



LOOK NATURAL

- *Aesthetics* -

Patient information leaflet for Botulinum toxin type A (Bocoture).

Please make sure you read this information

The brand of botulinum toxin you have had today is **Bocoture**

Common side effects can include.

- ◆ Bruising at the injection site
- ◆ Pain (mild) at the injection site
- ◆ Skin redness around the injection site
- ◆ Small bumps may appear initially after the treatment & will disappear quite soon.
- ◆ Headache; Temporary headache is the most reported symptom, though the numbers of patients who report headaches is very small compared with the number of treatments performed. Any headache can be treated with usual painkillers.

Less common side effects: these will wear off in time

- ◆ Drooping eyebrow/s (Brow ptosis)
- ◆ Drooping eyelid/s (Eyelid ptosis)
- ◆ Discomfort /heavy feeling of the forehead
- ◆ Raising of the outer eyebrow/s (Mephisto sign)
- ◆ Facial asymmetry

Rare side effects.

- ◆ Nausea
- ◆ Numbness
- ◆ Long lasting headache
- ◆ Dry eye
- ◆ Eyelid swelling

Although some people experience longer-lasting results, scientific evidence shows that the effect of Botulinum Toxin injections usually last 12-16 weeks

After care

Botulinum Toxin is a quick and safe procedure that has very little impact on usual activity on the day of injection. We deliver tiny injections to relax the action of the muscles that create excessive movement. These movements create 'dynamic wrinkles' over time. Here's what not to do after treatment – we recommend the following precautions to allow the anti-wrinkle injections to work optimally in the targeted muscle;

- No rubbing or massaging of the injected area for 4 hours after treatment, including facials.
- No strenuous exercise for 24 hours after treatment.
- Keep upright for 4 hours — no lying on your front.
- Avoid headwear that is tightly fitted across the forehead.
- We advise limiting alcohol in the first 24 hours and for the day prior to treatment. This is because alcohol can thin the blood much like an aspirin, and abstaining can help prevent bruising.
- We recommend that you do not rub the treated area for up to 4 hours post-treatment. This includes the gentle rubbing associated with a facial treatment. We advise not having a facial within 24 hours post-procedure.
- It can take between 3-5 days to start working and reaches its peak at 2 weeks.
- We advise to use a good quality facial SPF 30-50 such as Heliocare daily.
- Within this 2-week period some people find they may require a “top up” dose of botulinum toxin (at extra charge), particularly if they have stronger muscles. We shall be in contact with you to check how things are over the next few days and weeks.
- If this is your 1st treatment with us for botulinum toxin it can sometimes take a couple of appointments to determine the ideal dose & positioning of the product for you

You can always contact us for advice if you're concerned on **07525642466 / 07976376685 / 01482 861439** or **simon@looknaturalaesthetics.co.uk**