



## **FOUNDATION BOTULINUM TOXIN MANUAL**

## **FOUNDATION BOTULINUM TOXIN OVERVIEW**

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Within this Training Manual you will learn all of the techniques necessary to complete Foundation Botox treatments. This manual covers safety, environment, legislation, practitioner guidance, client care, theory and practical knowledge.

## FOUNDATION BOTULINUM TOXIN MANUAL CONTENTS

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## IDEAL CLINIC SET UP

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- Wipeable Flooring
- Sink
- Hand Sanitiser
- Paper Towels
- Clinical Waste Contract
- Insurance
- Bed
- Light
- Stool
- Trolley's
- Sharps Bins
- Clinical Waste Bins
- Disinfectants
- Tools
- Couch Roll
- Gloves & PPE
- Air Conditioning or Ventilation
- Stress Balls



Clinical waste, also known as healthcare or medical waste, is any waste generated during healthcare activities that may pose a risk of infection or other harm. This includes items contaminated with blood, bodily fluids, or other potentially infectious substances, as well as sharps like needles and syringes.

## INFECTIOUS WASTE:

This includes items contaminated with blood, bodily fluids, and other potentially infectious substances. Examples include dressings, swabs, and personal protective equipment (PPE) that have been in contact with infectious materials or patients.

## SHARPS:

This includes items that can puncture or cut, such as needles, syringes, scalpels, and lancets.

## ANATOMICAL WASTE:

This includes human or animal tissues and body parts.

## PHARMACEUTICAL WASTE:

This includes expired medications, medications in excess, and empty containers.

## CONTAMINATED EQUIPMENT:

This includes items like bedpans, liners, stoma bags, and urine containers that have been contaminated.

Clinical waste needs to be handled and disposed of carefully to prevent the spread of infection and ensure safety, often requiring specialised disposal methods like incineration or autoclaving.



- 1 Set up a clinical waste contract with a local supplier
- 2 Organise regular clinical waste collections - monthly, weekly or adhoc
- 3 Ensure to use correct coloured sharps bins (aka Purple for Cytotoxic Waste - Botox)
- 4 Purchase sharps bins, clinical waste bins and clinical waste bags from supplier
- 5 Ensure to have a smooth clinical waste system throughout your clinic

Consultation forms are important because they ensure informed consent, gather essential client information, and help professionals understand client needs and preferences before a treatment. They also provide a record of discussions, agreed-upon treatments, and any allergies or conditions, acting as a paper trail for potential issues. Additionally, they can help with aftercare instructions and demonstrate a professional approach to treatment.

### WHY MUST WE ENSURE THESE ARE DOCUMENTED?

#### INFORMED CONSENT AND LEGAL PROTECTION:

Consultation forms ensure clients understand the treatment, including risks, benefits, and aftercare instructions, demonstrating informed consent. They can act as a legal record, protecting professionals from potential disputes or misunderstandings.

#### GATHERING CLIENT INFORMATION:

- Forms allow professionals to collect crucial information like allergies, medical conditions, and previous treatments, helping them tailor the treatment plan.
- They enable professionals to understand client goals, expectations, and desired outcomes, ensuring a better experience.

#### BUILDING RAPPORT AND TRUST:

- Consultations provide an opportunity for professionals to establish a relationship with clients, fostering trust and understanding.
- Open communication and personalised attention, documented in the form, can lead to greater client satisfaction and loyalty.

#### STREAMLINING THE PROCESS:

- Forms can save time during the appointment by gathering information beforehand and streamlining the discussion.
- They can be accessed quickly, allowing for efficient review of client history and treatment plans.

### WHO WE RECOMMEND?

We use Faces Consent App, however any reputable consent company will be sufficient.



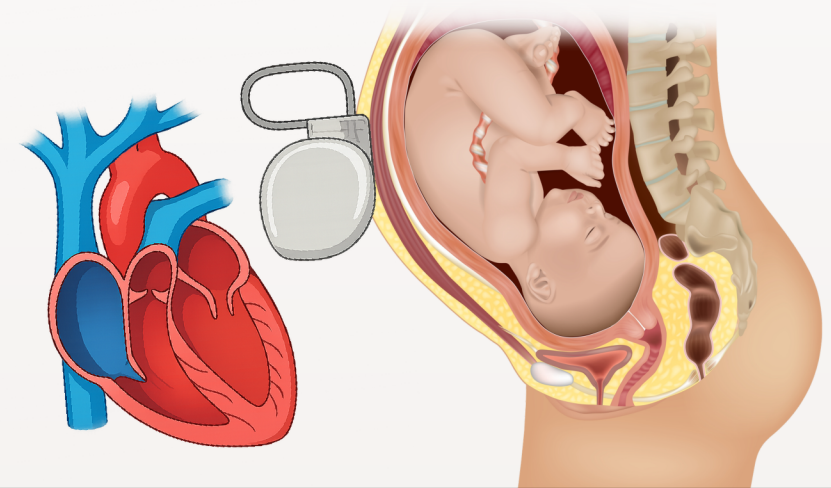
Scan the QR code to sign up to Faces Consent  
[www.facesconsent.com](http://www.facesconsent.com)

