

BOTULINUM TOXIN A (BTXA) INJECTIONS FOR EXCESSIVE SWEATING

AFTERCARE INSTRUCTIONS

You have just had a treatment with BTXA (Botulinum Toxin A) a short-term muscle relaxant used to treat excessive sweating. Your treatment may have been performed in any of the following areas:

- Under arms
- Facial e.g. forehead, around eyes, frown area, hair line
- Palms of hands
- Soles of feet
- Underneath breast area

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).

Possible post treatment effects from BTXA treatments depending upon the area treated:

- Slight redness, bruising or swelling at the injection sites which will resolve spontaneously;
- Mild headache and local tenderness – May last 48 hours and may require pain killing medication.
- With facial injections altered position of the eyebrow due to effects on the muscles that create facial expression which are also effected by a treatment on the face for facial sweating (raised, flattened or different position from other eyebrow) – in some circumstances, your therapist can correct or improve this by injecting further units. However, this effect may also settle over 2-3 weeks without the need for intervention.
- Drooping of the upper eyelid (eyelid ptosis) – caused by a small amount of BTXA moving into the muscle of the upper eyelid when facial injections are done, very rare (approx. 1 in 5000 patients). This may be a result of failure to follow the aftercare instructions given to you by your therapist e.g. inadvertently rubbing the area injected - so please strictly follow your post care instructions. It may be improved with eye drops in some circumstances but it will resolve spontaneously without any intervention.
- Heaviness of the eyebrows when injections are done in the forehead or frown area – occurs in some older patients because of the poor tone of their muscle. A lower dose may be injected to prevent this from happening and a further treatment required within 2-4 weeks to achieve the desired result.
- Very rarely, after several treatments, some patients become resistant to the drug i.e. it no longer works effectively due to the development of antibodies against the BTXA.

Remember that the effects of BTXA are temporary. Any adverse effects that occur WILL completely wear off over a few weeks. It is vitally important to follow ALL aftercare instructions FULLY following this treatment. Please note that refunds will not be given in regards to BTXA treatments. Please contact your therapist if you have any concerns.

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

- Maximize facial activity for half an hour after treatment by frowning and squinting to attract

the BTXA to the muscle when facial injections have been done

- 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/alcohol 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 to the face, 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 e.g. on massage table for 24 hours.
- Avoid wearing any accessories (e.g. hats, sunglasses) that may rub the area treated for 24 hours.
- Avoid hot water - use tepid water to wash 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 (e.g. nurofen, aspirin, Vit E, fish oils, krill oil, glucosamine) for 24 hrs.

The effect from BTXA for the treatment of excessive sweating lasts 4-8 months depending on the individual. The results will wear off progressively from around 3 months and you will need to repeat the injections 2 - 3 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 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 in the movement of muscles on the face with facial expression when a treatment is performed for excessive facial sweating. 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 the number of units used to treat each area is for the treatment of excessive sweating on the body is a standard 50 units i.e. 50 units of BTXA are injected in each under arm area, each palm of the hand and each sole of the foot (such that a total of 100 units is used to treat excessive sweating on the body). If residual sweating or a residual area requires further treatment with BTXA then further units will be injected at a follow up appointment and these extra units required to achieve your desired result will be charged at the usual rate.

At the next treatment, your cosmetic practitioner will advise you of the **TOTAL** number of BTXA Units required to achieve the best result according to your expectations at one treatment (e.g. 120 units of BTXA advised = 100 units injected at 1st treatment + 20 units injected at an additional treatment)

If you experience any complications from your BTXA treatment or require further correctional injections of BTXA, please contact your cosmetic practitioner for advice on **Ph: 55 9333 88**.