

# CONSULTATION FORM

## Botulinum Toxins/Prophilo

Name:	
Address:	
Date of birth:	Contact number:
Email:	Occupation:
Treatment(s):	

### MEDICAL HISTORY

Pregnant or breastfeeding?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Are you going through IVF or planning to start?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you smoke?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you suffer from cold sores?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Jaundice (hepatitis) or other liver disease?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Rheumatic fever or Chorea (St Vitus Dance)?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Asthma, eczema or other allergic condition?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Have you ever had an anaphylaxis reaction? Do you carry an Epi-Pen?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Any heart conditions such as angina, murmur or valve problems?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
A stroke or blood pressure problems? A valve or joint replacement?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
An allergic reaction to substances or drugs such as foods, latex, steroids or antibiotics?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Have you ever had a reaction to either Botulinum Toxin or Dermal Filler?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Steroids within the last two years or any recent vaccinations?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
A valve replacement, joint replacement or implant?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
An operation or surgical treatment or general anesthetic or sedation?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
A period as an in-patient at a hospital?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Have you any other diseases, illness? Or have any other medical condition?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Are you take any medicines (tablets, creams, ointments, injections, birth control, HRT, etc.)?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Are you using any complimentary supplements i.e. St John's Wort?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you suffer from fainting attacks?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you bleed or bruise easily?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you or any family members have diabetes or epilepsy?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Are you taking any form of anti-coagulation?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you have any blood disorders such as HIV/AIDS/HEPATITIS?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you have an auto immune disease?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Are you prone to hypertrophic scarring?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Have you had any previous aesthetic treatments? If so when?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

Please state any other medical information: .....

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# PROPHILO

## What is Profhilo:-

Profhilo consists of one of the highest concentrations of hyaluronic acid (HA) available in any aesthetic product. Hyaluronic acid is a naturally occurring substance, which is a major component of our skin and has a function in wound repair, hydration, and cell to cell communication. One of the main characteristics of hyaluronic acid is that it effectively binds water like a sponge. Profhilo has been around since 2015, so it is a relatively new treatment, but has a low risk of complications. It comprises of a combination of high and low molecular weight hyaluronic acid (64mg of hyaluronic acid in a 2ml pre-filled syringe, 32mg of high molecular weight HA and 32mg of low molecular weight HA). Unlike most HA products that are cross-linked using chemical agents, Profhilo is thermally stabilized. The thermal stabilization process changes the character and behaviour of the HA and allows it to have a longer lasting effect. As there are no chemical cross-linking agents, Profhilo contains pure hyaluronic acid.

Profhilo is considered a bioremodeling agent as opposed to a dermal filler or biorevitaliser.

## What areas can be treated: -

The most treated area is the face, often by using a specifically devised treatment technique of injecting 5 Bio Aesthetic Points (BAP) each side to maximise diffusion in the cheeks and lower face to achieve the best results, minimise discomfort and for safety by avoiding important structures and blood vessels.

Profhilo can be used all over the body, but is particularly effective when treating the face, neck, and décolletage. Although less commonly performed, other possible treatment areas include: Hands, Arms, Knees, Abdomen, Buttock

## How does Profhilo work: -

Profhilo is a revolutionary technology that delivers an anti-ageing treatment into the skin of your face, neck, and other areas of the body. The low molecular weight portion is responsible for hydration and stimulating the formation of new collagen and elastin within the skin whereas the high molecular weight component provides support and a scaffolding action. Due to thermal stabilisation, the pure hyaluronic acid remains in the skin for around 28 days, however the slow release of HA stimulates 4 different types of collagen and elastin for more lasting results. Despite its high HA content, it has a low inflammatory profile coupled with pro-healing properties backed by clinical studies.

Patients can expect increased firmness, elasticity, and an overall improved quality of the skin with the effects lasting about six months. This depends upon the degree of correction required, your age and lifestyle as well as the correct placement of the product by your practitioner.

Due to the revolutionary nature of Profhilo, the whole face can be treated in around 15 minutes and bio-remodelling can be achieved in just two treatment sessions carried out four weeks apart. In order to maintain the results, additional treatments may be performed after 6-12 months.

