

Botulinum Toxin Informed Consent

Aim of Treatment: The aim of this treatment is to significantly reduce the movement of the muscles causing expression lines, thus improving the appearance of such lines. This clinic uses Dysport.

Common side effects, associated with the injections include;

- Pain or stinging sensation when the injection is performed.
- Localised swelling, redness, tenderness
- Bleeding at the sites of injection
- Bruising
- Numbness or itching of the area following injection.
- Headache

The above usually resolve spontaneously within hours or days, but may persist for longer.

Eye lid ptosis (a drooping or heaviness of the eyelid, one or both), brow ptosis (heaviness and or lowering of the brow) should ptosis occur, it may take 3 or more weeks to resolve. Asymmetry of expression - Perfect symmetry may not be achievable; that caused by the treatment, can often be corrected at your review appointment.

Uncommon Side Effects

- Nausea
- Anxiety
- Dry mouth
- Altered skin sensation, muscle twitching or spasm in the treated area
- Swelling/ puffiness around the eyes
- Fever
- Lack of strength
- Eye pain, dry eyes, tearing, sensitivity to light
- Flu like symptoms
- Itching or dry skin
- Infection
- Muscles not targeted may be effected
- Rash
- Facial pain

Any adverse reactions usually occur within a few days of treatment. They are expected to be temporary in nature and usually resolve spontaneously within weeks. Rarely, symptoms may persist for several months.

The treatment of the brow, and any area other than frown or crows feet with botulinum toxin are not a licensed indications. The product manufacturer has no liability should a complication arise, when this medicine is used for indications that have not been licensed.

Expected outcome

Successful treatment should prevent or significantly reduce the expressions causing the lines. Treatment may not cause the expression lines themselves to disappear completely. The expression may not be completely frozen, particularly if extreme effort is exerted to make any expression. Any decision to increase the dose, or repeat treatment, will be made at the discretion of the practitioner, informed by safety and best practice.

I accept the clinic terms and conditions. I am satisfied (the procedure) has been explained comprehensively and that the possible risks and side effects associated with the treatment have been fully discussed and understood. I have taken sufficient time to process and consider the information provided and any questions I had have been answered to my satisfaction, before making a decision to proceed with the agreed treatment plan.

I have been advised the cost of the treatment will be £.....and accept the terms of payment as per the clinic policy (terms and conditions).

Patients Signature: _____ Print Name: _____ Date: _____

Practitioners Signature: _____ Print Name: _____ Date: _____

I understand that though complications are uncommon, they do sometimes occur. It is possible that side effects not described may occur and indeed that a complication not previously reported or may occur for the first time.

I understand if I suffer any adverse reactions that are not expected, or concern me, I must contact the clinic. An appointment will be made for me to be seen. The clinic cannot take responsibility for complications or results that have not been reported, assessed, documented and managed in a timely fashion.

I confirm that the medical health history form has been completed truthfully and I am fully aware that withholding medical information, including history of previous treatment, may be detrimental to the safe and optimal outcome of any treatment administered. If there are any changes in my medical history, I must inform the practitioner.

I confirm that I have been provided with verbal and written information about this treatment which includes aftercare and follow up advice.

I agree to follow the aftercare advice and understand this reduces risk of adverse reactions and helps ensure optimum results.

I understand information about me will be treated as confidential and access to it restricted in accordance with the Data Protection Act, unless specific permissions given.

I consent to my medical records being shared with appropriate medical professionals

I understand photographs are taken as part of my medical record.

On occasion it is helpful to share visual images of our own treatment results.

I consent to photographs being published for;

- Educational and training purposes with medical professionals
- Educational purposes with selected patients during consultation
- Educational/promotional purposes in the clinics portfolio viewed by selected members of the public
- Educational/promotional purposes on the clinic website
- Educational purposes for selected public events

I understand that no fee is payable to me or any other person in respect of the material either now or at any time in the future.

I confirm that the purpose for which the material would be used has been explained to me in terms which I have understood.

I have taken the time to read;

- Botulinum Toxin Consent Form
- Treatment Information Botulinum Toxin
- Clinic Terms and Conditions

It is best to try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, or squinting). This helps to work Dysport Cosmetic into your muscles. Although thought to help, it will NOT impact your treatment negatively if you forget to do this.

Do NOT rub or massage the treated areas for 4 hours after your treatment. Do NOT practice Yoga or any type of strenuous exercise for 4 hours after treatment. Also, avoid facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.

Do NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.

Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.

Results of your treatment may take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result.

Because Dysport Cosmetic requires a special technique in order to customise the injections to your individual muscular structure, it is important that your muscle activity recover, BUT that your skin is not creasing to the point from where you started.



