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BOTOX/XEOMIN (BTXA) FREQUENTLY ASKED QUESTIONS

What is BTXA?

It is a treatment for wrinkles caused by repeated movements. The most commonly treated areas are the lines around the eyes known as crow's feet caused by squinting or smiling.

Is it Safe?

BTXA has been available for several years, and has been used to treat many diseases. It is used in children as young as 2 years old to treat cerebral palsy. These children receive over 10 times the amount used for Cosmetic EVERY 3 MONTHS! If a 2 year old child is safe (with significantly more BTXA given to them) you will be very safe. This safety has been proven repeatedly over the past years through extensive testing and research. To put this all in perspective the risks and side effects are MUCH LESS than Tylenol. BTXA is an approved prescription drug and is approved by both the FDA as well as Health Protection Branch in Canada.

Will it Give me food poisoning/Is it Botulism?

Isn't BTXA a toxin/poison?

This is not toxic to you nor is it poisonous to you? BTXA is NOT botulism and it will not cause food poisoning. To clarify, Botulism is the name of an illness not the name of the active drug. The product is a purified protein which is extracted from naturally occurring bacteria and then rigorously processed under strict pharmaceutical manufacturing guidelines. It is very similar to how Penicillin comes from mould! It is an approved drug that is used in VERY tiny doses.

How do I know it won't be toxic to me?

Typically, for a cosmetic treatment, you may receive under 100 units. To make someone remotely sick, you would have to receive OVER 35 times this dose all at one time which would NEVER happen (plus it would cost you over \$42,000- absolutely impossible!) You are more likely to poison yourself with Tylenol (if you took the whole bottle at once!) than to even remotely hurt yourself with BTXA.

You are getting, therapeutically proven VERY TINY doses.

How does it work?

BTXA works by simply relaxing the muscles underneath the skin to create a smooth and refreshed appearance.

How long does the procedure take?

After the consultation, the procedure only takes up to 15 minutes. Since there is no downtime, you can do it on your lunchtime and no one would know you have had it done!

How quickly does it work?

It can take up to 2 weeks for it to take full effect.

How is it done?

It is injected with a very tiny and delicate needle insulin-type is used, much smaller than those used to take your blood.

Does it hurt?

Most patients say the injections feel similar to a little pinch, although everyone is different.

Is it permanent?

BTXA is not permanent. It lasts between 3-4 months on average but everyone is different.

If you have your first 3 treatments, promptly every 3 months (without waiting in between!), your next few treatments will start to last longer than 3 months. Most patients who get their 3 treatments done “back to back” every 3 months, their next treatment lasts 4 months then the next treatment lasts 5 months and the following treatment last 6 months staying on this prompt schedule can stabilize the treatments at approximately 2 times per year (saves you money!)

Is it going to be worse when it wears off?

Your face will never get worse if you stop using BTXA or when it wears off. BTXA “stops/slows” the clock of aging. When you stop getting treatments, the “aging clock” resumes like normal. At the very minimum, you will simply return to where you started. If you use BTXA for a number of years and then stop – your muscles learn to relax and therefore, you will end up looking a little better than when you originally started.

How much does it cost?

The cost of the treatment varies for each patient and a personal consultation can give you a specific amount. Dr. Koprowicz charges \$ 9 per unit and the number of units the YOU, will need can be given to you during a consultation. For example: for a typical female who is interested in having her frown lines treated, the cost might be approximately \$480. The price given to you during a consultation will be within 15% of the exact price charged.

I don't want to look like a mask without expression – will that happen?

You get the look you want, as natural as you want. Most people simply want to look NATURAL, RELAXED and REFRESHED, without looking “done”. Patients typically say that no one knows that they had anything done. Friends simply say that they look well rested and great!

What is a unit?

A unit of BTXA is simply a very tiny measurement of drug. The exact number of units you require (to achieve the look you want) will be discussed with Dr. Koprowicz during your consultation.

What are the side effects?

Side effects are RARE and are NOT PERMANENT. Rarely, there can be some minor bruising (which is easily covered up with makeup) or slight short term headache. Most patients do not experience any side effects at all.

I have heard that you can get drooping eyelid –is this true?

Side effects are RARE and NOT PERMANENT and this can include a drooping eyelid. The incidence of these side effects is less than 1% and will last from only a few days to a few weeks.

Where does BTXA go in my body?