## CONTRAINDICATIONS

A contraindication in medicine is a factor that makes a particular treatment or procedure inadvisable for a specific individual because it could cause harm or be ineffective. It's essentially a reason not to use a certain treatment due to potential risks or adverse reactions.

**WE ADVISE NOT TO GO AHEAD WITH THE TREATMENT OR TO OBTAIN A DOCTORS NOTE FOR ANY OF THE BELOW CONDITIONS:**

- Pregnant
- Breastfeeding
- Heart Condition
- Undergoing Chemo
- Has a Pace Maker
- Organ Transplant
- Psoriasis near the area
- Allergy to botulinum toxin or components of the formulation
- Infection at the proposed injection site
- Neuromuscular disorders
- Poor general health or frailty (especially elderly patients)
- Facial or anatomical abnormalities
- History of dysphagia (difficulty swallowing) or aspiration
- Bleeding disorders or use of anticoagulants



### CONTRA-ACTION

A contra-action refers to an undesirable or adverse reaction that can occur during or after a treatment or procedure.

- |  |   |  |
|--|---|--|
| <b>ALLERGIC REACTIONS:</b>             | → | Redness, swelling, or irritation.                          |
| <b>SKIN IRRITATION:</b>                | → | Any form of irritation or discomfort.                      |
| <b>SENSITISATION:</b>                  | → | An increased sensitivity to a product or treatment.        |
| <b>PAIN OR DISCOMFORT:</b>             | → | Physical pain or discomfort during or after the treatment. |
| <b>HEIGHTENED EMOTIONAL STATE:</b>     | → | Emotional release during or after a treatment.             |
| <b>MUSCULAR ACHE AND/OR HEADACHES:</b> | → | These can occur after deep work during treatment.          |
| <b>FREQUENT URINATION:</b>             | → | This can occur due to stimulation of the lymphatic system. |

Should your client experience any of these, we would recommend seeking medical advice.

# FIRST AID

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**WE HIGHLY ADVISE ENSURING YOU ARE FIRST AID AND ANAPHYLAXIS TRAINED.**

First aid training is important because it empowers individuals to confidently respond to emergencies, potentially saving lives, preventing injuries from worsening, and promoting recovery. It also boosts confidence, increases awareness of risks, and encourages teamwork, both in personal and professional settings.



Anaphylaxis training is crucial because anaphylaxis is a severe, life-threatening allergic reaction that can develop rapidly.

Training equips individuals with the knowledge and skills to recognise the signs and symptoms of anaphylaxis, understand the appropriate treatment (including adrenaline auto-injectors), and deliver first aid until professional help arrives. This knowledge is vital for protecting individuals with allergies and ensuring workplace safety.

## **HERE'S WHY IT'S SO IMPORTANT:**

### **RAPID ONSET:**

Anaphylaxis can develop quickly, often within minutes of exposure to an allergen. Prompt recognition and treatment are essential to prevent serious complications or death.

### **LIFE-THREATENING NATURE:**

Anaphylaxis can cause airway obstruction, breathing difficulties, and circulatory collapse, making it a life-threatening emergency.

### **IMPORTANCE OF RECOGNITION:**

Recognising the signs and symptoms of anaphylaxis (such as difficulty breathing, throat swelling, dizziness, and skin reactions) is the first critical step in providing timely treatment.

### **ADRENALINE AUTO-INJECTOR (AAI) USE:**

Training includes learning how to correctly use an AAI (like an EpiPen) to administer adrenaline, which is the primary treatment for anaphylaxis.

### **CPR AND AED:**

Some anaphylaxis training courses also cover basic life support (CPR) and the use of an Automated External Defibrillator (AED), which may be needed if the individual loses consciousness.

Ensure to have a First Aid kit and Bodily Fluids spill kit accessible within your work space.

## WHAT IS TOXIN?

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Botox is a brand name for botulinum toxin type A, a purified protein derived from the bacterium *Clostridium botulinum*. It is used in small, controlled doses to temporarily relax muscles and treat a variety of medical and cosmetic concerns.

