



MUSCLE RELAXANT INJECTIONS ADVICE

BTXA (Botulinum Toxin A) is a short-term muscle relaxant. It takes 2-3 days for BTXA to begin taking effect and up to 10-14 days to see the full effect (these times will vary from person to person and treatment to treatment, being dependent upon several metabolic factors). While each muscle area slowly responds to the BTXA treatment, you may notice some apparent asymmetry or unevenness in movement (ie ability to raise one eyebrow higher than the other or more wrinkles on one side of forehead than the other). This should even out over a 7-14 day period. Occasionally this unevenness persists past 14 days where the muscle in an area treated is stronger than expected. If this occurs, contact the clinic for an appointment as further BTXA may be required to relax those muscles and give an even effect in the area treated. Your cosmetic practitioner has advised you of appropriate aftercare instructions to follow. A written outline of those instructions is available for your convenience. You are advised to follow these instructions to ensure the best result from your treatment.

Possible post treatment effects from BTXA treatments:

- Slight redness, bruising or swelling at the injection sites
- Mild headache and local tenderness – May last 48 hours and may require pain killing medication.
- Altered position of the eyebrow (raised, flattened or drooping) – in some circumstances, your therapist can correct or improve this but any correctional treatments will only be done 2 weeks after the treatment.
- Drooping of the upper eyelid (eyelid ptosis) – caused by a small amount of BTXA moving into the muscle of the upper eyelid, very rare (1 in 5000 patients). It may be improved with eye drops so please contact your cosmetic practitioner immediately.
- Heaviness of the eyebrows – occurs in some older patients because of the poor tone of their muscle. A lower dose may be injected to prevent this from happening. This effect should wear off after 2 weeks.
- Very rarely, after several treatments, some patients become resistant to the drug i.e. it no longer works effectively. Alternatively, some patients are resistant to the effect of BTXA from the very beginning.

Remember that the effects of BTXA are temporary. Any negative effects that occur will wear off over a few weeks. Please contact your cosmetic practitioner if you have any concerns.

The following instructions will maximize the benefit of this treatment and reduce the possibility of any complication:

- Maximise facial activity for half an hour after treatment by frowning and squinting to attract the BTXA to the muscle.
- If there are any bruises present at the injection sites ice can be applied after the treatment but be gentle and **DO NOT** rub the ice over the skin. Bruising is not common and usually it is mild lasting 2-3 days but very rarely a bruise can occur that lasts up to 10 days. This is usually due to blood thinning medications/supplements or due to other health issues or failure to follow aftercare instructions.
- Gentle cleansing of the area is not a problem if gentle patting is used but **DO NOT** massage or rub the area treated for 24 hours.
- Do not exfoliate the area injected for 24 hours.
- If makeup is applied in the 24 hours following treatment it should preferably be in powder form, applied gently with a brush. If a liquid makeup is applied then 'pat' the makeup onto the skin.

- Avoid lying down for 3-4 hours.
- Avoid lying face down eg on massage table for 24 hours.
- Avoid wearing any accessories (eg hats, sunglasses) that may rub the area treated for 24 hours.
- Avoid hot water use tepid water to wash the face for 24 hours.
- Do not work out at the gym or undertake strenuous exercise for 24 hours.
- Avoid excess sun exposure, solariums, saunas and hot spas for 24 hours.
- Avoid caffeine, hot drinks, alcohol, blood thinning products (eg nurofen, aspirin, Vit E, fish oils, krill oil, glucosamine) for 24 hrs.

The effect from BTXA lasts 2-5 months depending on the individual. The results will wear off progressively from around 3 months and you will need to repeat the injections 2 - 5 times a year to maintain the results.

BTXA is a metabolised product. Therefore the result and the duration of that result is entirely related to **YOUR** body's metabolism and is not guaranteed by Rejuven8 Cosmetix. Your cosmetic practitioner will advise you of the estimated number of BTXA units required to achieve the best result according to your expectations. It is important that you contact your cosmetic practitioner after 14 days if there is any unevenness or if there is any unwanted residual muscle movement. This can be corrected by a further BTXA correctional treatment or an increase in BTXA units (in most cases only a few units of BTXA is required). Please note that **NO** correctional treatments will be done prior to the 14 days to avoid over dosing the area and increased risks of eyelid ptosis/uneven eyebrow position. All further units of BTXA injected after the initial treatment will be charged at the usual rate. Please note that your cosmetic practitioner can only estimate the number of units required to treat an area as the dose required to achieve a result does vary from person to person. This is particularly important for first treatments.

At the next treatment, your cosmetic practitioner will advise that the **TOTAL** number of BTXA units is required to achieve the best result according to your expectations at one treatment (eg 16 units of BTXA advised = 10 units at 1st treatment + 6 units at correctional treatment).

Obviously, with further treatments your cosmetic practitioner will work with you to ascertain the best dosage needed to achieve your desired effect.