



**HNO - ZWILLINGE**

Praxis für Hals-, Nasen-,  
Ohrenheilkunde Mosbach

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## General Patient Information on Botulinum Toxin Treatments in the Facial Area

Dear Patient,

thank you for your interest in botulinum toxin treatments for the facial area. To help you make an informed decision, we would like to inform you about the most important aspects, side effects, and precautions.

**What is Botulinum Toxin?** Botulinum toxin is a protein that temporarily reduces the activity of certain muscles. It is used in both medicine (e.g., for migraines or muscle spasms) and aesthetic medicine to smooth wrinkles and achieve a fresher appearance.

### Applications in the Face

- Smoothing forehead wrinkles (frown lines, horizontal lines)
- Raising the eyebrows
- Treating crow's feet (wrinkles around the eyes)

### What Can You Expect from the Treatment?

- The effect begins 2-5 days after the treatment and is fully visible after about 10-14 days.
- The effect usually lasts 3-6 months.

**Possible Side Effects** The treatment with botulinum toxin is considered safe when performed by qualified personnel. However, side effects can occur:

### Common, Temporary Side Effects

- Redness, swelling, or slight bruising at the injection sites.
- Tension or pain in the treated area.
- Mild headache.

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### **Less Common Side Effects**

- Asymmetry (e.g., drooping eyelid or uneven eyebrows).
- Dryness or increased tearing.
- Unnaturally smooth or expressionless appearance.

### **Very Rare, Serious Side Effects**

- Weakness in surrounding muscles (e.g., problems with blinking).
- Allergic reactions such as swelling, shortness of breath, or itching.

**When Should You See a Doctor?** Please contact your doctor immediately if:

- You experience unusual or severe pain.
- An eyelid droops and cannot be properly opened.
- Swelling, redness, or itching lasts longer than 2-3 days or worsens.

### **Notes Before and After Treatment Before the treatment:**

- Inform your doctor about any existing conditions, allergies, or medications you are taking (e.g., blood thinners).
- Avoid alcohol and blood-thinning medications like aspirin 24 hours before the treatment.

### **After the treatment:**

- Do not touch or massage the treated areas for at least 24 hours.
- Avoid strenuous physical activity, saunas, and tanning beds on the day of treatment.
- Keep your head in an upright position and avoid lying down for the first 4 hours.

**Questions or Uncertainties?** If you have further questions about the treatment or notice possible side effects, we are happy to assist you.

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