### HOW DOES BOTOX WORK?

Botox works by blocking nerve signals that cause muscles to contract. When injected into specific muscles, it causes them to relax, reducing movement and softening lines or symptoms caused by overactivity.

### COMMON USES OF BOTOX

#### COSMETIC USES:

- Forehead lines
- Frown lines (glabellar lines)
- Crow's feet (lines around the eyes)
- Eyebrow lift (non-surgical brow lift)
- Lip flip or gummy smile correction
- Jaw slimming (masseter muscle)

### HOW LONG DOES BOTOX LAST?

- ONSET** → Results typically begin in 3-5 days
- FULL EFFECT** → Seen within 2 weeks
- DURATION** → Effects last 3-4 months, sometimes longer with repeated use

### IS BOTOX SAFE?

Yes, Botox is FDA-approved and has been used safely for decades in both cosmetic and medical settings. However, it must be administered by a qualified healthcare provider to avoid complications such as unintended muscle weakness or asymmetry.

**A CONSULTATION WITH A LICENSED PROVIDER IS ESSENTIAL TO DETERMINE YOUR SUITABILITY AND TREATMENT PLAN.**

#### MEDICAL USES:

- Chronic migraines
- Excessive sweating (hyperhidrosis)
- Overactive bladder
- Muscle spasms or dystonia
- Teeth grinding (bruxism)
- Eye twitching or crossed eyes (strabismus)

### BENEFITS OF BOTOX

- Non-surgical, minimally invasive
- Quick procedure with no downtime
- Safe when performed by a trained professional
- Can be used preventatively for fine lines

### IS BOTOX RIGHT FOR ME?

Botox may be suitable if you're:

- Looking to reduce facial lines and wrinkles
- Seeking non-surgical treatments for certain medical conditions
- In good overall health with realistic expectations



# TOXIN RISKS

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## RISKS OF BOTOX TREATMENT

### COMMON SIDE EFFECTS

- Pain, swelling, or bruising at injection site
- Headache or flu-like symptoms
- Temporary facial weakness or drooping (e.g., eyelid ptosis)
- Dry eyes or excessive tearing (for facial treatments)

### RISK FACTORS THAT INCREASE COMPLICATIONS

- Underlying neuromuscular disorders
- Improper injection technique or dosing
- Use of certain medications (e.g., aminoglycosides, muscle relaxants)
- Repeat or high-dose treatments

### LESS COMMON BUT SERIOUS RISKS

- Difficulty swallowing, speaking, or breathing (especially with neck injections)
- Muscle weakness away from the injection site
- Allergic reactions (rash, itching, shortness of breath)
- Vision problems or blurred vision
- Loss of bladder control (in therapeutic use)



## WHAT IS BROW PTOSIS?

Brow ptosis is the drooping of the eyebrow, typically after Botox injections. It can make the upper eyelid appear heavier and give the face a tired or sad look.

## WHY DOES BROW PTOSIS HAPPEN AFTER BOTOX?

Botox works by relaxing muscles, but if injected incorrectly or in overly high doses, it can:

- Weaken the frontalis muscle, which lifts the brows
- Cause the brow to drop, especially if the underlying forehead muscle is the main elevator of the brow

## KEY CAUSES OF BROW PTOSIS:

- 1 OVER-INJECTION OF THE FRONTALIS (FOREHEAD MUSCLE)**
- 2 INCORRECT INJECTION SITES**  
Too low on the forehead
- 3 NATURAL BROW POSITION**  
People with low brows are at higher risk
- 4 AGING OR WEAK FOREHEAD MUSCLES**  
Less muscle strength to compensate



## SYMPTOMS OF BROW PTOSIS

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- Heaviness in the upper eyelid
- Low or asymmetrical brow position
- Difficulty applying makeup to upper lids
- A "tired" or "angry" appearance

### IS IT PERMANENT?

No — Botox effects are temporary, lasting:

- Typically 3 to 4 months
- Brow ptosis usually improves gradually as the Botox wears off

### MANAGEMENT & PREVENTION:

#### TO PREVENT:

- Use conservative Botox doses
- Avoid low injections on the forehead
- Proper facial anatomy assessment by experienced injectors

#### TO TREAT (IF IT HAPPENS):

- Time — wait for the Botox to wear off
- Eye drops (e.g., apraclonidine) can lift the eyelid slightly
- Strategic Botox "lift" injections in other areas (if safe)



### WHAT IS EYELID PTOSIS?

Eyelid ptosis (also called blepharoptosis) is the drooping of the upper eyelid, usually unintended and temporary, and can occur after Botox treatment near the forehead or glabella (the area between the eyebrows).

