

## Botox/Dysport Injections

Botox/Dysport is a neurotoxin that results in temporary paralysis of the muscles, which results in relaxation of wrinkles associated with expression (dynamic wrinkles). Therefore, it is of great benefit to treat wrinkles in face: Forehead, Glabella (between eyes), Crow's feet (area outside eyes), Bunny (nose) lines, sad smile, gummy smile, etc.

It is also used in dermatology to treat hyperhidrosis (excessive sweating) mainly of axillae, palms and soles.



## PRECAUTIONS

You would not be considered a candidate for Botox/Dysport treatment if you have any of the following:

- Myasthenia Gravis
- Allergy to Botulinum Toxin
- Neuromuscular disorder
- Pregnant or breastfeeding
- Allergy to human albumin

## Before the treatment session

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Fish oil, Ginko Biloba, and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s).
- Regular multi-vitamin and Paracetamol is permitted (If not contraindicated).
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Come with face clean to the appointment (i.e. no makeup)!
- Take two Paracetamol tablets (if not contraindicated) 1 hour prior to your appointment to help with any discomfort you may have, if you have concerns about discomfort.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor one week prior to your appointment; this will allow us adequate time to prescribe anti-viral medication.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results will take 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Sunburn skin is difficult to treat so avoid exposure to the sun.
- Eat a small meal or a snack before your appointment. This will decrease the chances of lightheadedness during your treatment.
- Always inform your doctor of medical history and all medications, including supplements you may be taking
- If you are taking prescription blood thinners such as Warfarin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you use creams with Vitamin A (Retin-A, Differin, Acretin, SureCure ..) → Discontinue 2 days before and 2 days after treatment.

### **After the Botox/Dysport treatment session**

- Remain in an upright position (no lying down or leaning forward) for 4 hours. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- You may apply makeup immediately following your treatment. No massaging of the treated area for 4 hours.
- Avoid facials and saunas the day of treatment.
- Move the treated area (practice frowning, raising your eyebrows and squinting) the first 1-2 hours after treatment. This will help with the uptake of the Botox/Dysport. Do not worry if you forget.
- Do not exercise (running, aerobics, weight lifting, etc...) for 24 hours. This will keep the Botox in the injected area and not elsewhere
- Do not take aspirin or ibuprofen for 24 hours after treatment.
- Can take Paracetamol for any headaches.
- Mild pinprick bleeding, mild swelling or bruising may rarely occur, and this is temporary.
- To help with swelling and bruising you may use arnica (cream or gel), along with aloe, vitamin E and fresh pineapples!
- Avoid any type of facial, laser or microdermabrasion for 14 days after treatment.
- Remember your sunscreen every day.

### **Normal Response to Injections**

- It will take 3-7 days for the full effect to be achieved. Some movement in the treated muscles may be seen for 1-2 weeks. Allow 2 weeks to see full benefit.
- Persistent “at rest” lines in the face, as Botox only softens the “movement lines”
- Some patients find that once wrinkles have been diminished in one area, the wrinkles in other areas of the face may become more bothersome.
- If you would like to consider treatment in another area, you may call our office for an appointment to discuss with your doctor.
- **Return to clinic after 10-14 days for free touch up, if movement is greater than desired.**
- Consider re-treating the area with Botox/Dysport in 3-6 months, or as movement returns in the treated area.