



LA BOUSSOLE
MEDICAL SPA & WELLNESS CENTER

An Overview & Guide to
Care

Botulinum Toxin A (BTA) and
Filler Injections

*Including
Pre & Post Treatment Instructions*

Please review before the day of
your procedure.

La Boussole Medical Spa & Wellness Center

BTA procedures are performed to improve frowns and wrinkles on your face. Fillers are used to improve facial fullness, specifically lines, creases, wrinkles, and hollowness. The information below tells you what to expect and explains recovery as well as instructions on care after the procedure. Some of the information in this booklet may not apply to you.

BTA And Filler Injections

You have chosen to undergo Filler and/or BTA injections so that your inner self will now truly be reflected by your outer appearance. We will do everything possible to make sure your experience is as smooth as possible. The goal of filler and BTA treatments are to improve the look of your skin by reducing the amount of wrinkling, which will lead to a more youthful and refreshed appearance.

Differences Between BTA and Fillers

All injectable treatments are aimed at reducing targeted problem areas. However, they work differently to achieve this result. Wrinkles in the skin may be caused from the natural aging process and loss of collagen and structure in the skin, or they may be caused by muscle actions underneath the skin. Fillers work to fill in the wrinkles that are on your face all the time, whether you are moving your face or not. Botox, Dysport, and Xeomin on the other hand, work to balance the facial muscles. Both injectable products have valuable uses. You may require use of both products to optimally correct your problem.

What to Expect Before Your Procedure: Pre-Treatment Instructions

To reduce the risk of bleeding and bruising for both BTA injections and Filler injections, avoid the following for 5 days prior to treatments:

- Alcoholic Beverages
- Anti-inflammatories
- Aspirin
- Vitamin E
- Ginkgo Biloba
- For filler procedures, if you have a history of oral herpes simplex, you should be pre-treated 24-48hrs prior to the procedure.

What to Expect During Your Procedure

During your procedure, a medical professional will examine your face and speak to you about your expectations. A treatment plan will be discussed with you, and upon your acceptance the procedures will be performed. It is best to come in with a clean face. We will have to remove your make-up in preparation for the procedure. During the procedure, you may feel some pain from the injections, but it is generally a light pain. Patients uniformly tolerate these injections quite well. It is possible to have some bruising following these procedures. Holding cold compresses on your face following the procedure can minimize swelling (for filler treatments) and prevent bruising. Bruising, if present, should not last beyond a week and usually resolves within a few days.

What to Expect After Your BTA Procedure: Post-Treatment Instructions

It takes approximately 3-7 days to start seeing the results of BTA so it is important to be patient. You should notice an improvement in your wrinkles and facial appearance by the end of the first week. You may have some redness of the skin around the injection sites for the first day - this is not an allergic reaction. You may also notice some very slight swelling that will subside by the first day or two. Though uncommon, you may have a small amount of bleeding from the injection sites and may develop bruising. If you notice either of

these, hold pressure for fifteen minutes and apply cold compresses for a few minutes. Other important factors to remember include:

- Remain upright (no bending over or reclining) for four hours
- Do not massage or scratch the injection site
- Exercise the treated muscles every 15 minutes for four hours
- Avoid makeup for two hours after injections
- Avoid laying or sleeping on the sides of your face, sleep faceup for the first night

What to Expect After Your Filler Procedure: Post-Treatment Instructions

Depending on the filler material used, you will begin to see the results from your procedure immediately or soon after the procedure. For most injectable filler products, you should notice an improvement in your wrinkles and facial appearance by the time you leave but may take up to a week. You may have some redness of the skin around the injection's sites for the first day - this is not an allergic reaction. You may also notice some very slight swelling that will subside by the first day or two. Though uncommon, you may have a small amount of bleeding from the injection sites and may develop bruising. If you notice this, hold pressure for fifteen minutes and apply cold compresses frequently for a couple of days. Bruising, if present, should not last beyond a week and usually resolves within a few days. Other important factors to remember include:

- You may apply ice, as needed, for the remainder of the day to reduce swelling
- Gently massage any nodules that may appear during the next 24 hours
- Avoid prolonged sun or UV exposure for two weeks
- Avoid saunas and steam baths for two weeks
- Avoid makeup for four hours after injections
- Sleep facing upward

FREQUENTLY ASKED QUESTIONS

How long does BTA treatment last?

It generally takes 3-7 days before you begin to see the effects of your BTA treatment, and the effects will generally last between 3 to 4 months.

How long does filler treatment last?

There are so many different types of filler products available, each with its own duration of action. Generally, temporary fillers last between 3 months and 2 years depending on the specific product. You may discuss this so we develop a treatment plan that works for you.

Is BTA safe?

BTA is very well tolerated and safe when used for non-invasive cosmetic treatments. There have been reports of problems after BTA treatment, but these have been cases where large doses of BTA were used. (The amount of BTA used for cosmetic purposes is very small). While BTA does “paralyze” the muscles in the face, the effects are temporary and do not cause permanent problems.

Are fillers safe?

While injectable treatment carries some risk, most fillers are very well tolerated and safe when used for cosmetic enhancement.

Where should I use BTA?

BTA can be used to treat any wrinkle in the face caused by the muscle actions under the skin. The most common places targeted include the forehead, glabella (“elevens”), around the eyes, and lip lines. It can also be used to raise the eyebrows, raise the corners of the mouth (to make it look like you have more of a smile instead of a frown), and soften the “bands” in your neck.

Where should I use fillers?

Filler injections can be used to treat wrinkles all over the face. Both shallow and deep wrinkles can be treated with cosmetic filler products. Filler products are also used extensively to add volume to the face, including the cheeks and lips to give you a more youthful appearance.

I’ve read the term “off-label.” What does that mean?

When injectable products are approved to be used in the United States, the Food and Drug Administration (FDA) lists specific uses for those products. Most injectable products have been “approved” to treat specific areas of the face, and list these approved treatment areas on the product label. However, the principle effects of the product may be the same if used elsewhere on the face. When a product is used on an area of the face not specifically listed on the FDA package insert label, the use of the product is considered “off-label”. For example, Botox Cosmetic® may only be FDA approved to treat the wrinkles in the glabella area (“elevens”), resulting in a elimination or softening of those wrinkle and improved facial appearance. However injection of Botox Cosmetic® around the eyes may achieve the same cosmetic effect, but has not been officially approved but the FDA for that purpose. It is acceptable for medical professionals to use the products in an off-label manner in the United States, but you need to be informed and aware that the products are being used in this way.