



Botulinum Toxin Treatment Information at PHI Clinic, London

What is Botox and what is it used for?

Botulinum toxin remains to be the single most popular treatment in the US to prevent overworking of facial muscles which create and deepen fine lines and wrinkles.

Our practitioners at PHI Clinic only used the branded Botox® from Allergan; the world's leading pharmaceutical company in anti-wrinkle injections and the only FDA approved treatment to temporarily improve frown and crow's feet lines.

Muscle relaxing injections have been around for over 100 years, with extensive clinical studies to support its efficacy and safety. It is also used for a plethora of medical conditions such as muscle spasm, bladder problems, migraines and hyperhidrosis.

Botox® is a prescription medicine that is injected into muscles and used to improve the appearance of moderate to severe frown lines between the eyebrows (glabellar lines) and the area around the side of the eyes to improve the look of moderate to severe crow's feet lines in adults for a short period of time (temporary).

How often should I have the treatment and how many will I need?

Botox® temporarily reduces the appearance of lines by relaxing the muscle activity and so the treatment will need to be carried out every 3-4 months depending on the degree of concern and patient preference.

Is there any down time?

The majority of patients will encounter minimal to no downtime. There is sometimes some mild swelling from the injections point, but this will subside within 30 minutes post treatment. Bruising is unlikely but can occur. If a bruise does occur it can easily be covered with make-up 1 hour post treatment unless otherwise stated by your practitioner.

Pre-treatment information

All make up must be removed before treatment to minimise infection risk.

Please avoid aspirin and ibuprofen the days leading up to and the day of treatment as this can increase the risk of bruising.

Please avoid caffeine intake the day of treatment as this will reduce the risk of bruising.

If you have a needle phobia or have fainted when having an injection in the past please make your practitioner aware.

Post treatment information

Patients are able to resume their normal activities immediately, but should refrain from strenuous exercise and excessive alcohol for 24 hours.

If you require a review you will be told this on the day of treatment and advised when to book in. If possible make up should be avoided for 12 hours post treatment but can be applied after 2 hours if necessary.

Facials, facial massage and other cosmetic treatments such as ultrasound and radiofrequency should be avoided for 1 week after the administration of botox.

When will I see results?

Results can take 3-5 days to take effect and you should see your final result at 10-14days.

How much will it cost?

Prices vary depending on the amount of areas that are treated and the practitioner. One area of treatment starts from £150

Who will carry out my treatment?

Dr Tapan Patel; a highly-accredited aesthetic doctor who has practiced within the field for over 16 years who is also medical director of Phi Clinic.

Mr Apul Parikh; has over 12 years of training and experience in plastic and cosmetic surgery and is also a trainer for botox and dermal filler.

Dr Nestor Demosthenous; who runs his own clinic in Edinburgh and has a number of years' experience in the aesthetic field visits Phi Clinic fortnightly to perform injectable and non-surgical treatments.

Sarah Gaughan RN; is one of our aesthetic nurses here at Phi Clinic who has worked closely with Dr Patel since joining the clinic and is currently undertaking a Post Graduate Diploma in Injectable Medicine.

Samantha Knucky RN; is one of our aesthetic nurses here at Phi Clinic who has years of experience in the aesthetic industry and currently works closely with our medical director Dr Patel.

For further information:

If you would like more information about Botox treatment at PHI Clinic, or would like to schedule a consultation, please call **0207 034 5999** today.