

Botulinum Toxin (Botox) Treatment for Facial Wrinkles

Consent Form

Botox therapy for wrinkles is an injection treatment designed to reduce facial expression lines. Botox is the trade name for botulinum purified neurotoxin complex. Botox is approved for the treatment of disorders of the muscles of the eye, certain types of headaches and other medical conditions. As well, it is approved for frown lines between and just above the eyebrows. The use of Botox for other wrinkles (crow's feet, forehead lines) is, at this time, considered "off label". Nonetheless, Botox therapy for all such wrinkles is a commonly performed cosmetic procedure throughout the world.

When Botox therapy for wrinkles is performed, tiny amounts of the drug are injected into the facial muscles thus weakening them. This reduces the associated lines and wrinkles. Botox therapy for wrinkles works best for "dynamic" lines and wrinkles which are the result of constant pulling on the skin by underlying facial muscles. Botox therapy is less effective for fine textural changes on the skin surface (due to age-induced changes) and for those lines present at rest. The social signal read from a furrowed brow is one of negativism, frustration and anger. Lines adjacent to the eyes can make one appear tired and washed out.

Botox therapy is temporary; meaning it will have to be repeated on a regular basis to remain effective. Nonetheless, you may stop and restart treatments at any time without negative effect. How long each treatment lasts will depend on many individual factors including the degree of sun damage present, the depth of the lines, the size of the muscles, the amount and strength of Botox used, the frequency of re-treatment and the speed of neuro-muscular repair. An average response is 3-6 months of diminished muscle contraction. Individual responses may be longer or shorter depending on the above factors.

After Botox is placed into the targeted muscles, the weakening effect gradually begins over 2-7 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks and sometimes longer. During this period you may notice asymmetry or unevenness within the treated areas. This asymmetry will usually correct itself as the Botox takes effect. For maximal results, it is recommended that after receiving Botox you maintain an upright posture for at least four hours. During this time it is also recommended that the treated area not be rubbed vigorously or massaged. Without touching, you may wish to frown, scrunch or wrinkle the treated areas during this time which may help to increase the response of the Botox-targeted muscles.

There have been no long-term adverse effects or health hazards related to the use of botulinum toxin thus far. Muscle biopsy specimens have failed to show any evidence of permanent degeneration or atrophy. There are, however, several well known side effects that are temporary. These include the following:

- ❖ **Bruising.** Usually at or near the injection site, may be increased with the use of anti-inflammatories, aspirin or aspirin-like products including Vitamin E. This effect generally clears up within 7-10 days. No treatment is necessary.
- ❖ **Headache.** Related to the actual injections, is usually mild and transient lasting less than 24 hours. May be relieved with acetaminophen (Tylenol).

- ❖ **Pain at the injection site.** Similar to headache above, is usually mild, transient and relieved with acetaminophen.
- ❖ **Asymmetry.** As described above, if present, noticed within the first two weeks of therapy. May be corrected with "touch-up" injections if necessary.
- ❖ **Numbness.** Actually a change in sensation noticed by some Botox patients in the treated areas. Better described as a "dullness", it is usually only noticed for a few days after treatment. Treatment is not necessary.
- ❖ **Eyebrow or eyelid ptosis (drooping) and double-vision (diplopia).** Seen in 1-2 % of patients receiving Botox therapy. It is temporary, lasting 2-4 weeks and is usually mild. May be treated with special eye drops.

Also, for reasons not fully understood, some patients may be less sensitive or "resistant" to the effects of Botox. In these patients, Botox will not work as well or as long as would ordinarily be expected.

If you are pregnant or breastfeeding, Botox treatments are not recommended.

If you have a history of neurological (nervous system) disease, especially if it is currently active, you may not be a good candidate for Botox therapy. This should be discussed with your treating neurologist or family physician prior to such treatment.

There are alternatives to Botox therapy for wrinkles, including no treatment, topical cream treatments, chemical peels, laser peeling, surgical face lifting and surgical destruction of the muscles involved in the formation of dynamic lines.

By signing below, I agree that I have read and understand the above information and that my questions have been fully answered to my satisfaction. I accept the risks and complications associated with the procedure.

I authorize Dr. Brian Zidel to treat my wrinkles and lines with Botox therapy. I understand that the practice of medicine and surgery is not an exact science and that no results are guaranteed, including Botox therapy for wrinkles and lines.

Name: _____

Signed: _____

Witnessed: _____

Date: _____