## Is it painful: -

Profhilo, unlike other dermal filler treatments, does not contain lidocaine, therefore a stinging or burning sensation can be experienced. A topical anaesthetic may be used to provide additional pain relief. This will be applied to the skin and left on the surface for 20-30 minutes to take effect.

Following the procedure, there may be some tenderness, which is expected, but you should not experience a significant degree of pain.

## Is it safe: -

Hyaluronic acid is a natural substance found in the skin and the substance itself is safe.

Profhilo is composed of a highly pure grade of hyaluronic acid and with the absence of any additives, it is extremely biocompatible and has fewer documented adverse effects than traditional hyaluronic acid fillers.

Profhilo has very few complications, however no treatment is without risk.

## Possible adverse effects include:

**Pain:** You may experience some minor tenderness or discomfort post-treatment. If you do have more pain than expected, it is important to contact me immediately as this may indicate a complication, such as a vascular occlusion.

**Redness:** This is normal and usually resolves quickly. If the treatment area becomes red a few days after treatment, particularly if heat is also present, this may indicate an infection and you need to contact me straight away.

**Swelling:** Some swelling or oedema is normal after treatment and may be worse the following morning after the procedure. However, persistent swelling should be reported to me, as there may be treatment to help relieve this.

**Bruising:** As the procedure involves injections in the skin, bruising is a common finding. This can be anything from a small mark on the skin to extensive bruising which extends beyond the area treated and can take up to two weeks to resolve. Rarely, bruising can lead to permanent staining of the skin.

**Infection:** Your treatment will be conducted in a sterile environment, as I will adhere to infection control protocols, you will receive appropriate aftercare advice to lessen this risk. Infection often develops as a warm, red, swollen area over the area that has been injected a few days after your treatment. If this occurs, make sure you contact me for a review as soon as possible.

**Tyndall Effect:** Rarely, hyaluronic acid may remain visible beneath the skin as a bluish or grey hue. Remedial treatment may be required to deal with this, and you should book a review appointment with me.

**Herpes (Cold sores):** Treatment around the lip area can exacerbate an outbreak of herpes, which may be worse than a normal outbreak and may require treatment.

**Lumps:** Following treatment, it is normal to have visible lumps at the injection sites. These will dissipate over the next few hours but may be present for up to 48 hours and may be worse the morning after treatment. If you develop a lump several weeks or months after treatment, I would recommend a face to face review with me. Lumps may appear as soft swellings or as hard nodules. They sometimes occur following an acute illness, such as a dental or sinus infection, or with exposure to excessive sunlight.

If you develop any unexpected side-effects after treatment, it is important to contact me for a review as soon as possible, as I may be able to offer some help and advice.

## Are you suitable for the treatment?

### You may not be suitable for treatment if any of the following apply:

- + Dermal fillers cannot be given to pregnant or breast-feeding women and is not recommended if you are actively trying to get pregnant or undergoing IVF.
- + If you suffer from keloid scarring or have active skin conditions, such as acne or psoriasis.
- + If you have certain medical conditions, such as diabetes, rheumatoid arthritis, autoimmune conditions, blood clotting disorders, cancer, immunosuppression (either medical or drug-related).
- + If you are suffering from any skin infection in or near the treatment area, including cold sores.
- + If you are suffering from any other infection, including dental, throat, ear, chest, or sinus infections.
- + If you are unwell, including coughs and colds, on the day of treatment.
- + If you are taking any medicines which affect bleeding, such as aspirin or warfarin.
- + If you have had Roaccutane or isotretinoin in the past 6 months.
- + Certain allergies, including bee sting allergy.
- + Recent facial surgery or other dermal fillers in the same area.
- + Permanent implants, such as silicone implants in the face or pins and plates.

## Pre-treatment advice:-

Avoid taking anti-inflammatories (such as aspirin, ibuprofen or naproxen) for 3 days prior to treatment (unless this has been prescribed by your doctor) as this increases the risk of bruising.

Alcohol, fish oils, St. John's Wort, Gingko Biloba and Vitamin E should also be avoided for 3 days prior to treatment to lessen the risk of bruising.

If you are prone to bruising, taking Arnica orally for a few days prior to treatment may lessen the risk.

If you are unwell on the day of your appointment, contact me to reschedule.

Avoid sunbeds and tanning for 1 week before and after treatment.

