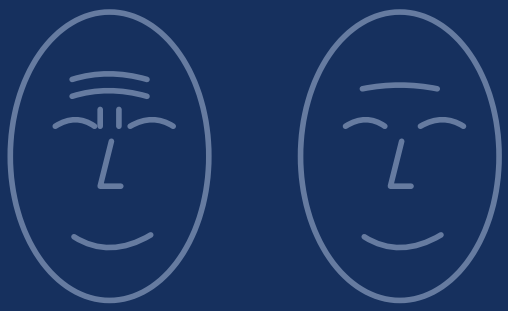
Plastic Surgery Institute

Patient guide · Informed decisions

BOTOX Cosmetic



A medical approach to muscle-related wrinkles, realistic expectations and safe decisions.

02 Understanding the treatment
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General education, not a personal treatment plan. A qualified clinician must assess suitability; no treatment is always an option.



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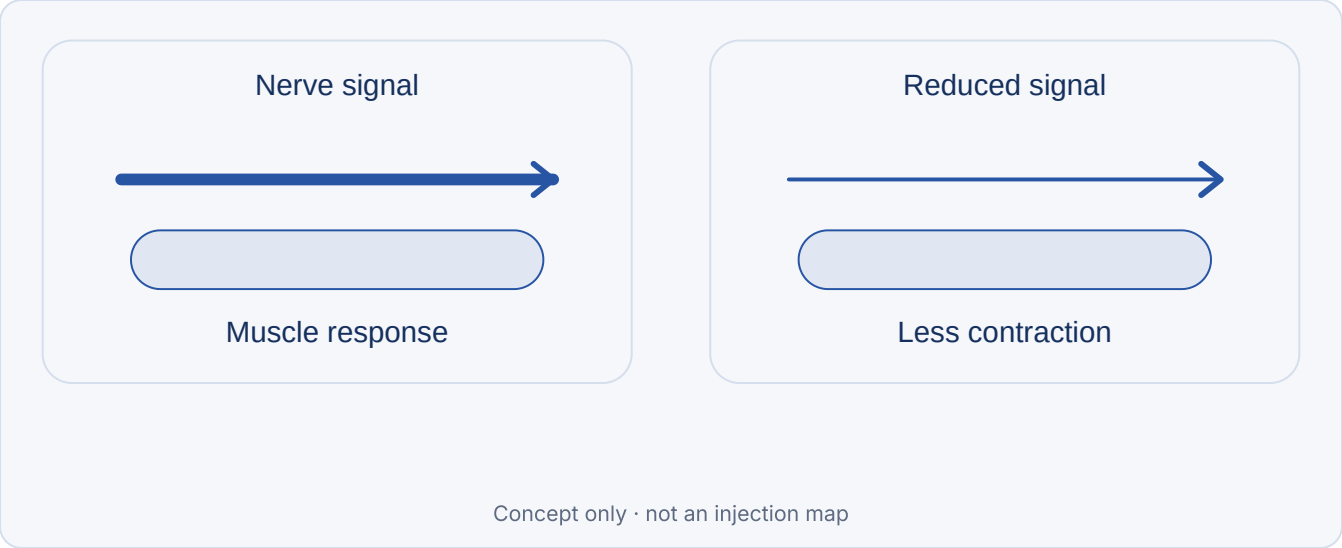
01 · Understanding expression lines

Understanding the treatment

The word “Botox” is often used loosely. BOTOX Cosmetic is a specific prescription product containing onabotulinumtoxinA, not a name for every botulinum toxin. Different preparations are not interchangeable. Confirm the exact medicine being proposed, rather than relying on a familiar name or an advertisement.

Movement, not missing volume

Repeated muscle contraction can contribute to dynamic expression lines. OnabotulinumtoxinA temporarily reduces nerve-to-muscle signaling in selected muscles, which may soften these lines. It does not add filler volume, remove excess skin or replace a surgical lift. Lines visible at rest, sun damage and changes in facial support may need another approach or remain visible.



What may be considered?

The reviewed US label describes temporary improvement of selected moderate to severe forehead, frown and outer-eye lines and platysma neck bands in adults. This is background information, not a recommendation for every region. Your clinician must check the actual product, proposed indication and applicable local authorization. US approval does not establish approval or availability in Lebanon.

