

SILVER LAKE WELLNESS CENTER

PRE-TREATMENT: Patient Education Form Botox Cosmetic/Dysport

Botox Cosmetic/Dysport is an approved safe prescription drug which is used to reduce /minimize facial wrinkles in the area(s) in which it is applied. The treatment involves very tiny injections into the muscles under the skin in order to temporarily relax the muscles. This will prevent the muscles from fully contracting and will minimize the creasing/folding/wrinkling of the skin in the treated area. **The treatment is temporary and not permanent.**

Most patients are interested in a natural, relaxed appearance. Dr. Silver strives to achieve a natural outcome in conjunction with the patient's goals. Botox Cosmetic/Dysport will relax the muscles which contract and thus it helps to soften or reduce the wrinkles typically associated with negative expressions such as: worry, anger, stressed appearance, tired, etc. A Botox Cosmetic/Dysport treatment often results in a more relaxed, better rested and fresher appearance and treatment takes approximately 15 minutes.

The goal of treatment is NOT to completely immobilize the face and thus complete elimination of lines cannot be guaranteed. You may start to see results within a few days after treatment, full treatment results can take up to 14 days to fully set in.

Since Botox Cosmetic/Dysport is a temporary treatment, results will eventually wear off. If you keep on a regular injection schedule, you will be able to extend the treatment results and potentially reduce the amount of Botox Cosmetic/Dysport that you require on future treatments. This treatment approach will reduce your overall treatment costs.

Results may last for approximately 3 to 4 months BUT results vary from person to person depending on their unique muscular structure. The more diligent you are about maintaining your Botox Cosmetic/Dysport treatment schedule, the better your overall results will be.

Please discuss with Dr. Silver any questions/concerns you may have regarding this procedure.

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POST-TREATMENT: Patient Education Form Botox Cosmetic/Dysport

1. Try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows or squinting). This will help to work BOTOX Cosmetic®/Dysport into your muscles. Although this is thought to help, it will **NOT** impact your treatment negatively if you forget to do this.
2. Avoid taking Advil, aspirin, vitamin E etc. in order to reduce the risk of bruising for 24 hours. You may take acetaminophen (Tylenol).
3. Do **NOT** rub or massage the treated areas for 4 hours after your treatment. Do **NOT perform** yoga or any strenuous exercise for 4 hours after treatment. Also avoid facials or sauna for 4 hours after treatment. This will minimize risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
4. Do **NOT** lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
5. Be assured that any bumps or marks will go away within a few hours. Make-up can be applied after treatment with a gentle touch, not rubbing.
6. Results of your treatment may take up to 10 days to take full effect. Please wait until 14 days have passed before assessing if you are pleased with the results.
7. Because BOTOX Cosmetic®/Dysport requires a special technique in order to customize the injections to your individual muscular structure, it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.
8. Common side effects include localized pain, bruising, swelling or tenderness, headache or dry eyes.
9. If you think you are having unusual symptoms such as sluggishly swallowing, speaking or breathing, call Dr. Silver immediately at 440-832-7009.