Dysport Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. If you maintain your treatment appointments with the frequency recommended by your doctor, the duration of each treatment result may last longer than 4 months.

Initially our clinic sees patients between the 3-month (12 week) and 4 month (16 week) time period. We are able to create the best clinical results for you during this period. If you allow Dysport Cosmetic to wear off completely, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult to achieve.



BOTULINUM TOXIN A

- ⊕ Botulinum Toxin A
- ⊕ Results from 3 days
- ⊕ Single treatment
- ⊕ Minimal downtime
- ⊕ Lasts 3-4 months

Belmore Dental Implant Clinic

16 Belmore Street, Enniskillen, Co. Fermanagh, BT74 6AA.

Tel: +44 (0)28 6632 9222 From ROI: 048 6632 9222

Email: sinead@belmoredental.co.uk Web: www.belmoredental.co.uk



What is Botulinum Toxin A?

Botulinum toxin is a naturally occurring protein produced by the bacterium Clostridium Botuli- num. In a purified form, as is the case with many drugs/ medications such as Penicillin, Botulinum toxin is a very safe, effective treatment not only used in cosmetic clinics, but also for a number of medical conditions, including migraine and excessive sweating. Licensed brands of botulinum toxin A include, Botox®, Azzalure®, Bocouture®, Xeomin®, and Dysport® All botulinum toxins are prescription only medicines (POM) and can only be prescribed by doctors, dentists and nurses with the prescribing qualification, following a face to face assessment and consultation with the qualified prescriber.

How Does it Work?

The toxin blocks the transition of chemical messages sent from the nerve to cause the muscle to contract. Without these messages, the muscle stays in a resting state until the 'messengers' recover. This recovery takes approximately 8 to 12 weeks on average. The aim of this treatment is to significantly reduce the movement of the muscles causing expression lines (dynamic lines). It may not cause the expression lines themselves to disappear completely, this will depend upon the quality of your skin and may take time over a course of treatments. It may not 'completely freeze' the expression, particularly if extreme effort is exerted to make an expression. Botulinum toxin is not suitable for lines present without expression (static lines), your practitioner will advise you. There may be only a partial reduction in movement this very much depends on the amount administered and location of product placement – This is not a one size fits all treatment and may be tailored to suit your individual requirements and expected treatment outcomes – discuss this with your clinician at the time of consultation.

Does it hurt?

A very fine needle is used and generally this treatment is not painful and can be well tolerated with no anaesthetic. Ice may be helpful in numbing the skin for nervous patients as well as reducing the risk of a bruise.

Used to treat (in cosmetic medicine) *Though widely used in cosmetic medicine and with an extensive evidence base to support safety and efficacy, Botulinim toxin A brands, Botox® , Azzalure® and Bocouture® are licensed only for the treatment of frown lines;

Botox® recently gained an additional license for crows feet. All other indications are, for the time being, 'off label', i.e. being used beyond the terms of the original license. Many drugs are routinely used off label. Please discuss with your practitioner if you have any concerns and they will be happy to explain further.

⊕ Frown lines ⊕ Worry lines

⊕ Crows feet ⊕ Lip lines

⊕ Hyperhidrosis (excessive sweating)

⊕ Lower face treatment to improve jawline and appearance of neck, known as 'Nephertite lift'



After treatment

After treatment it is expected that you will start to see an improvement within 2 or 3 days. The full result may be judged at 2-3 weeks. You may be invited to attend a review appointment at 2-3 weeks where the success of the treatment may be assessed and adjustments to your personal treatment plan made, if necessary. You will be advised to keep the target muscles active for a few hours and to avoid extremes of heat or cold, vigorous exercise, lying down or leaning over for 4-6 hours.

How long will it last?

Results tend to last 3-4 months Movement will begin recovering from 8 weeks Frequent treatment at intervals of less than 3 months is NOT recommended.

Is it safe?

All treatments carry a degree of risk. All risks and complications will be discussed with you at consultation and prior to any treatment being agreed. Botulinum Toxin should be administered by a healthcare professional with specialist training. Side effects include, but are not limited to;

⊕ Bruising

⊕ Swelling at injection sites

⊕ Redness at injection sites

⊕ Asymmetry of expression

⊕ Drooping of the brow, or eyelid

⊕ Headache or a sensation of 'tightness' or 'heaviness'

Adverse events are uncommon, usually occur within a few days of treatment and are expected to be temporary, usually resolving spontaneously within weeks. Your practitioner will provide aftercare advice designed to minimise risk and promote speedy recovery from any expected side effects.

