



BOTOX® COSMETIC

Patient Information and Consent

1. Treatment Information



BOTOX® Cosmetic (onabotulinumtoxinA) is an FDA-approved prescription medicine injected into muscles to temporarily improve the appearance of moderate to severe facial wrinkles.

FDA-Approved Uses

- Moderate to severe frown lines (glabellar lines) between the eyebrows
- Moderate to severe crow's feet lines
- Moderate to severe forehead lines

2. Provider Qualifications (California Law)



Under California law, BOTOX® injections may only be administered by:

- Licensed Physicians (MD or DO)
- Physician Assistants (PA) under physician supervision
- Registered Nurses (RN) under direct physician supervision and pursuant to standardized procedures
- Nurse Practitioners (NP) with appropriate protocol agreement

Your treating provider must disclose their professional qualifications and licensure status before providing treatment.

3. Who Should NOT Receive BOTOX®

You should not receive BOTOX® if you:

- Are allergic to any ingredients in BOTOX® Cosmetic
- Have a skin infection at the planned injection site
- Are pregnant, planning to become pregnant, or breastfeeding
- Have certain neuromuscular disorders (myasthenia gravis, Lambert-Eaton syndrome, ALS)
- Are under 18 years of age

4. Risks and Side Effects

FDA BLACK BOX WARNING

The effects of BOTOX® Cosmetic and all botulinum toxin products may spread from the area of injection to produce symptoms consistent with botulinum toxin effects. These symptoms have been reported hours to weeks after injection. Swallowing and breathing difficulties can be life-threatening and there have been reports of death. The risk of symptoms is greatest in children treated for spasticity but symptoms can also occur in adults, particularly those being treated for spasticity and other conditions that may predispose them to these symptoms.

Common Side Effects

Side Effect	Frequency
Pain, swelling, bruising at injection site	Very common
Headache	Common (up to 15%)
Eyelid drooping	Uncommon (1-5%)
Facial asymmetry	Uncommon

Seek immediate medical attention if you experience:

- Difficulty swallowing, speaking, or breathing
- Severe muscle weakness
- Vision problems or double vision
- Loss of bladder control
- Signs of allergic reaction (rash, itching, swelling, severe dizziness)

5. Before Your Treatment



Pre-Treatment Guidelines

7-10 Days Before Treatment:

- Inform your provider of all medications, supplements, and medical conditions
- Avoid blood-thinning medications and supplements (aspirin, ibuprofen, vitamin E, fish oil, ginkgo biloba) unless medically necessary
- Discontinue use of retinol products or other harsh skincare treatments on treatment area
- Avoid alcohol consumption for 24-48 hours before treatment to reduce bruising risk

Day of Treatment:

- Arrive with a clean face free of makeup
- Eat a light meal before your appointment to prevent lightheadedness
- Wear comfortable clothing and avoid tight necklines
- Schedule treatment when you can avoid strenuous activity for 24 hours

6. After Your Treatment

Immediate Post-Treatment Care

Following these aftercare instructions is essential for optimal results and minimizing potential complications:

First 4 Hours After Treatment:

- Remain upright - do not lie down or bend over excessively
- Avoid touching, rubbing, or massaging the treated areas
- Do not apply makeup for at least 4 hours
- Do not apply ice or heat to treated areas
- Exercise treated muscles gently (e.g., practice frowning, raising eyebrows) to help absorption

First 24 Hours:

- Avoid strenuous exercise, heavy lifting, or activities that increase blood flow to the face
- Do not consume alcohol
- Avoid hot environments (saunas, hot tubs, steam rooms, direct sunlight)
- Sleep with your head elevated on 2 pillows
- Avoid facials, facial massages, or other facial treatments
- Do not wear tight hats, headbands, or goggles
- Avoid dental work, including teeth cleaning

First Week:

- Continue to avoid facial treatments and excessive facial manipulation
- Wear sunscreen (SPF 30+) when outdoors
- Avoid harsh skincare products (retinol, acids, exfoliants) for 3-5 days
- Avoid laser treatments, chemical peels, or microdermabrasion
- Be patient - full results typically appear within 7-14 days

For Two Weeks:

- Avoid any cosmetic procedures on or near the treated area
- Monitor your results and note any concerns
- Contact your provider if you have questions or unexpected side effects

Normal Post-Treatment Effects

These mild side effects are common and typically resolve within a few hours to a few days:

- Slight redness or swelling at injection sites
- Small bumps or welts (typically resolve within 20-30 minutes)
- Minor bruising (can be covered with makeup after 4 hours)
- Mild headache (usually resolves within 24-48 hours)
- Temporary numbness or tingling
- Mild feeling of tightness in treated area

When to Contact Your Provider

Contact your provider if you experience:

- Severe or worsening pain
- Significant asymmetry after 2 weeks
- Unsatisfactory results after 2 weeks
- Signs of infection (increased redness, warmth, discharge)

7. Expected Results



Timeframe	What to Expect	Action Required
24-72 hours	Initial effects begin	Continue aftercare
7-10 days	Noticeable improvement	Monitor results
10-14 days	Full results visible	Follow-up if needed
3-4 months	Effects begin to fade	Schedule next treatment

Individual results may vary. Results are not guaranteed. Factors such as age, muscle strength, and metabolism affect outcomes.

8. Informed Consent

By signing the consent form, you acknowledge that you:

- Have been informed about the nature, risks, and benefits of BOTOX® treatment
- Have had the opportunity to ask questions and receive satisfactory answers
- Understand that results may vary and are not guaranteed
- Consent voluntarily to this procedure
- Have disclosed all relevant medical information, medications, and allergies
- Agree to follow all pre-treatment and post-treatment instructions
- Understand that touch-up treatments may be necessary

9. Your Rights as a Patient (California Law)

Under California Business and Professions Code Section 2290.5, you have the right to:

- Receive information about your provider's qualifications and training
- Access your medical records
- Receive clear information about costs before treatment
- File complaints with the Medical Board of California
- Refuse treatment at any time

Medical Board of California:

Phone: 1-800-633-2322

Website: www.mbc.ca.gov

Address: 2005 Evergreen Street, Suite 1200, Sacramento, CA 95815

10. Disclaimer and Privacy

This information is for educational purposes only and does not constitute medical advice. Individual treatment decisions should be made in consultation with your qualified healthcare provider.

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Your protected health information (PHI) is kept confidential in compliance with HIPAA regulations. Your medical records and treatment information will only be shared with your explicit written consent or as required by law.

Thank you for choosing our practice for your aesthetic care.