



Dr Julia Sen

MEDICAL . SURGICAL . AESTHETIC

Botulinum Toxin

Botulinum Toxin (*Botox™*) injections are a quick, safe and effective treatment to reduce wrinkles, prevent future wrinkles, lift areas of the face and improve symmetry. It can also be used in conjunction with dermal fillers to improve the appearance of the face and neck.

About Botulinum Toxin A

Botulinum toxin A is produced by the bacterium *Clostridium botulinum*. When extracts from the toxin are injected into certain types of muscle, the signalling system between the nerve and muscle becomes inactivated, thereby preventing contraction of the muscle. It has many therapeutic applications and has been used within mainstream medicine for several decades for uncontrolled spasms of the muscles (dystonia) including the eyelids (blepharospasm). It is also used to treat hyperhidrosis (excessive sweating), bruxism (teeth grinding) and certain types of headache.

Cosmetic indications:

- Forehead lines
- Eyebrow drop / upper lid hooding
- Crow's feet / Bunny lines
- Downturned corners of the mouth
- Gummy smile
- Neck vertical (platysmal) bands
- Chin dimpling
- Drooping of the tip of the nose

Medical indications

- Migraine
- Bruxism (teeth grinding)
- Masseter hypertrophy (bulky outer jaw)
- Dystonia (abnormal muscle spasms)

Before the injection

Dr Sen will discuss how botulinum toxin can help you and plan your treatment. You will be required to sign a consent form for the treatment and also for photographs to be taken and stored in your clinical notes. Please note: personal data including photographs taken in the clinic will not be shared unless specific written consent is obtained from you.

The skin in the area where the injections are to be administered will be cleaned with an antiseptic preparation. Several injections will then be given just under the skin, targeting specific muscles.

What to expect following injection

There may be some mild swelling for a day or so, occasionally with a small amount of localised discolouration and a pin prick-like mark at the injection site. There may be a mild, dull ache around the treated area for the following 1-2 days; onset of the effect occurs several days post-injection and may take up to 10 days to achieve the full result. Further top-up injections can be administered at this time, if required. The effects usually last 3-4 months, although many who have received injections over a number of years find that they require repeat injections less frequently.



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Possible unwanted effects

Bruising at the injection site
Asymmetry
Drooping of the eyelid
Weakness of other facial muscles
Double vision
Infection
Allergy
Antibody production
Cold sores (if susceptible)
No/poor response

Contra-indications

Pregnancy
Concurrent antibiotic treatment
Breast feeding
Allergy to botulinum toxin or egg products