



1324 Princess St
Kingston, ON K7M 3E2
Website: www.ucosmetic.com
Email: nuyu@ucosmetic.com
Phone: 613-536-LASR (5277)
Fax: 613-536-5108

Dr. Kim Meathrel, MD, FRCSC, Plastic Surgeon, Associate Professor of Surgery, Queen's University
Dr. Caroline Sangers, MD, CCFP, Cosmetic Medicine, Family Practice, Emergency Medicine

BOTOX® INFORMATION & AFTER CARE INSTRUCTIONS

Botulinum toxin A is a protein produced by the clostridium botulinum bacterium that is isolated and purified to make **Botox®**. **Botox®** causes temporary weakness or paralysis of muscle resulting in relaxation of the muscle and *prevention of wrinkle formation* or prevention of making wrinkles already present deeper. Sensation in the area injected is not affected. Very low doses are used. You will start to enjoy your new appearance after your **Botox®** treatment gradually within 7 days and maximally at 14 days. Initial treatments will last for approximately 4 months and the effects will gradually wear off.

Botox® can also be used to treat hyperhidrosis (excess sweating) under the arms, palms and soles of feet as well as migraines. **Botox®** paralyzes the muscles that activate the sweat glands or trigger migraines. It does not affect your body's ability to dissipate heat. The effect lasts approximately 4 months.

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 a history of cold sores, lip injections may stimulate an outbreak. Uncommon side effects include **asymmetry** or **droops** of the eyebrows or eyelids. Rarely, there is a chance of **infection** or **allergic reaction**.

Other **options** for the treatment of facial wrinkles includes laser resurfacing, chemical peels, certain skin care lines such as **Obagi Nu-Derm** system, surgery or not having the treatment. There may be other options not listed.

Botox® treatment is enhanced by a proper skincare regimen, a good quality SPF product and by maintaining a healthy lifestyle. U Cosmetic has chosen a range of specific medical grade skincare products (**Revaléskin, Pro-Derm, Déjà Vu and Obagi** skin care lines) that complement all of our procedures and can prolong results of many treatments.

***If you have taken ibuprofen, anticoagulation medications or vitamin E prior to your appointment, you may be at higher risk of bleeding or bruising from the injections. If medically permissible, these medications should be avoided for two days before your appointment.**

Prior to the treatment you should:

- 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 of the lips.
- 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, or lying flat, for **4 hours** for **Botox®** Cosmetic treatments and avoid physical activity for **24 hours** for **Botox®** Medical treatments of hyperhidrosis after the injections.
- use acetaminophen for mild pain relief.
- be seen at the clinic **2 weeks** after your first treatment for reassessment.
- 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 **Botox®** may last for **3-4 months**. Effects last longer with successive treatments.
- consider an effective medical-grade skincare plan such as **Revaléskin, Pro-Derm, Déjà Vu or Obagi** if you are going to invest in your appearance with **Botox®**. They can help prolong the effects of **Botox®** and provide high quality SPF protection.
- contact the clinic if you have questions or concerns about your treatment

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