

What it is:

This popular, non-surgical injectable treatment **relaxes facial muscles and softens lines and wrinkles** for up to four months.

Botox® Cosmetic treats **dynamic facial lines** (the lines caused by facial muscle activity) using a purified protein in a tiny needle to temporarily relax the muscles which cause wrinkles.

Features & Benefits:

- Creates a more youthful appearance with **NO DOWNTIME**
- Improves the appearance of **frown lines, forehead creases, “the elevens”(scowl lines between brows), crow’s feet and neckbands or cords**
- **Non Surgical Browlift:** Botox® Cosmetic can also be used to **lift** portions of the **face and eyebrows**
- Can be used to **lift the corners of the mouth** which may be downturned causing an angry or upset appearance
- Treatments are customized to each patient
- For optimal results, Botox® may be combined with injectable fillers (such as Juvéderm™ or Restylane®, Radiesse® or Perlane®) in a customized **“Face Cocktail”** to deliver what is known as the **“Liquid Face Lift”**

Duration of Benefits:

- Approximately two to four months

Duration of Treatment: 20–30 Minutes

Treatment Protocol:

- Disinfection of the local area to be injected
- Application of topical anesthetic cream
- Customized spa treatment ritual (10 minutes)
- Customized injection procedure
- Icing (five minutes)

Candidates:

- Ideal for patients in their 20’s, 30’s (for wrinkle prevention), 40’s and beyond for correction of lines and wrinkles
- NOT ideal for correcting DEEP facial lines which are present at rest. These lines may be permanently etched into the skin’s surface, requiring laser resurfacing or injectable fillers to correct condition

Contraindications:

- Patients on blood thinners
- Patients with certain neuromuscular disorders such as ALS, myasthenia gravis or Lambert-Eaton syndrome
- This procedure should not be administered to pregnant or breastfeeding (lactating) women or women who are planning to become pregnant soon

What to Expect:

- Botox® Cosmetic takes THREE to SEVEN days to take full effect
- VERY MILD discomfort during injections
- In some cases, minimal bruising
- Minor swelling

Downtime/Recovery:

- Patient must stay in the erect posture for four hours post injection and should not manipulate the area of injection, which in RARE cases could lead to a droopy eyelid
- No exercise for four hours following procedure

Pre-treatment Guidelines:

Botox® Cosmetic

One week before injection:

- Refrain from using aspirin, Advil®, Motrin®, non-steroidal anti-inflammatory medications, St. John's Wort or high doses of Vitamin E supplements, flaxseed oil, fish oil, omega 3 and 6 and any other product that can thin the blood, as excess bruising may occur
- **To help minimize bruising and swelling, purchase J PAK System No. 1** at our office, or order online at www.JPAKSystems.com

One day before injection:

- Begin using J PAK System No. 1 one day prior to your injections

Post-treatment Recommendations/ Prescriptive Care:

Botox® Cosmetic

- Ice for swelling or redness
- Take **J PAK System No. 1 two times daily for four days** following your procedure
- For one week following your procedure, refrain from using aspirin, Advil®, Motrin®, flaxseed oil, fish oil, omega 3 and 6 and any other product that can thin the blood as excess bruising may occur

Daily Skincare Routine:

- You may resume a regular skincare regimen the day after your injections
- For optimal anti-aging results, Dr. Jacono recommends:
 - A gentle, non-drying cleanser
 - A daily exfoliant—either a manual exfoliant (at home microdermabrasion) or an alpha hydroxy acid. Ask your esthetician for specific product recommendations
 - A daily moisturizer with an SPF of 25 or higher
 - A Vitamin A derivative (such as Retinol, Retin-A, Renova or Tretinoin) nightly

Follow Up Visit:

- A follow up visit is generally not necessary
- **Call the office immediately if you have any unexpected problems after the procedure**

Return Visits Suggested:

Date: _____

Technician Name: _____

Notes: _____