Please make me aware if there are any changes in your medical history or medication taken before receiving any treatment.

Do not plan to have treatment within 2 weeks of an important social event or holiday as this may not allow enough time for side-effects, such as bruising to settle, or to have a review appointment.

## Post treatment advice: -

After treatment, most people can resume their normal daily activities. Immediately after treatment, there may be some redness, tenderness and swelling at the injection sites and there will likely be visible lumps at the injection sites. Bruising may be obvious immediately after treatment and may be quite pronounced.

Although there is little evidence, I advise the following:

Do not apply make-up for 12 hours after treatment to reduce the risk of infection.

Avoid saunas, swimming pools and sunbeds until the initial swelling and redness has settled.

Try to avoid touching or rubbing the treated area until the following day, as you may affect the results of treatment or cause infection, unless otherwise advised by me.

Massage of the area is not required; the product will diffuse naturally on its own.

Avoid extremes of hot or cold and vigorous exercise until the initial swelling has resolved.

If swelling persists, you may be advised to apply a cool pad to help remedy this.

Contact me if you experience any unwanted side-effects.

## BOTULINUM TOXIN

### What are anti-wrinkle injections: -

Many practitioners refer to procedures involving the injection of botulinum toxin as 'anti-wrinkle injections'. Botulinum toxin is injected, using a fine needle, into the target muscle to temporarily block the nerve signal, resulting in weakening of the muscle action which can result in an improvement in the appearance of lines of facial expression. Botulinum toxin can only treat lines of expression (dynamic lines) and lines that are present when the muscle is not contracted, and the face is relaxed (static lines) generally do not improve with anti-wrinkle injections.

Botulinum toxin is a naturally occurring protein produced by the bacterium *Clostridium Botulinum*.

### What areas can be treated: -

Botulinum toxin has been licensed for the temporary improvement in moderate to severe lateral canthal lines (crow's feet at the outer corners of the eyes), glabellar lines (frown lines between the eyebrows) and horizontal forehead lines. There are other areas which are less commonly treated with botulinum toxin.

### How does it work: -

Facial expressions occur when the brain sends nerve signals to the facial muscles causing them to contract in response to voluntary control, automated or emotional response. Botulinum toxin blocks the transmission of the chemical signal from the nerve reaching the target muscle. Without this signal, the muscle is unable to contract and remains in a resting state, therefore facial expressions are relaxed. It is not always possible or desirable to stop all movement as a completely frozen look may not be aesthetically pleasing. It is important to discuss your expectations with me prior to any treatment.

The effects of botulinum toxin are not instant, and most people will start to notice the results after about 4 days, having the full effect by about day 10. I will offer a follow-up appointment at 2 weeks, when the effects of treatment can be reviewed. Additional botulinum toxin may be administered at this time if needed.

Over approximately 3 to 4 months, the nerve terminal recovers and movement in the treated area restarts. Treatment can be repeated at this time to maintain the desired results. It is not recommended to repeat treatments at intervals of less than 3 months. Static lines that are present at rest, may soften once the botulinum toxin has taken effect and with repeated treatments may continue to improve as the skin recovers and is no longer being creased by constant muscle action. There are no known long-term side-effects from having repeated treatments, although there may be some muscle wasting (atrophy) with repeated treatments.

### Is it painful: -

Botulinum toxin is injected using a fine needle, similar to the size used on an insulin pen. It is generally not painful and most people will only experience minor discomfort. Some people describe the sensation like plucking an eyebrow.

Very rarely, for people who cannot tolerate the procedure, a topical anesthetic cream or ice may be applied prior to treatment to reduce the sensation.

### Is it safe: -

Millions of botulinum toxin treatments have been performed worldwide and it has an excellent safety profile. However, as with any medical aesthetic procedure, there are certain risks and side-effects

Side-effects may be more likely due to the following factors:

Patient factors: Poor condition of the skin, loss of elasticity, heaviness of the forehead, certain autoimmune or chronic medical conditions.