A decision without pressure

An assessment considers your anatomy, baseline expression, health and priorities. A subtle change may be more suitable than trying to erase all movement. No treatment is also a valid choice. Fillers, skin treatments or surgery address different concerns and bring their own risks; none is an automatic substitute. Ask what is likely to remain unchanged and whether your expectations are achievable without compromising function.

02 · Understanding expression lines

Consultation & preparation

Bring a complete health and treatment history. An apparently small cosmetic procedure can interact with an underlying condition or another medicine. The consultation should happen before you commit to treatment, with enough time to read the product information and ask questions.

Tell the clinician about

- Any previous toxin treatment, including treatment for migraine, sweating, muscle spasm or another medical reason; bring product names, dates and available records.
- Muscle or nerve disease, especially myasthenia gravis or Lambert–Eaton syndrome; existing weakness, drooping eyelids, swallowing or breathing problems, and heart disease.
- Eye dryness, contact lenses, eye or facial surgery, facial weakness, previous reactions, skin infection and inflammation in the proposed area.
- All prescriptions, over-the-counter medicines, vitamins and supplements. Aminoglycoside antibiotics, medicines affecting neuromuscular transmission, muscle relaxants, anticholinergics and other toxins need specific review.

When to postpone or avoid

Known allergy to a botulinum toxin preparation or a formulation component, and infection at a proposed treatment site, are contraindications in the reviewed label. They need medical review, not an informal salon reassurance. Inflammation or existing muscle weakness may also change the plan. Do not stop a prescribed medicine on your own to become “eligible.”

Pregnancy and breastfeeding

Evidence is insufficient to establish safety during pregnancy or breastfeeding. Tell the clinician if pregnant, planning pregnancy or nursing. Elective cosmetic treatment is usually deferred while the situation is reviewed individually; lack of evidence is not proof of safety. The examination also assesses facial movement at rest and in expression, asymmetry and eyelid position. Photographs may document your baseline, with your consent.

03 · Understanding expression lines

The treatment visit

This is a clinician-administered prescription medicine, not a home beauty technique. Treatment should take place in an appropriate licensed medical setting with an authentic product obtained through an authorized supply chain. Your consultation and consent remain important even if you have had treatment before.

1 · Confirm the plan

The clinician checks identity, goals, medical changes, previous treatments and the exact product. Discuss the proposed areas, likely limitations and possible effects on nearby muscles. Ask to review the current patient leaflet. Decline treatment if the product or responsible prescriber cannot be identified clearly.

2 · Assessment and comfort

Facial movement and existing differences are assessed again. Skin is cleansed and comfort measures are discussed. Brief stinging or discomfort, redness or small raised areas may occur. There is no promise of a painless appointment, immediate improvement or an identical experience to your previous visit.

3 · Professional administration

The trained clinician administers the medicine with appropriate sterile technique according to the individualized medical plan. This guide deliberately contains no dosing instructions, injection-site map or self-injection directions. A face illustration is not a treatment blueprint, and a similar-looking product cannot be substituted casually.

4 · Before leaving

Receive written aftercare, review arrangements and a direct contact for concerns, including outside opening hours. Keep the product name, treatment date and available batch record. Ask how adverse effects will be assessed and where urgent care is available. Never buy toxin online for self-use or accept treatment at a salon or party. A needle-free “hyaluron pen” is not an appropriate way to administer this medicine.

04 · Understanding expression lines

Aftercare & results

Follow your treating team's written instructions for your actual treatment, not social-media rules. Ask about washing, makeup, exercise and planned skin procedures. There is no single universal posture or activity rule in this guide, and no promise that a particular ritual prevents a complication.

Early changes

Small areas of redness, tenderness, swelling or bruising may follow treatment. Ask the team which comfort measures are appropriate. Contact them about worsening pain, spreading redness, fever or another unexpected symptom rather than treating it yourself. Do not attempt home correction, extra injections or medication borrowed from someone else.

Allow the response to develop

The effect is not immediate. Changes develop over days and may evolve over subsequent weeks. Duration varies with the product, treatment area, individual response and previous history, and effects generally wear off over months. These are broad expectations, not a guaranteed start date, endpoint or repeat-treatment schedule.

Review movement and comfort

At the planned review, discuss appearance at rest and during expression, eye comfort and any change in function. The goal is improvement appropriate to your anatomy, not a frozen face or perfect symmetry. Do not judge only a single early photograph. Persistent lines do not automatically mean that more treatment is safe or necessary.

