

# Muscle Relaxing Injections

## Recommendations prior to your treatment.

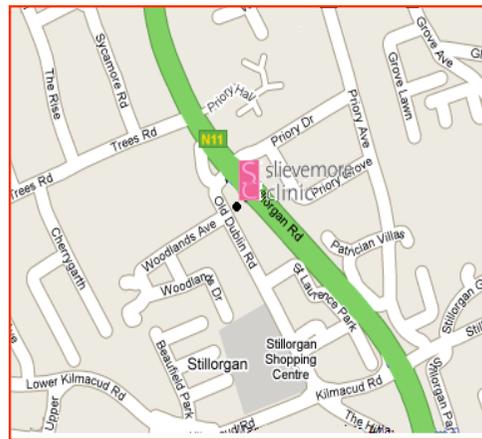
Do not drink alcohol 24 hours before your treatment.  
Do not take aspirin 24 hours prior to your treatment.

## After Treatment:

Do not touch or manipulate the area after treatment for 3-4 hours  
Remain in upright position for 3-4 hours  
Avoid alcohol for 12 hours  
Do not have facial massage or electrical stimulatory treatments of the area for 24 hours after the treatment.

After treatment, the effect botulinum toxin usually persists for about 4 months before muscle activity is gradually resolved.

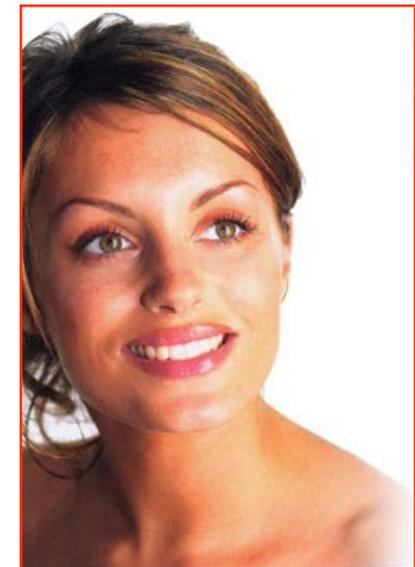
It is recommended that you come back for repeat treatment at the first sign of muscle re-activation.



Old Dublin Road  
Stillorgan  
Co Dublin

Phone: 01 2000 500  
Fax: 01 210 1564  
www.cosmeticdoctor.ie

# Muscle Relaxing Injections



Tel: 01 2000 500  
www.cosmeticdoctor.ie

## Muscle Relaxing Injections

reduce and relax **frown lines**, **forehead lines** and smile lines around eyes (**crow's feet**). The effects of these treatments are noticeable within 7-10 days of the treatment and last for 3-4 months. The end result is a smoother, relaxed and rested appearance.

Other areas can be treated such as wrinkles around lips, dimples on chin and wrinkling around the nose.

## How do Muscle Relaxing Injections Work?

A medication known as Botulinium Toxin is injected with a very fine needle into the muscle that creates the wrinkle. This blocks the nerve impulses from stimulating the muscle and as a result, the muscle relaxes. This results in softening and smoothing of the overlying skin.

You may experience some discomfort with each injection, however this is minimum. The treatment takes 15 minutes to perform.

## How safe is Botulinium Toxin?

The Botulinium Toxin in muscle relaxing injections is safe and has been used worldwide the last 10 years in the treatment of medical conditions also. These include conditions such as tension headaches, muscle spasms.

## Before and After



*Crow's Feet*



*Frown Lines*



*Forehead*



Tel: 01 2000 500  
www.cosmeticdoctor.ie

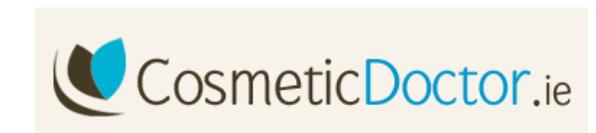
## What are the possible side effects and complications?

- Tenderness or bruising at the injection site may occur.
- Transient headaches may occur
- Flu like symptoms may occur which are usually mild and subside in a few days.
- Allergy is a theoretical risk but is virtually unknown.
- Antibodies may be produced. In the event of this occurring the toxin becomes ineffective, but there are no other effects.
- Other extremely rare but possible side-effects include eye droop (ptosis), dry eye. In the event of ptosis occurring the effects are short-lived and pass in a few weeks.

Many people worry about a frozen face. This is due to poor injection technique. Our doctor is very highly trained and experienced in achieving natural looking results.

## Contraindications to Treatment

- Pregnancy
- Breast feeding
- Infection in the treatment site
- Diseases affecting the muscles such as Myasthenia Gravis



- Blood clotting disorders or taking warfarin / aspirin