

# You are thinking of having injections to reduce wrinkles and lines. Here are some commonly asked questions and guidance notes for a better understanding and what to expect, before and after.

## What is “wrinkle reducing”?

Wrinkles are reduced by injecting Botulinum Toxin into the upper face.

## Who can provide this treatment?

A medically qualified prescriber is the only person who can provide these injections only after a face to face consultation.

## How qualified are you?

I'm a fully qualified Registered General Nurse, who specialises in neuroscience and is fully qualified in skin tissue viability. I am also a fully registered and qualified Aesthetic Beauty Practitioner, so you will be treated by a fully qualified nurse, not a beautician.

## I have expectations on how I will look after treatment.

During the consultation process we will also make sure that you are fully aware if the treatment will meet your expectations, and make a full assessment of your face, including any asymmetry issues. As well as any medical issues which may impact on treatment.

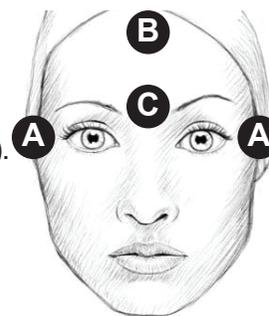
## Once I'm seen, can I get treated straightaway?

No. A £50 deposit is to be paid, which is used to secure your vial and you will be treated within a few days.

## Which areas can be treated?

The three main areas are:

- Crow's feet (A)
- The forehead (B)
- The glabellar region (frown) (C).



## Do I need to avoid any food or drink before treatment?

Before treatment you should avoid aspirin, high doses of Vitamin E and Omega 3 for 7 days if possible. And no alcohol prior to treatment.

## What about makeup?

This will have to be cleansed off prior to treatment and not reapplied afterwards for at least 4 to 6 hours.

## Can I get treated at home?

We no longer offer home treatment for Botulinum Toxin injections.

## Does it hurt?

Not really. The needle is the smallest and finest gauge available. There may be a little local stinging, but that's it. We can offer numbing cream to help.

## What about any bad after effects after treatment?

Treatment is very safe and widely tested. Allergic reactions are rare, but if you have a history of reactions, then we must be informed. You may experience mild headaches soreness and other symptoms such as pain at the injection site and slight bleeds.

## Will my face be improved immediately?

Relaxation of the treated areas begins 24 – 72 hours after treatment. Full relaxation occurs two weeks later. You will be invited to a follow up after two weeks.

## Anything I should avoid after treatment?

Do not lie down, or do any vigorous exercise for around 6 hours after treatment. Do not have a steam/sauna and drink alcohol for 6 hours after.

## Can I drive after?

Of course. It's a very safe treatment. Nothing vigorous though.

## Any recommendations after treatment?

You can exercise muscles by relaxing and contracting the treated area as this helps the toxin reach the target muscle. Do **NOT** touch the areas.

## How long does it last?

Wrinkle reduction lasts for 3 to 4 months, but it's very individual.

## If I'm not happy with it?

On the initial assessment, if we can't improve or meet your expectations, then we won't treat you. However, we will top up any areas which we think can be improved during the aftercare treatment. However, we cannot overdose the area.

I wish to proceed with treatment and I understand that the £50 deposit paid is non-refundable as the treatment vial supplied can only be used on myself

Name

Signature

Date

On the day of treatment, the remaining amount will be paid in full PRIOR to treatment.

## How much will it cost?

If you wish to proceed, then a £50 non-refundable deposit is required.

**SPECIAL INTRO OFFER**

**Three areas £199**

\*£225 for home visit treatment

