

## Botox

### Patient information

As a precaution, it is not advisable to use Botox during pregnancy or breast-feeding. It is also contraindicated if there is any concern that you may be allergic to Botox or suffer from a generalised muscle weakness disorder.

Botox contains a small amount of human serum albumin (HSA) to maintain its stability. HSA is a blood product and is therefore not suitable for individuals who have religious objections to the use of blood products.

#### ***Before the treatment***

You may want to take paracetamol an hour before the treatment, although most people find it relatively painless. Do not take aspirin or ibuprofen-type pain-killers, as these may exacerbate any tendency to bruising.

#### ***After the treatment***

- Cool the treated area with an ice pack to reduce discomfort and swelling.
- Avoid any vigorous activity or hot environment for four hours after your treatment.
- Actively squeeze your eyelid muscles and other treated area for 5-10 minutes after in order to increase the uptake of Botox and its effectiveness.
- Arnica gel can be applied to the treated area three times a day – apply it gently and do not rub it into the skin.
- If you need antibiotics, tell your doctor that you have been treated with Botox.
- There is no conclusive evidence that Botox causes miscarriage or birth defects in humans but you should always tell your doctor before treatment if you are pregnant or planning to conceive – as a precaution, you will generally be advised to delay treatment.