Am I suitable for treatment?

Your practitioner will take a detailed medical history and an assessment of your needs and expectations to ensure this is an appropriate treatment for you.

- This must be a nurse, doctor or dentist with specialised training, qualified to prescribe.
- Except in exceptional circumstances this is not a treatment recommended for those under 25 or over 65.
- For best results skin should be in good condition and the target lines not too furrowed. Your practitioner will assess your suitability and advise.
- Botulinum toxin cannot be given to pregnant or breast feeding women.
- Not suitable for patients with certain neurological disorders.
- Not suitable if you are currently taking certain medicines. or if you have previously experienced adverse reactions to any botulinum toxin treatment.

With any injectable treatment;

- Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).
- If you are taking any medicines which affect bleeding, such as aspirin or warfarin.
- If you are currently or have recently completed a course of Roacutane (acne treatment) in the last 18 months.
- If you are pregnant or breastfeeding.

Caution

If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you. If you are planning to attend an important event and any adverse event described would be unacceptable to you, discuss with your clinician in advance of having treatment.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided the day before and after treatment.

Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.

If you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.

Before Your Botox / Dysport Treatment

Enhance the results that you experience from Facial Aesthetics treatment therapies by following a few simple instructions provided by your clinician.

To avoid bruising it is best not to take any pain relievers that are blood thinners such as aspirin or Vitamin E. Avoid alcohol for a few days after treatment since it, too, is a blood thinner.

Do not use Dysport if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your clinician if you have any questions about this prior to the procedure.

Sunburned skin is difficult to treat so avoid exposure to the sun.

Avoid Waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated. Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids.

Inform your clinician if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.

Always inform your clinician of all medications you may be taking as well as your medical history.

Aftercare

You may have bruises in the areas treated with Dysport. This is normal. It will take up to two weeks for you to experience the full effect of the treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following Dysport treatments. Movement of lines diminished is OK. The objective of the Dysport treatment is to improve the appearance of the lines, not necessarily paralyze the muscle. If we can achieve the improvement of the lines without complete paralysis in the area then you benefit from continued use of subtle facial expression in that area of your face.



Patient Information & Medical History Form



Patient Name _____ Date of Birth _____

Address _____

Telephone _____ Mobile _____

Email _____

Name & Address of GP _____

Are you attending or receiving medical treatment from a doctor or specialist? Yes No

If Yes, please give details _____

Are you taking any medication, herbal remedies or any other drugs (e.g. Aspirin, Warferin, Clopidogrel, Antibiotics, Muscle Relaxants, St. Johns Wart, Anticoagulants, Roaccutane) (F)* Yes No

If Yes, please list any medications you are taking _____

Are you allergic to any medicines, antibiotics, foods or other substances?* Yes No

If Yes, please give details _____

Have you suffered from or had any of the following illnesses? (all answers required)

Psychiatric illness/depression* Yes No

Heart disease/angina* Yes No

High/low blood pressure* Yes No

Epilepsy/blackouts* Yes No

Melasma (pigmentary change of the face)* Yes No

Diabetes* Yes No

Blood disorders* Yes No

Keloids (hypertrophic scarring)* Yes No

Moles* Yes No

Sunburn* Yes No

Cuts/abrasions* Yes No

Contact dermatitis* Yes No

Thyroid problems* Yes No

Auto-immune disease* Yes No

Asthma/bronchitis* Yes No

Convulsions* Yes No

Facial cold sores* Yes No

Stomach ulcer/colitis* Yes No

Skin disease (e.g. herpes or acne)* Yes No

HIV/hepatitis* Yes No

Glaucoma/cataract* Yes No

Bell's/facial palsy* Yes No

Hypoglycaemia* Yes No

Are you pregnant or are you breast feeding?* Yes No

Do you suffer from any autoimmune disease?* Yes No

Have you a history of severe allergy /anaphylaxis?* Yes No

If Yes, please give details _____

Have you suffered from an anaphylactic shock?* Yes No

Are you currently taking steroids or anti-coagulant on a daily basis? (F)* Yes No

Do you bruise easily?* Yes No

Have you had an allergic reaction to any cosmetic product?*

Yes No

Have you been treated with any cosmetic products (Botox, botulinum toxin, dermal fillers, etc) before?*

Yes No

If Yes, please give details _____

Have you a history of severe allergy/anaphylaxis to Botox (botulinum toxin type A) or its excipients?*

Yes No

Do you suffer from myasthenia gravis or Eaton Lambert syndrome?*

Yes No

Do you have any other medical problems that we have not identified?*

Yes No

If Yes, please give details _____