### Possible side-effects include:

- + Injection site pain
- + Bleeding and/or bruising at the injection sites
- + Redness, itching, irritation at the injection site
- + Swelling, including under eye puffiness
- + Headache, which may last several days
- + Nausea and/or hot flushes
- + Poor cosmetic results
- + Uneven effect on one side
- + Drooping or heaviness of the brow or eyelid
- + Abnormal appearance of the brows (Mephisto or Spock brow)
- + Blepharitis (inflammation of the eye lids)
- + Eye pain or visual disturbance
- + Paresthesia (abnormal sensation)
- + Muscle twitching
- + Flu-like symptoms
- + Anxiety symptoms
- + Rarely, muscle or joint pains

### What does the procedure involve?

Treatment usually takes about 10-15 minutes to perform and you can resume your normal activities afterwards. Photographs should be taken prior to having the procedure to compare with the outcome at a follow up appointment. Any photographs taken will form part of your medical record and will not be used for any other purpose without your explicit permission.

Botulinum toxin injections are undertaken with you lying on a treatment couch. Firstly, the treatment area will be cleaned and disinfected. I will examine the muscles, plan the treatment and then inject the required dose into the target muscles. I will mark out the treatment areas prior to injection. You can expect between 3 – 6 injections per treatment area. Immediately after treatment, you may have small raised bumps on the skin where the botulinum toxin has been injected, but these should resolve within less than an hour.

### **Are you suitable for the treatment?**

Treatment results are often more successful when the skin is in a good condition, with good elasticity, where facial expressions are not excessive and there are no or only minimal static lines in the area to be treated.

### **You may not be suitable for treatment if any of the following apply:**

Botulinum toxin is generally only recommended to those aged between 25 to 65, although it may be used off-license for people outside this age range.

Botulinum toxin cannot be given to pregnant or breast-feeding women and is not recommended if you are actively trying to get pregnant.

Patients with certain neurological disorders (such as myasthenia gravis).

You are currently taking certain medicines (including antibiotics, such as clindamycin).

You have previously experienced adverse reactions to any botulinum toxin treatment.

Treatment is not recommended if you are suffering from any skin infection in or near the treatment area, including cold sores.

You are unwell, including coughs and colds, on the day of treatment.

You are taking any medicines which affect bleeding, such as aspirin or warfarin.

### **Pre-treatment advice: -**

Avoid taking anti-inflammatories (such as aspirin, ibuprofen, naproxen) for 3 days prior to treatment (unless this has been prescribed by your doctor) as this increases the risk of bruising.

Alcohol, fish oils, St. John's Wort, Gingko Biloba, garlic and Vitamin E should also be avoided for 3 days prior to treatment to lessen the risk of bruising.

If you are prone to bruising, taking arnica orally for a few days prior to treatment may lessen the risk.

If you are unwell on the day of your appointment, contact the practitioner to reschedule.

Inform me if there are any changes in your medical history or medication taken before receiving any treatment.

Do not plan to have treatment within 2 weeks of an important social event or holiday as this may not allow enough time to have some correction if the desired result is not achieved.

### **Post-treatment advice: -**

After treatment, most people can resume their normal daily activities. Immediately after treatment, there may be some redness, minor swelling at the injection sites and pin-prick marks, which should settle in time. If you develop any bruising, which may be apparent at the time of treatment or may even develop over the following days, it is usually minor and can be covered with make-up (after the appropriate amount of time). Occasionally, more significant bruising can occur. Rarely, you may develop a headache after treatment which can last a few days. Simple analgesia can be taken for this if needed.

### **I'd advise the following:**

Do not apply make-up for 12 hours after treatment to reduce the risk of infection.

Try to avoid touching or rubbing the treated area until the following day as you may affect the results of treatment.

Avoid extremes of hot or cold and vigorous exercise on the day of treatment.

Contact me if you experience any unwanted side-effects.

Profilo and Botulinum Toxin used together

These treatments compliment each other very well. Whilst Profilo fills fine lines, rejuvenates, hydrates and gives a general overall radiance, the botulinum toxin focus's specifically on reducing the appearance of facial wrinkles.

They are the perfect partners for a natural and more youthful look.

## TREATMENT PLAN:

I will need to take photographs before and after you receive treatment.

I will need to review your Botulinum Toxin treatment two weeks after treatment has been received.

If you have read and understood all of the above information and are happy to proceed with the treatments, please sign below.

Client Signature:

Date:

Practitioners Signature:

Date:

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