differs, according to the area treated and muscle affected.

**Frown and forehead lines:** Eyelid or eyebrow droop.

**Crow's feet:** Double vision, dry eyes.

**Lips:** Difficulty whistling, drinking through a straw or sipper bottle.

**Mouth frown, chin, gummy smile, bunny lines:** Uneven or altered smile.

**Neck:** Uneven smile, neck weakness, difficulty swallowing with high doses.

**Facial slimming:** Narrowed smile, reduced bite strength, fatigue when chewing, exacerbation of jowls.

### What should I do after my treatment?

1. To reduce bruising, avoid anything that makes your face red and hot, such as saunas, intense exercise and excess alcohol, for the rest of the day after treatment.
2. Avoid strong rubbing or massage (e.g. facials) in the area for four hours.
3. Avoid brow waxing or tattooing for two weeks.
4. You may wear makeup and cleanse your face as normal.
5. We suggest a follow-up appointment in 2-3 weeks to review your result.

**If you have further questions please free to contact the clinic on:**

**0800 SKIN DR (0800 754 637)**

**or Emergency After Clinic Hours:** \_\_\_\_\_