Botulinum toxin A (BTA) treatments can prevent facial wrinkles from developing or from getting worse. BTA is a protein produced by the clostridium botulinum bacterium that is isolated and purified and used to cause temporary paralysis of specific muscle. The result is prevention of wrinkles if they are not already present at rest or prevention of making wrinkles deeper if they are already present at rest. Sensation is not affected. The effect is gradually noticed within 7 days and maximally at 14 to 21 days. Initial treatments will last for approximately 4 months and the effects will gradually wear off. Over time, if treatments are regular, you may notice that results last longer and you can go longer between treatments. This is a benefit of regular treatments and can be seen after approximately 1 to 3 years after starting treatment. The most common areas treated are the frown lines between the eyes, laugh lines around the eyes, forehead lines and lines around the mouth. Multiple areas can be treated at the same time or alternatively, treatment areas may be done at separate appointments. BTA treatments may change subtly overtime as facial muscles adapt. The location of the treatment may change and dosing may change.

BTA can also be used to treat hyperhidrosis (excess sweating) under the arms, palms and soles of feet as well as migraines. BTA paralyzes the muscles that activate the sweat glands or trigger migraines. The effect lasts approximately 4 to 6 months or longer.

Possible side effects include a slight headache or tenderness, brief pinpoint bleeding, bruising or swelling much like an insect bite at the injection site. If you have had ibuprofen, blood thinners, vitamin E or green tea prior to your appointment, you may be at higher risk of bleeding or bruising from the injections. If you have a history of cold sores, lip injections may stimulate an outbreak. With lip injections, sipping or sucking on a straw or a sense of difficulty pronouncing certain letters may be an initial side effect that wears off. Uncommon to rare side effects include asymmetry or droops of the eyebrows or eyelids, infection, allergic reaction. Very rarely, not responding to treatment or requiring large doses for effectiveness may occur especially if you smoke, exercise frequently or have a chronic medical condition but can occur in the absence of these situations.

Other options for the treatment of facial wrinkles include fillers, resurfacing (Fractora or Ultrapulse CO2), Medical grade skin care, surgery or not having the treatment. There may be other options not listed. Combining treatments often further enhance results.

U Cosmetic has chosen specific medical grade skincare products that complement all of our procedures and complement BTA treatment results.
**Prior to the treatment you should:**
- Ensure that you have reviewed this information sheet and that you have had enough opportunity to ask questions and have them answered to your complete satisfaction.
- Ensure that you have signed the consent form.
- have a skincare and mineral cosmetic make up consult (complementary) for use after treatment. Mineral make up can be applied immediately after treatment.
- inform the clinician at the consultation and BEFORE treatment if you smoke, sing or play a musical instrument that requires the use of your lips. Treatment of the lips can effect these actions.
- start antiviral treatment for cold sores if you are prone.
- inform the doctor at consultation if you have an important upcoming function.

**After treatment you will / you should:**
- avoid heavy physical exercise, lifting, bending, lying flat, wearing a hat for **4 hours** after BTA Cosmetic treatments and avoid physical activity for **24 hours** for BTA Medical treatments of hyperhidrosis after the injections.
- use acetaminophen for mild pain relief.
- be seen at the clinic **2 to 3 weeks** after your first treatment for reassessment. Touch up doses may be required to get the maximal effect within 3 weeks of treatment.
- not massage the injections sites for **24 hours** or rub for **4 hours**.
- use only mineral make up if you are going to apply make-up after the procedure.
- know BTA may last for **3-4 months or more**. Effects last longer with successive treatments.
- consider an effective medical-grade skincare plan such as **Revaléskin, Skin Medica or Obagi** if you are going to invest in your appearance with **BTA**. They can help prolong the effects of **BTA** and provide high quality SPF protection.
- contact the clinic if you have questions or concerns about your treatment
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