BTXA stays local to the muscle where it was injected. After the injection, BTXA is metabolized and broken down into natural byproducts within a few hours.

I am pregnant/currently breast feeding, can I get BTXA?

No. It is recommended that you wait until you are finished breast feeding to have your BTXA done. Although there is no clinical evidence to prove any harm to the mother or baby- we prefer to be safe.

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XEOMIN/BOTOX (BTXA) PATIENT EDUCATION FORM

- 1) BTXA is an approved, safe prescription drug which is used to reduce or minimize facial wrinkles in the area(s) it is applied. The treatment involves very tiny injections into the muscles under the skin in order to temporarily relax the muscles. This will prevent the muscles from fully contracting and thus will minimize the creasing/folding/wrinkling of the skin in the treated area. The treatment is temporary and not permanent.
- 2) Most patients are interested in a natural, relaxed appearance. Dr. Koprowicz strives to achieve a natural outcome in conjunction with the patient's treatment goals. BTXA will relax the muscles which contract and thus it helps to soften or reduce the wrinkling typically associated with negative expressions such as: worry, anger, stressed appearance, tired etc. You will still be able to express yourself and to smile. A BTXA treatment often results in a more relaxed, better rested and "fresher" look.
- 3) The goal of treatment is NOT to completely immobilize the face and thus complete elimination of lines cannot be guaranteed.
- 4) BTXA is applied by a few tiny injections into the area(s) discussed between the doctor and the patient. The needle used is very tiny and feels similar to tiny pinches. Anesthetic is not required and the treatment only takes approximately 15 minutes to perform.
- 5) You may start to see the results begin within a few days after the treatment, but full treatment results can take up to 14 days to fully set in. Please wait until 2 weeks has passed before assessing results.
- 6) Since it is a temporary treatment, the results will eventually wear off and BTXA will need to be injected again, in order to get the best results, Dr. Koprowicz recommends that patients maintain their treatments regularly at the frequency she recommends.
- 7) Dr. Koprowicz charges by the number of units used during a treatment. The price is \$ 9 per unit. The exact number of units used is decided by Dr. Koprowicz after assessing the patient's muscular structure and discussing the patient's goal of treatment. Every patient is different and will require a different amount of product.
- 8) If you are diligent and strictly adhere to the recommended treatment frequency schedule, you will be able to extend the treatment results and potentially reduce the amount of BTXA that you require. This treatment approach will reduce your overall treatment costs. After the medical assessment by Dr. Koprowicz, the exact price for your treatment will be provided.
- 9) Treatment results may last approximately 3 to 4 months BUT every patient is different due to everyone's unique muscular structure. Thus, it is important to take note of the date when you begin to notice that muscles start to regain their movement and thus, begin to create folding/wrinkling of the skin. To repeat, IF YOU ARE DILIGENT ABOUT MAINTAINING your BTXA treatments at the frequency recommended by Dr. Koprowicz, then you increase the ability of your treatment result to last longer after future treatments.

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XEOMIN/BOTOX® (BTXA) Post Treatment Instructions

1. Try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work BTXA into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. Avoid taking Advil, Tylenol, Vitamin E , alcohol etc. in order to reduce the risk of bruising.
3. Do NOT rub or massage the treated areas for 48 hours after the treatment Do NOT do Yoga or any type of strenuous exercise for 48 hours after treatment. Avoid facials or saunas for 48 hours after your treatment This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
4. **Do NOT lie down for 4 hours after treatment.** This is to avoid the risk of BTXA spread into unwanted areas and causing an adverse event such as dropped eyelid.
5. Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch. Avoid rubbing the treated area.
6. Results of your treatment may take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing you are pleased with the result of your treatment.
7. BTXA requires a special injection technique to customize the injections to your unique muscular structure. It might take 2-3 injections “to get it perfect”.
8. BTXA is a temporary procedure and at first, you may find that your treatment results will last approximate 3 or 4 months. If you maintain your treatment appointments with the frequency recommended by your doctor, the duration of each treatment may last longer than 4 months.
9. Best clinical results are created with the injections performed every 3 months.
10. *Please ensure you book this appointment before you leave today.*
11. We offer the special service of contacting you as a reminder prior to your booked appointment If that date / time is not suitable, we will be more than happy to adjust it to fit your schedule. If you have any questions or concerns, please feel free to call us.

