

Information and Consent Form for Botox

✿ About Botox

Botox is a purified protein derived from the toxin produced by *Clostridium botulinum*. It works by blocking nerve signals, thereby relaxing the facial muscles that cause expression lines. It is also effective in reducing sweat production in certain areas. This treatment involves injections and is widely used for both cosmetic and therapeutic purposes.

✿ Indications

- Facial expression lines
- Crow's feet (lines around the eyes)
- Forehead lines
- Glabellar lines (frown lines between the eyebrows)
- Bunny lines (horizontal and vertical lines around the nose)
- Chin dimpling
- Masseter muscle reduction (for facial slimming)
- Excessive underarm sweating (axillary hyperhidrosis)

✿ Treatment Method and Course

Botox is injected using an ultra-fine needle to minimize discomfort. If you have a low pain tolerance, a topical anesthetic cream can be applied beforehand upon request — please let us know in advance. When Botox is injected into the target area, it interferes with the transmission of nerve signals from peripheral nerves to the muscles. As a result, muscle relaxation typically begins within 2 to 3 days, and the full effect typically lasts around 6 months. However, the duration of effect may vary depending on the individual.

✿ Precautions

- Minor bruising may occur in rare cases and typically fades gradually over 1 to 3 weeks. However, depending on the severity and location of the bruising, it may occasionally take over a month to fully resolve. Makeup may be used to cover any bruising if needed. You may also notice slight unevenness at the injection site, but this usually subsides naturally within a few hours.
- Post-inflammatory hyperpigmentation may occur. In most cases, it gradually improves over several months, but very rarely it may persist longer.
- Rare side effects may include headaches, allergic reactions, localized numbness, infection, burning sensation, and in rare cases, eyelid ptosis (drooping) when injected into the glabella or forehead area. Patients with a history of ptosis may experience worsening of symptoms.
- Small marks may remain temporarily at the injection site but typically disappear within a few days. Washing your face and applying makeup are allowed; however, please avoid massaging the treated area for at least one week.
- To avoid worsening inflammation, swelling, or redness, please refrain from strenuous exercise, sauna use, and alcohol consumption for a few days after treatment, as these activities may increase your metabolism.
- In the event of an accidental needle-stick or similar incident, we may request your cooperation with blood sampling to help prevent infection.

❖ Precautions

- In some cases, the effects may be stronger than expected or spread to nearby unintended muscles. This could cause a temporary unnatural appearance or difficulty in controlling certain facial expressions.
- Since Botox is a protein-based product, there is a very rare chance that your body may develop antibodies over time, which may reduce its effectiveness with repeated treatments.
- If you are highly anxious or nervous, you may be at risk of experiencing a vasovagal response during or after the injection. This can result in a sudden drop in blood pressure, causing dizziness, discomfort, or even loss of consciousness. If you have experienced such symptoms in the past, please inform our staff in advance.
- Although the injection is performed under sterile conditions after proper disinfection of the site, infections can occasionally occur. Please keep the injection site clean to help prevent infection.

❖ Individuals Who Cannot Receive Treatment or Require Special Caution

- Individuals with a history of food poisoning believed to be caused by *Clostridium botulinum*
 - Individuals with active inflammation such as acne in the treatment area
 - Individuals who are currently pregnant or breastfeeding
 - Individuals who are pregnant, may be pregnant, or currently breastfeeding
- Note: Botox is not recommended during pregnancy or breastfeeding. Please avoid pregnancy during treatment and for at least two full menstrual cycles after the last injection.
- Men receiving Botox should use contraception for at least 3 months after treatment.

Please be sure to follow all instructions provided by your treating physician throughout the treatment period. Not following these instructions may reduce the effectiveness of the treatment and increase the risk of complications.

If you experience any unusual symptoms during the treatment process, please promptly report them to a doctor or nurse, and follow the physician's guidance after a proper medical assessment.

At our clinic, we take clinical photographs to document treatment progress and include them in your medical records. If you do not consent to these photographs, it may not be possible to adequately monitor your progress, and we may not be able to appropriately address inquiries about treatment results or manage complications (e.g., skin reactions or nerve symptoms) that may occur.

Please be aware that additional treatment fees may apply in the event of complications.