



NEW DIMENSION DENTISTRY
DORIS GIRALDO, DDS

Botox PRE – Treatment Instructions

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Patient must be in good health with no active skin infections in the areas to be treated
- Patient should not be needle phobic
- Avoid alcoholic beverages at least 24 hours prior to treatment Alcohol may thin the blood which will increase the risk of bruising.
- Avoid anti-inflammatory / blood thinning medications ideally, for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, St. John's Wart, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule Botox® appointment at least 2 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.
- If you have a history of cold sores (herpes virus) a pretreatment dose of Valtrex may be required to prevent breakout



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Botox POST-Treatment Instructions

The guidelines to follow post treatment have been followed for years, and are still employed today to prevent the possible side effects of ptosis (drooping of the eyelids). These measures should minimize the possibility of ptosis.

- No straining, heavy lifting, vigorous exercise for 3-4 hours following treatment. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve to start its work, and because we do not want to increase circulation to that area to wash away the Botox® from where it was injected.
- Avoid manipulation of area for 3-4 hours following treatment. (For the same reasons listed above.) This includes not doing a facial peel or micro-dermabrasion after treatment with Botox®.
- Stay out of the sun for approximately four (4) hours following Botox treatment.
- It can take 2-10 days to take full effect. It is recommended that the patient schedule an appointment no later than 2 weeks after treatment. Enhancements (additional units of Botox®) can be administered if needed at same unit charge as original treatment.

Make-up may be applied before leaving the office.



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CONSENT TO BOTOX® BOTULINUM TOXIN “A” TREATMENT

PATIENT _____ DATE OF BIRTH _____

ADDRESS _____ PHONE _____

Botox® is a neurotoxin produced by the bacterium Clostridium A. Botox® can relax the muscles on areas of the face and neck which cause wrinkles associated with facial expressions. Treatment with Botox can cause your facial expression lines or wrinkles to essentially disappear. Areas most frequently treated are: a) glabellar area of frown lines, located between the eyes; b) crow’s feet (lateral areas of the eyes); and c) forehead wrinkles. Botox is diluted to a very controlled solution and when injected into the muscles with a very thin needle, it is almost painless. Clients may feel a slight burning sensation while the solution is being injected. The procedure takes about 15-20 minutes and the results last 3-6 months. With repeated treatments, the results may tend to last longer. Initial ____

RISKS AND COMPLICATIONS

It has been explained to me that there are certain inherent and potential risks and side effects in any invasive procedure and in this specific instance such risks include but are not limited to: 1. Post treatment discomfort, swelling, redness, and bruising, 2. Double vision 3. A weakened tear duct 4. Post treatment bacterial, and/or fungal infection requiring further treatment 5. Allergic reaction 6. Minor temporary droop of eyelid(s) in approximately 2% of injections, this usually lasts 2-3 weeks 7. Occasional numbness of the forehead lasting up to 2-3 weeks, 8. Transient headache, and 9. Flu-like symptoms may occur. Initial ____

RESULTS

I am aware that when small amounts of purified botulinum (“BOTOX”) are injected into a muscle it causes weakness or paralysis of that muscle. This appears in 2 – 10 days and usually lasts 3-6 months but can be shorter or longer. In a very small number of individuals, the injection does not work as satisfactorily or for as long as usual and there are some individuals who do not respond at all. I understand that I will not be able to “frown” while the injection is effective but that this will reverse after a period of months at which time retreatment is appropriate. I understand that I must stay in the erect posture and that I must not manipulate the area (s) of the injections for the 2 hours post-injection period. Initial ____

I understand this an elective procedure and I hereby voluntarily consent to treatment with Botox® injection for Facial Dynamic Wrinkles, TMJ, or Bruxism. The procedure has been fully explained to me. I have read the above and understand it. My questions have been answered satisfactorily. I accept the risks and complications of the procedure and I understand that no guarantees are implied as to the outcome of the procedure.

Patient Signature _____