

**BOTOX INJECTION
INFORMED CONSENT**

Reason/Benefits: For the treatment of wrinkles and fine lines. Botox is a chemical agent used to reduce the dynamic action of overactive muscles movements. With succession of treatment, Botox injection will make your skin appear softer and smoother.

Risks, side effects, and complications: pain, swelling, bruising, bleeding, infection, burn, scar, and ineffective treatment. You might also experience other minor and temporary side effects, such as, transient headaches, gastrointestinal complaints, muscle aches, drooping of the eyes/muscles, or unwanted facial expressions.

Alternative to Botox: Obagi Nuderm, AFA, Retin A, microdermabrasion, chemical peels, cosmeceuticals, maintenance skin care products (Vitamin C, exfoliant, and sun screen), and ablative laser treatments.

Frequency and duration: Botox generally lasts for 3-4 months and needs to be repeated to maintain effects.

Treatment: Botox is injected with a fine needle using a small volume of the Botox solution. Injections are done to target the overactive muscles that you want to reduce or minimize.

Duration of treatment: About 5-10 minutes for each body part.

Post treatment precautions: Avoid sun exposure/ tanning booths and wear sun screen on a daily basis to minimize sun damage to your skin. Use topical Vitamin C to prevent sun damage and to stimulate growth and formation of collagen and elastin. We recommend Ascoderm products.

Do no rub, massage, or overexert for 2-3 days following Botox injection. You might also want to reduce caffeinated beverages intake to reduce the chance of bruising.

Do facial expression exercises, 3-5 times per minute for 10-15 minutes, immediately following Botox injection to move the medicine towards the muscle belly.

Take Arnica and apply topical Vitamin to minimize reduce swelling, bruising/bleeding.

Post treatment expectation: It takes 2-3 weeks for Botox to take effect. You might require touch up treatments or corrective treatments to correct/adjust unwanted muscle contractions. Please call our office at 510-226-8832 if you need advice.

I, _____, consent to the treatment known as the Botox injection. This treatment has been explained to me and I have had the opportunity to ask questions regarding the procedure. I understand that these treatments are not an exact science and the degree of my improvement is variable.

By my signature below, I acknowledge that I have read the information and consent and that I have been given the opportunity to ask questions and that my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and I wish to proceed with the Botox injection.

I have been informed and understand that my treatments will cost \$ _____ per treatment. I also understand that any appointment that I make that is not cancelled within 48 hours I will be charged a (\$50 or forfeiture of one of the treatment) no show fee.

Patient Name (print): _____

Patient Signature: _____ **Date:** _____

Witness: _____