



# BOTOX<sup>®</sup> treatment explained



## Wrinkles defined

Wrinkles often appear in our forehead and around our eyes when we smile or frown. These lines appear because our muscles contract to form different facial expressions.

Over time, these expression lines begin to linger a little longer or become a little deeper, even when the face is at rest.

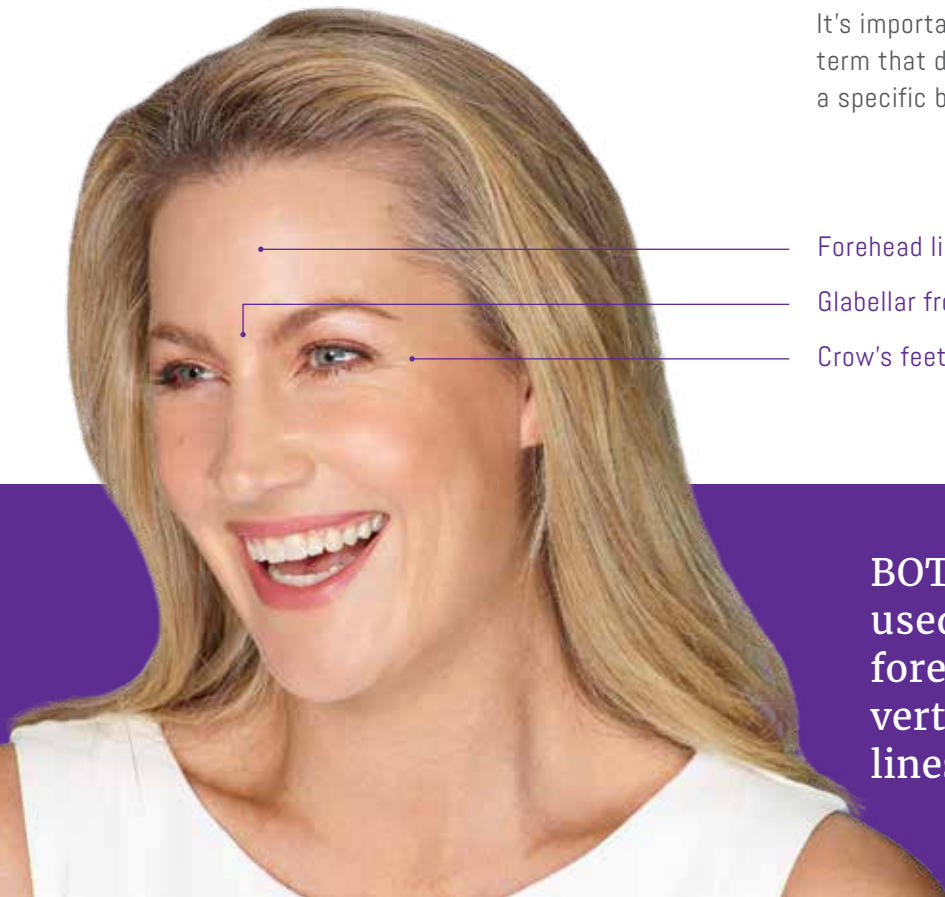
## How BOTOX<sup>®</sup> treatment works

BOTOX<sup>®</sup> treatments work by relaxing facial muscles that cause wrinkles and lines when you smile or frown.

The treatment relaxes only the muscles beneath the lines where product has been injected, and the muscles responsible for other aspects of your facial expression stay active. If you have no further treatments, the muscles return to normal and lines gradually go back to how they looked before treatment.

As it is a prescription-only medicine, BOTOX<sup>®</sup> treatment is only available from qualified medical professionals.

It's important to know that BOTOX<sup>®</sup> is not a general term that describes all botulinum toxins. BOTOX<sup>®</sup> is a specific brand name.



Forehead lines

Glabellar frown lines

Crow's feet

**BOTOX<sup>®</sup> injections can be used to treat crow's feet, forehead lines and the vertical frown ('glabellar') lines between the eyebrows.**

## Types of facial lines

FROWN LINES



AT REST



Glabellar frown lines are vertical lines that appear between your eyebrows when you frown.

CROW'S FEET



AT REST

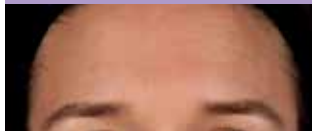


Crow's feet are lines that radiate from the corners of your eyes. They are particularly pronounced when people squint or smile.

FOREHEAD LINES



AT REST



Forehead lines are horizontal lines that form when you raise your eyebrows.

## What do treatments involve and when will I see results?

BOTOX® treatments are quick and simple. A small amount of BOTOX® is injected into specific facial muscles with a very fine needle. Treatments generally take around ten minutes.

Typically, any pain is minimal and brief and no anaesthetic is required. You can resume normal activities immediately and it's important to follow any post-treatment instructions your clinician gives you.

You'll generally start to see results in 1–2 days of treatment and it can take from 10–14 days for full results to be seen.

## How long will BOTOX® results last and how do I maintain them?

The effects of treatments usually last up to 4 months and gradually decrease over time. Regular BOTOX® treatments may help effects to last longer and may help to reduce static wrinkles.

## Are there any side-effects?

For the majority of patients, any side effects are temporary and limited to where BOTOX® was injected. Possible side effects include pain, burning or stinging; bruising, swelling or redness at the injection site; local muscle weakness including drooping eyelids or eyebrows; swollen eyelids and skin tightness; tingling sensations, itching or aching forehead; headaches, nausea and flu-like symptoms.

If you have any concerns about side effects, talk to your clinician.

## Post-Treatment

Your clinician will have reviewed with you what to expect following your BOTOX® treatment.

**Avoid for at least 4 hours after your BOTOX® treatment: rubbing or massaging the treated area**

## Can BOTOX® treatment be combined with other products and procedures?

BOTOX® treatments can be combined with other cosmetic treatments such as dermal fillers (which replace or enhance volume under the skin) and skin treatments that help skin texture, tone and quality.



## Additional Instructions

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It is recommended that you attend a review appointment after 2 weeks so that your clinician can assess the outcome of your treatment.

### Your follow-up appointment

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ at \_\_\_\_\_ am/pm

To follow your results and for other documentation reasons, you may be photographed and the results recorded in your confidential patient file.

To maintain the benefits of your treatment, it is recommended you have a re-treatment in 4 months.

### Your next BOTOX® treatment appointment

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ at \_\_\_\_\_ am/pm

If you have any questions or concerns about your BOTOX® treatment, please contact your clinician.



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BOTOX® injection is a prescription medicine containing 100 units of botulinum toxin type A. It is used for the treatment of frown lines, forehead lines and crow's feet. Do not use in people with defective neuro-muscular transmission disorders, infection at site of injection, glaucoma, pregnancy and lactation. Possible side effects include headaches, injection site pain/burning/stinging/bruising/swelling/redness, local muscle weakness including drooping eyelids/eyebrows, eyelid swelling, skin tightness, tingling sensations, aching/itching forehead, nausea and flu-like symptoms. BOTOX® cosmetic treatment is not funded on the New Zealand Pharmaceutical Schedule. You will need to pay for this medicine. Normal Doctors visit fees apply. BOTOX® treatment should be administered only by trained medical professionals. Speak to your specialist about your own situation and about the benefits/risks of this procedure in appearance medicine. For further information the Data Sheet and Consumer Medicines Information can be accessed at [www.medsafe.govt.nz](http://www.medsafe.govt.nz) or ask your doctor. If you have any side effects or concerns speak to your doctor. Note: BOTOX® treatment lasts about four months and after this time further courses of treatment may be necessary.

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