



CLERMONT HEALTH AESTHETICS

ANTI-WRINKLE INJECTIONS (Botulium Toxins)

Pre-Treatment Advice



Thank you for choosing Clermont Health for your chemical peel treatment!

This information sheet outlines important details about anti-wrinkle injections using botulinum toxin, a safe and effective treatment for reducing the appearance of wrinkles.

What is anti-wrinkle treatment?

Our anti-wrinkle treatment involves a series of injections of a purified protein derived from botulinum toxin. These injections temporarily relax the muscles responsible for frown lines (between the brows), crow's feet (around the eyes), and forehead lines.

Botulinum toxin works by blocking the signals between nerves and muscles. When injected into a targeted muscle, botulinum toxin disrupts the release of a chemical messenger (acetylcholine) needed for muscle contraction. As a result, the muscle relaxes, leading to a smoothing of the overlying skin and a reduction in wrinkle appearance.

How soon will I see results and how long does it last?

This relaxation is temporary. Over time, the body breaks down the botulinum toxin, allowing the muscles to regain function and wrinkles to gradually return.

The initial effects will show in the first 2-5 days and continue to improve for 2 weeks. If this is your first treatment, you will need to book a follow up appointment with your clinician after approximately 2 weeks, but no longer than 4 weeks.

Botulinum toxin usually lasts 3-4 months on average. Fine lines that do not disappear in the first 2 weeks will often continue to soften over the coming months. Botulinum toxin also helps prevent the development of new lines. Most people need a treatment every 4 months or so to get the best long-term results.

Following the following recommendations will help ensure a safe and successful anti-wrinkle treatment experience. We look forward to seeing you and helping you achieve your aesthetic goals! Please contact us at Clermont Health if you have any concerns following your treatment.

More advice on the next page >



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Before Your Appointment:

- **Consultation:** A thorough consultation is required to discuss your goals, medical history, and suitability for anti-wrinkle treatment. Be transparent about any past medical history, any medications you take, allergies you have, and any previous aesthetic procedures.
- **Medical Conditions:** toxin treatment may not be suitable for individuals with certain medical conditions, such as neuromuscular disorders, myasthenia gravis, uncontrolled bleeding disorders, or allergy to botulinum toxin.
- **Medications:** Please inform us of all medications you are taking, particularly blood thinners, muscle relaxants, or certain antibiotics, as these may need to be adjusted before treatment.
- **Pregnancy & Breastfeeding:** toxin treatment is not recommended for pregnant or breastfeeding women.
- **Alcohol & Tobacco:** Avoid excessive alcohol consumption and tobacco use for at least a week before your appointment, as these can increase the risk of bruising.

On the Day of Your Appointment:

- **Arrive prepared:** Come with clean, makeup-free skin around the injection area.
- **Discussion & Consent:** We will discuss the planned injection sites and dosage. You will be given a consent form to review and sign. Feel free to ask any questions you may have.
- **The Procedure:** The injection process is typically quick and well-tolerated. A very fine needle is used to inject small amounts of botulinum toxin into the targeted muscles. A slight discomfort may be experienced, but topical numbing cream can be applied to minimize this.

After Your Appointment:

- **Activity:** For 48 hours you should avoid alcohol and exposure to UV and extreme heat, ie sauna, steam, sun beds, very hot showers, strenuous exercise etc, as this may increase discomfort and swelling.
- **Positioning:** It is recommended to remain upright for 2 hours after treatment.
- **Skincare:** Makeup can be applied 6 hours after the procedure. When cleansing, avoid pressure and gentle strokes away from the eyes.
- **Clothing:** Avoid wearing tight caps or garments in the area that has been injected.
- **Caution:** Avoid facial massages or electrical stimulation of the face for the next 2 weeks

Side Effects:

Possible side effects include temporary redness, swelling, bruising, or headache at the injection site. These typically resolve within a few days. More serious side effects are extremely rare but may include allergy, asymmetry (unevenness), temporary drooping of facial features including the brow and / or the eyelid, dry eyes, double or blurred vision. Report any concerning side effects to the clinic immediately.