



KAISER PERMANENTE®
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Pre-procedure advice for Botulinum toxin

Thank you for your interest in getting Botulinum toxin injection. We'd like you to know the following before your appointment.

There are various brand names available, e.g. Botox, Dysport. They are very comparable. You and your provider will together make the decision about the product you choose.

We apply an ice pack to the treatment area before the injections. As a result, the procedure is almost painless. You may have slight burning or stinging during the procedure, and slight red bumps or redness or swelling or soreness immediately after the procedure. This tends to go away within a few minutes to a day. Most people go right back to work.

A few people get slight bruising. It can easily be covered with makeup. It resolves in 1-2 weeks. For this reason, it is best NOT to get this treatment if you have an important social event within a day or two of the procedure.

The Botulinum begins to work in 2-3 days. The full effect is not apparent until a week.

This product is not safe for pregnant women, mothers who are breast feeding their infants, patients who have experienced problems in the past with Botulinum, or who have some rare diseases such as sarcoidosis, myasthenia gravis, Lou Gehring's disease, multiple sclerosis, or Lambert-Eaton disease. Please tell us if you have any of these conditions.

There is a small risk of side effects including but not limited to excessive weakness of the muscles injected, diffusion of the product away from the sites injected, headache, flu-like symptoms, nausea etc. You'll be given a detailed informed consent to sign on your visit.

Don't stop any medicines prescribed by your doctor. But if, on your own, you take medicines that may promote bleeding (such as aspirin, Motrin, Ecotrin, Aleve, Vitamin E greater than 400 international units daily, ginkgo biloba, St. John's Wort etc), avoid them for a week before the procedure and a week after. If you need a painkiller for any reason, we recommend acetaminophen (Tylenol).

After the procedure:

1. Stay upright for the next 4 hours to avoid diffusion of the product away from the muscles injected.
2. Avoid touching or manipulating the area.
3. Do not massage the area.
4. Avoid strenuous exercise for a day, preferably 3 days.
5. Avoid exposure to sun, heat, or other activities that cause flushing, for at least 3 days.
6. You may apply ice compresses to the treated area if it is sore.

We look forward to seeing you!