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Sole Proprietor

WHAT ARE WRINKLE RELAXING INJECTIONS?

Wrinkle relaxing injections using botulinum toxin have been used by doctors in medical practice for over 15 years. In aesthetic medicine it is successfully used to treat facial lines and wrinkles. In South Africa, the only product that has a licence to treat frown lines (glabellar area) is Botulinum-A. However, it is left to the doctors discretion to treat other areas of the face and this can be done by using botulinum toxin in an off label manner.

HOW DOES BOTULINUM TOXIN WORK?

The Botulinum toxin reduces the release of a chemical messenger called acetylcholine thereby reducing muscle contraction. The action on the muscle is temporary.

WHERE CAN WRINKLE RELAXING INJECTIONS BE GIVEN?

Around the eyes to reduce crow's feet; on the forehead and brow to reduce frown lines; at the corners of the mouth to treat down turned mouths and on the neck to treat neck bands and lift the jowl line.

HOW DOES IT WORK TO REDUCE FACIAL LINES?

Injections are given into the muscles, temporarily causing them to relax for a period of three to four months. The aim of the treatment is to break the habit of frowning or squinting and so reduce the appearance of the lines and also reduce the development of further facial lines.

After your treatment it will take 7-10 days for the effects to start to be seen reaching its maximum effect at 10-14 days. The treatment may last from 3-4 months. With ongoing treatment the effects may last longer.

The Botulinum toxin will make it difficult to frown and squint and therefore reduce facial lines. However if you try very hard you will be able to move the muscles a little. This does not mean the treatment has not worked.

ARE THERE ANY SIDE EFFECTS?

The side effects are minimal and are temporary. Common side effects are redness and swelling at the injection sites that usually disappears after an hour or so. There is also a small risk of bruising at the injection sites. You may experience transient headache and numbness at the treatment sites.

There is a very small risk of eyelid drooping (ptosis) and slight puffiness following treatment. In the unlikely event that this occurs, it is always temporary and usually settles after 2-3 weeks.

WHO CANNOT HAVE MUSCLE RELAXING INJECTIONS?

It is contra-indicated in anyone who is pregnant or breast feeding or who suffers from a neuromuscular disorder such as Duchennes muscular dystrophy.

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PRECARE

One week prior to your treatment, we advise you to avoid using alcohol, garlic, lidocaine and aspirin, or any other non-steroidal anti-inflammatory drugs for pain, swelling and/ or fever, such as medicines containing diclofenac, mefenamic acid, indometacin or ibuprofen- ask your doctor or pharmacist whether your medication includes any of these ingredients. Following these instructions will reduce the risk of bruising or bleeding at the point of injection.

If this is your first visit, you will need to provide your medical doctor with information on your medical history and any allergies you have or medications you are taking. There is no need for an allergy test, unless your medical practitioner feels it's necessary.

POSTCARE

The aesthetic effects last for an average 3-4 months but will vary depending on the condition of the skin, area treated, amount of product injected, injection technique and lifestyle factors such as sun exposure and smoking.

After treatment, please avoid extreme facial expressions, alcohol consumption, applying make-up for 12 hours and do not rub or massage the treated areas for 24 hours after your treatment. Do not lie down or do strenuous exercise for 4 hours after the treatment and please also avoid extreme sun exposure, UV light, freezing temperatures and saunas for two weeks after the treatment.

Be sure that any tiny bumps or marks will go away in a few hours after your treatment. Results of your treatment may take up to 14 days to take full effect.

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MEDICAL HISTORY & CONSENT

Patient Name _____ Date of Birth _____
Street Address _____ Town _____ Postcode _____
Contact number _____ Mobile _____ Email _____
G.P. Name and address _____

Are you attending or receiving treatment from a doctor or specialist (Y/N)
Are you taking any medication, or herbal remedies (including antibiotics, anticoagulants, Muscle Relaxants, St Johns Wart, Roaccutane)? (Y/N)
Are you taking blood thinning medication (Aspirin, Plavix, Warfarin) ? (Y/N)
Are you allergic to local anaesthetic injections, lignocaine, adrenaline or EMLA/ANESTOP cream? (Y/N)
Do you have any known allergies or a history of anaphylaxis? (Y/N)

Have you suffered from or had any of the following conditions?

Heart Problems including an irregular heartbeat or angina (Y/N)
High or Low Blood Pressure or circulation problems including Raynaud's Syndrome (Y/N)
Epilepsy/Blackouts (Y/N)
Blood disorders/leukaemia/lymphoma/anaemia (Y/N)
Autoimmune disease (Y/N)
Diabetes (Y/N)
Contact Dermatitis/Eczema (Y/N)
Keloids (hypertrophic scarring) or recent scar tissue (6 months) (Y/N)
Easy Bruising (Y/N)
Cold Sores (Y/N)
Psychiatric Illness/Depression (Y/N)
Do you use sunbeds or sunbathe? (Y/N)
Are you pregnant/planning pregnancy/engaged in IVF treatment or are you breast feeding? (Y/N)

Have you had a consultation or been treated with a dermal filler or Botulinum-A before? (Y/N)
Have you had an allergic reaction to any dermal filler or Botulinum-A product? (Y/N)
Have you had a consultation or had plastic surgery or are you planning to have surgery? (Y/N)

What are your expectations of treatment? (please discuss with Doctor)

The time period before the Botulinum-A treatment is effective is 2-14 days. The treatment will last between 3-9 months.

Potential complications and side effects include:

- Ptosis; especially if treating forehead
- Unwanted arching of the eyebrows; if treating crows feet, forehead but especially frown lines
- Bruising and swelling at site of injection- or a black eye
- Treatment may not work; everyone is different. Rarely, wrinkles can become worse
- Migraine, Temporary double vision, possible temporary numbness

Whilst results are not guaranteed, the Doctor will provide treatment to the best of his knowledge and experience of advanced Botulinum-A and dermal filler treatments.

I hereby give my consent to the doctor to be treated with Botulinum-A and dermal fillers for cosmetic use. I have been informed about the risks and possible side effects of treatment and accept these risks as my own. I have understood and correctly completed the medical history form.

Patient Signature _____ Doctor Signature _____ Date _____

Like any medicines, LMX4 cream, lignocaine and adrenaline may sometimes cause side effects. These are usually mild, but in rare cases, local anaesthetics have been associated with allergic reactions including rashes, swelling, very low blood pressure or an irregular heartbeat.

I hereby give my consent to the doctor to be treated with local anaesthetic. I have been informed about the risks and possible side effects. I have understood and correctly completed the medical history form.

Patient Signature _____ Doctor Signature _____ Date _____