



Botulinum Therapy Consent Form

Proposed Treatment

Infection of very small amount of Botox or Xeomin, a purified toxin produced by bacterium clostridium botulinum into the specific muscle causes weakness or paralysis of that muscle. This results in relaxation of the muscle and improvement of the lines or wrinkles that the muscle action has formed.

Anticipated Benefit

Response usually is seen 3 to 7 days after injection, maximum results will be on day 14 after injection. Typically, the muscle action (and wrinkles) will return slowly over the next 3 to 4 months. At this point, a repeat treatment will relax the muscle and soften the lines again. I understand that several sessions may be needed to complete the injection series. I understand that there is a separate charge for any subsequent treatment.

Risk and Complications

Possible side effects include, transient headache, swelling, bruising, pain during injection, twitching, itching, numbness, asymmetry (unevenness), temporary drooping of eyelids or eyebrows. These side effects are rare but have been reported. In very small number of individuals, the injection does not work as satisfactory or for as long as usual. Known significant risks have been disclosed, yet theoretical risk of unknown complications does exist. Bruising may occur after Botox or Xeomin injections, substances that increase the risk of bruising include Vitamin E, Aspirin, Motrin, and non-steroidal anti-inflammatory drugs. I understand that if I have taken any of the above within the past 7 days, I have increased risk of bruising. Bruising is also a significant risk with the use of blood thinning medication, this treatment may result in bruising and may not be recommended.

I understand that there may be a higher possibility of side effects if I do not follow certain instructions and will adhere to these instructions for at least 4 hours from the time of treatment.

These include:

I will not lie down or bend forward for extended periods of time for at least 4 hours from them time of treatment. I will not manipulate or massage the treatment area for at least 4 hours after the treatment.

PATIENT INITIALS: _____

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Pregnancy & Neurological Disease

I understand that there are certain conditions where Botox or Xeomin treatments **are not recommended**.

These include:

Neurological disease, such as Myasthenia Gravis, pregnancy and breastfeeding.

None of these conditions apply to me.

Limitations and Alternatives

Botox or Xeomin is best at treating dynamic facial lines, those caused by facial muscle activity; lines present at rest may or may not improve. A treatment may be effective for variable lengths of time with subsequent treatments, may not work as well or for as long as expected, or may not work at all. I have been informed of other alternatives which exist for treatment of wrinkles such as topical creams, chemical peels, laser treatments, surgical removal of the frown muscles, forehead/brow lift, facelift, collagen, or hyaluronic acid treatments.

Cost/Fees

Payment for this cosmetic procedure is my responsibility. I understand that there will be an additional fee for enhancements. If needed.

Follow-Up

I agree to follow up in 2 to 3 weeks after my first treatment if asked to do so by my healthcare provider.

Photographs

I authorize the taking of clinical photographs and their use for scientific purpose both in publications and presentations. I understand that my identity will be protected.

I have read the above statements and understand them. My questions have been answered satisfactory by Tina Johnson, R.N. I accept the risks and complications of the procedure.

X _____
Name (printed) **Date**

X _____
Signed Name **Witnessed Signature**



Botox Pre and Post Treatment

Pre-Treatment

1. **One week (7 days) prior** to your treatment with Botox, **AVOID** St John's Wart, high doses of vitamin E, Aspirin and other non-steroidal anti-inflammatory medications, such as, ibuprofen. These agents may increase bruising and bleeding at the injection site.
2. Botox is a temporary procedure and generally results will last approximately 3 to 4 months. It requires special technique in order to customize the injections to your individual muscular structure. It is important that your muscle activity recovers, but your skin is not creasing to the point where you started. If you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than 4 months.
3. **AVOID** alcoholic beverages at least **24 hours prior to treatment**. Alcohol may cause blood to thin, which will increase the risk of bruising.

Post-Treatment

1. After your treatment you may exercise your treated muscles for **1 to 2 hours** (ex. Practice frowning, raising your eyebrows, or squinting). This helps to work the Botox into your muscles. (Although this is recommended, it will **NOT** impact your treatment negatively if you forget to do this).
2. **AVOID** manipulating the treated area(s) within **4 hours following treatment**. After that the area can be gently worked.
3. **DO NOT LIE DOWN FOR 4 HOURS AFTER TREATMENT!** This is to avoid the risk of pressure on the treated area(s) (from your pillow) and to avoid the risk of the medication spreading.
4. **DO NOT** do yoga or any type of strenuous exercise for **24 hours after treatment**. This will minimize the risk of temporary bruising. Feel free to shower and go about most of your other regular daily activities.
5. Be assured that any tiny bumps or marks will go away within an hour. If you need to apply makeup within **4 hours of treatment, touch gently**.
6. Results being in 3 to 7 days but may take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing the results.
7. If you experience increased pain, swelling, inflammation, or if you have any questions, please call **Tina Johnson, R.N. at (903)-814-7760**.
8. Schedule a follow up appointment for **2 to 3 weeks** after injection. In order to assess your results and tailor to your muscular structure. An accurate assessment can only be determined at 2 to 3 weeks after injection.

PATIENT INITIALS: _____

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PATIENT COPY-PLEASE KEEP FOR YOUR RECORDS

Botox Pre and Post Treatment

Pre-Treatment

4. **One week (7 days) prior** to your treatment with Botox, **AVOID** St John's Wart, high doses of vitamin E, Aspirin and other non-steroidal anti-inflammatory medications, such as, ibuprofen. These agents may increase bruising and bleeding at the injection site.
5. Botox is a temporary procedure and generally results will last approximately 3 to 4 months. It requires special technique in order to customize the injections to your individual muscular structure. It is important that your muscle activity recovers, but your skin is not creasing to the point where you started. If you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than 4 months.
6. **AVOID** alcoholic beverages at least **24 hours prior to treatment**. Alcohol may cause blood to thin, which will increase the risk of bruising.

Post-Treatment

9. After your treatment you may exercise your treated muscles for **1 to 2 hours** (ex. Practice frowning, raising your eyebrows, or squinting). This helps to work the Botox into your muscles. (Although this is recommended, it will **NOT** impact your treatment negatively if you forget to do this).
10. **AVOID** manipulating the treated area(s) within **4 hours following treatment**. After that the area can be gently worked.
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