



## Wrinkle Reducing Treatment with Botulinum Toxin

Very small, concentrated doses of botulinum toxin are strategically placed in a series of injections in the treatment area(s) of your face. Botulinum toxin is a toxin produced by the bacteria *Clostridium botulinum*. It works by paralysing nerves as they enter muscles. The muscle is then unable to contract and move. This relaxes and smooths the fine lines and wrinkles caused by repeated contraction of the underlying small facial muscles in the targeted area of injection. Botox® is the most commonly used brand of botulinum toxin by Ms Nugent, but on occasion she may recommend an alternative brand.

### Indications for treatment

- Fine lines and wrinkles of the face most commonly glabellar “frown” lines (between the eyebrows), horizontal forehead lines and crow's feet
- Chemical brow lift (mild lift of the outer eyebrow)
- Other areas of the face and neck e.g. to treat a ‘gummy smile’ or platysmal bands (mild) in the neck
- Hyperhidrosis (excessive sweating) in the armpits, palms or soles of feet
- Combination treatments with other procedures such as dermal fillers or surgical procedures such as facelifts or blepharoplasty to enhance or give a more comprehensive facial rejuvenation
- ‘Preventative’ treatment of wrinkles can be discussed but is not always recommended

### Limitations of treatment

Botulinum toxin will not work on very deep wrinkles or rejuvenate the skin surface e.g. it will not improve sun damage or uneven pigmentation. It does not plump out or add volume to hollow areas. It does not treat sun damaged skin or uneven pigmentation.

If you have very deep lines, loose skin or hollowing, other treatments may be recommended as well as or instead of botulinum toxin e.g. dermal fillers, facelift, laser facial treatments.

### Contraindications for treatment

You should not have botulinum toxin treatments in the following situations:

- You are pregnant or breastfeeding
- You are taking antibiotics such as aminoglycosides (e.g. gentamicin, tobramycin)
- You suffer from a neurological disease such as Motor Neurone Disease, Myasthenia Gravis or Lambert-Eaton Disease
- You have an allergy to eggs or albumin
- You currently have a cold sore
- You are under 18 years old
- You have a skin infection or irritation in or near the treatment area

If you take medication or herbal supplements that thin your blood or your skin, such as aspirin, warfarin, rivaroxaban, clopidogrel or steroids, you will be more at risk of bruising or bleeding after the procedure. Please inform Ms Nugent of **all** products taken whether they are prescription or over the counter supplements.

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## Procedure details

A very fine needle is used to inject the botulinum toxin into the treatment areas. It takes 10 to 15 minutes depending on how many areas are being treated. The injections can sting a little during the procedure. The dose required will vary depending on the number of areas to be treated, the extent of your wrinkles and your individual response to the botulinum toxin. Men often require higher doses than women. Pre and post treatment clinical photographs are taken.

## Post procedure & recovery

Small red marks at the injection sites resolve quickly. Avoid manipulating or massaging the treated area for at least 3 to 4 hours post injection as this can spread the botulinum toxin to surrounding areas. Avoid stooping over or straining. Cosmetics can be applied 1 to 2 hours afterwards. Exercising facial muscles afterwards (repeated smiling and frowning) can be helpful. Ice packs may be useful to reduce any swelling or bruising. You will be able to continue your daily routine in most instances.

## Complications

- Tenderness at the injection sites
- Bruising or swelling at the injection sites
- Inflammation at the injection sites
- Mild headache. Paracetamol can be used to treat this if needed.
- Undertreatment. A "touch-up" treatment can be given 2 to 4 weeks later in this situation.
- Asymmetrical result. Further treatment to achieve better symmetry may be needed.
- Overtreatment. Overtreatment is usually allowed to gradually wear off but if asymmetrical, a low dose of botulinum toxin may be given on the other side to balance the effect.
- Movement or migration of the botulinum toxin from a nearby area can give unwanted effects such as weakness or drooping of an eyelid or eyebrow, dry eyes, temporary double vision, lip weakness or facial asymmetry during facial expression. Once given, botulinum toxin is irreversible but the effects will wear off over time.
- Breathing or swallowing problems, dry mouth (more likely if you take anti-histamines), tiredness, nausea. These are extremely rare with the doses used in aesthetic medicine.
- Allergic reactions are possible but very rare

## Longevity of procedure

It takes 2 to 4 days for the effects of the botulinum toxin injections to be seen and can be up to 2 weeks for the full effect. Botulinum toxin injections are not permanent and last 3 to 6 months. To maintain the effects of your treatment, repeat treatments every three to four months are usually needed.

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