Botulinum Toxin (Botox and Dysport)
Maybe you heard a friend talk about her experience with BOTOX® Cosmetic—and you think your friend looks great—but before you get treated, you’d like to know more about it first. Botox/Dysport is a non-surgical, physician-administered aesthetic treatment for relaxing facial muscles in the forehead, eye, lip, nose, chin and neck areas. The muscles start to relax in 3 days and reach maximum relaxation at 10 days that lasts for approximately four months. We charge $12.00 per unit of BOTOX® Cosmetic and the following are typical areas done and the approximate cost. For the units of Dysport multiply by 2.5 and the price per unit is $4.75. It amounts to 5% less in cost than Botox.

Glabellar area — The area at the top of the nose between the eyebrows is known at the glabellar area. Vertical lines here make you appear upset or in deep concentration. Reducing this lines gives you a more relaxed and peaceful appearance. Typically requires 25 units Botox (60 units Dysport) on average but can vary from 20-50.

Eye Rhytides — The area around the eyes called “crows feet” and caused by squinting can make you appear older and tired. Treatment here typically requires 16 to 30 units.

Lipstick lines — Vertical lines around the lip occur with age, sun exposure and smoking. Relaxing the muscle around the mouth can be decreased with Botox/Dysport but often require filler (see below) in addition. Usually only 8 units are used of Botox or 20 units of Dysport.

Chin softening — Uneven muscle tone can creat the appearance of a “peach pit” chin. This responds very well to botulinum toxin, resulting in a smoother and softer appearance. Only requires 5-10 units typically of Botox or 12 to 25 units of Dysport.

Horizontal Forehead lines — Relaxing the horizontal creases of the forehead gives a more youthful, serene expression. Injection sites are kept well above the brow line to avoid drooping eyebrows or loss of expressivity. Works best in conjunction with Glabellar area treatment and typically requires 10-20 more units of Botox or 25-50 units of Dysport.

Eyebrow lift — typically occurs with treatment of glabellar area and horizontal forehead lines. Relaxation of the central forehead causes compensatory tightening of outer forehead and lifts outer third of eyebrow. Give a more awake, alert appearance.

Pre-Treatment Instructions
Avoid for 1 week prior to injections:
1. Anti-inflammatory (Advil, Ibuprofen, Motrin, Aleve, Celebrex)
2. Aspirin
3. Vitamin E
4. Gingko Biloba two days prior
Pre-treat with an anti-viral if any history of cold sores, genital herpes, or shingles. (Call for prescription) Arnica oil or ointment can be used to decrease bruising.
Post-Treatment Instructions
Immediately following the procedure, cold pack or ice should be applied to the area and may be applied as needed for redness or swelling for the first 48 hours.

Possible Risks of Injections
Complications associated with injections are infrequent and are generally avoidable using aseptic techniques, experience, and careful choice of injection sites. The risks below are possible with any needle stick, whether it be a shot, blood draw, or other procedure.

- Bruising – Bruises can occur with any type of injection and may be more prominent in fair skinned individuals, those using blood thinning medications and older patients.
- Superficial blebs or wheals – may be a temporary side effect and usually resolve in 1-3 days if they occur. Antihistamines can reduce the incidence of this problem.
- Wound infection – is possible anytime the skin barrier is broken but reduced by aseptic technique and post procedure care. Topical or oral antibiotics may be utilized if infection occurs.
- Poor healing – if you have had trouble healing in the past you are an inappropriate candidate for these procedures.
- Scarring – is a possible permanent side effect associated with any injections as well as lightening or darkening of the skin at the injection site.
- Swelling/redness – is a temporary effect which may be experienced any time there is injury to tissue. This can be reduced by applying ice, amica, and/or topical steroid ointment.
- Allergic reaction – may occur anytime a foreign substance is introduced into the body. Your history can sometimes help us avoid it but it can also occur any time. If the reaction is limited a topical steroid ointment or antihistamine will provide relief. For more serious reaction oral steroids may be necessary. If the reaction is severe emergency measures should be taken.

I have read the above and consent to the procedure.

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Name and date