> **Seek emergency care immediately for difficulty breathing, swallowing or speaking, new generalized weakness or double vision after toxin treatment. Effects can spread hours to weeks later. Do not wait for your review appointment or a message reply; tell emergency staff the product and treatment date.**

05 · Understanding expression lines

Risks & safety

Every treatment has risks, even with an authentic medicine and an experienced clinician. Risk depends on your health, anatomy, treatment area and other medicines. Discuss your personal risk before consent; a list cannot predict what will happen to you or replace the current product information.

Local and nearby effects

- Pain, tenderness, redness, swelling, bleeding or bruising; headache may also occur.
- Drooping of an eyelid or brow, uneven movement, altered expression or an unsatisfactory cosmetic result.
- Dry eye, eye irritation, blurred or double vision and weakness affecting nearby muscles. Neck treatment can involve neck weakness and needs careful assessment.
- Infection or allergic reactions, including a serious immediate reaction. Hives, swelling of the face or throat or breathing difficulty require emergency help.

Boxed warning: distant spread

The FDA label carries a boxed warning that toxin effects may spread beyond the treated area, producing botulism-like symptoms. Generalized weakness, double vision and problems speaking, swallowing or breathing can occur hours to weeks after treatment. Swallowing and breathing problems can be life-threatening, and deaths have been reported. Underlying neuromuscular, swallowing or breathing disorders may increase susceptibility.

> **Seek emergency care immediately for difficulty breathing, swallowing or speaking, new generalized weakness or double vision. Do not drive yourself if weak or visually impaired. Inform the treating clinician while arranging emergency care, but do not delay care to obtain permission.**

Do not minimize persistent symptoms

Report eyelid droop, persistent dry eye, eye discomfort or other unexpected changes promptly for assessment. Do not assume every droop is distant spread, but do not dismiss associated weakness or swallowing symptoms. Some adverse effects may persist for months or longer. There is no instant home antidote or guaranteed cosmetic reversal; follow-up and medical management may be necessary.

06 · Understanding expression lines

Cost & choosing your clinician

Ask for a written, individualized estimate after examination. Cost should reflect an appropriate medical plan, not a pressure sale or a promised face shape. This guide quotes no fee, assumes no financing arrangement and makes no statement that a particular treatment is currently offered or authorized locally.

What should be included?

Clarify consultation, medicine, professional treatment, follow-up and assessment of concerns. Ask what is excluded and how additional review or management of complications would be charged. Discuss possible future treatment as a separate decision rather than an automatic commitment. Check any insurance question directly with your insurer; do not assume cosmetic care or its complications will be reimbursed.

Questions that matter

- Who is prescribing and administering the medicine? What relevant training, licensure and experience do they have with this product and area?
- What exact product is proposed, why does it suit my concern, and what local authorization applies to this intended use?
- How is authenticity verified through an authorized supplier? Can I keep the product details and read its patient leaflet?
- What result is realistic for my muscle movement, skin and baseline asymmetry? What would no treatment or another approach mean?
- Who assesses complications, how do I reach them after hours, and what is the emergency referral plan?

Take time to decide

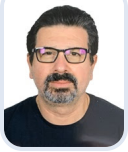
Avoid unlabelled products, online self-purchase, salon injections and “too good to be true” guarantees. A low price cannot establish safe sourcing or competent assessment. You may postpone, seek another opinion or decline. Leave only when you understand the benefits, uncertainties, alternatives and warning symptoms, without pressure to purchase a treatment package.

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Arrange an in-person consultation

Let’s discuss your goals

Bring your medical and treatment history, medicine list and questions. We can discuss realistic goals, alternatives, the recovery plan and how to obtain help for a problem. Do not proceed until you understand the proposed care and have time to decide freely.



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Leave with a clear plan

Keep your written instructions, agreed review arrangements and urgent contact details. Routine email and WhatsApp are not emergency services. For serious symptoms, obtain emergency care without waiting for a reply. Ask who will assess a concern in person if the treating team is unavailable.

This guide provides general education only, not personal medical advice, diagnosis, a treatment plan or informed consent. It does not guarantee safety or outcomes and does not replace a thorough in-person consultation with a qualified, experienced clinician. Follow your treating team’s instructions. Suitability, services and any product authorization must be confirmed individually.