### WHY DOES EYELID PTOSIS HAPPEN AFTER BOTOX?

Botox relaxes muscles by blocking nerve signals. If it diffuses or spreads into the levator palpebrae superioris muscle (which lifts the upper eyelid), it can weaken it, causing the lid to droop.

### COMMON CAUSES OF EYELID PTOSIS POST-BOTOX:

- 1 INCORRECT INJECTION TECHNIQUE**  
Too close to the orbital rim (especially in the glabella area)
- 2 HIGH DOSES OR LARGE VOLUMES**  
Increases the chance of Botox migrating to nearby muscles
- 3 POOR AFTERCARE**  
Rubbing or lying down soon after injections can promote diffusion
- 4 PRE-EXISTING MILD PTOSIS**  
Botox may unmask or worsen it



## SYMPTOMS OF EYELID PTOSIS

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- Drooping of one (or both) upper eyelids
- Asymmetry of the eyes
- Difficulty fully opening the eye
- Impaired vision in severe cases
- May appear days to 2 weeks after injection

### HOW LONG DOES IT LAST?

- Typically 2–8 weeks
- Fully resolves as the Botox wears off
- Botox effects are not permanent

## MANAGEMENT & TREATMENT

### NON-SURGICAL OPTIONS

#### APRACLONIDINE 0.5% EYE DROPS

- Stimulates Müller's muscle to lift the eyelid by ~1–3 mm
- Provides temporary relief

#### TIME AND REASSURANCE

- Most cases resolve without intervention

#### AVOID:

- Re-treating the area too soon
- Applying pressure or massaging injection sites

#### PREVENTION TIPS:

- Use precise, conservative injection techniques
- Avoid injections too close to the mid-pupil line or orbital rim
- Follow aftercare:
- No rubbing, lying flat, or heavy exercise for at least 4 hours post-injection



# HOW TO AID PTOSIS

## HOW TO AID BROW OR EYELID PTOSIS AFTER BOTOX

### FIRST: UNDERSTAND THE CAUSE

- Ptosis occurs when Botox weakens the muscles responsible for lifting the eyelid (levator palpebrae) or brow (frontalis).
- It's usually temporary, lasting a few weeks to a few months depending on dose and location.

### TREATMENT & MANAGEMENT OPTIONS

#### 1 PRESCRIPTION EYE DROPS

##### APRACLONIDINE 0.5% (LOPIDINE)

- Stimulates Müller's muscle in the upper eyelid
- Can raise the eyelid by 1-3 mm
- Works within 30 minutes, effects last a few hours

**USE** → 1 drop, up to 3 times daily (as prescribed)

**BEST FOR** → Eyelid ptosis, not helpful for brow ptosis.

#### 2 BOTOX CORRECTION

**IN SOME CASES, A SKILLED INJECTOR CAN USE SMALL AMOUNTS OF BOTOX TO:**

- Lift the lateral brow (if only the medial brow is dropped)
- Balance facial asymmetry

Only suitable after professional assessment

— avoid further injections unless advised by a qualified provider.

#### 3 WAIT IT OUT

##### PTOSIS FROM BOTOX IS REVERSIBLE

- Usually improves in 2-8 weeks
- Fully resolves in 3-4 months as the Botox wears off

**REASSURE PATIENTS** → No permanent damage is caused

#### 4 NON-MEDICAL SUPPORTIVE MEASURES

- Lifting taping techniques (used in makeup or stage work)
  - temporarily lifts the eyelid for cosmetic purposes

**CAMOUFLAGE MAKEUP** → Reduce appearance of asymmetry

**COOL COMPRESSES** → May help mild swelling but won't fix ptosis

### PREVENTION TIPS FOR FUTURE TREATMENTS

- Choose experienced injectors with strong anatomical knowledge
- Avoid Botox injections too low on the forehead or too close to the orbital rim
- Use smaller doses in people with low-set brows or weak frontalis muscles
- Follow strict aftercare:
- No lying down, rubbing, or vigorous activity for 4-6 hours post-injection

## PRE/POST TREATMENT ADVICE

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### BEFORE YOUR BOTOX APPOINTMENT (PRE-TREATMENT)

#### TO ENSURE THE BEST RESULTS AND MINIMISE SIDE EFFECTS:

##### DO:

- Arrive with a clean face, free of makeup, lotion, or sunscreen.
- Eat a light meal to avoid feeling faint.

##### INFORM YOUR PROVIDER OF:

- Any medical conditions
- Medications or supplements you're taking
- Previous Botox or filler treatments
- Pregnancy or breastfeeding

##### AVOID:

- Blood-thinning medications or supplements (unless prescribed):
  - Aspirin, ibuprofen, naproxen, vitamin E, fish oil, ginkgo, etc.
  - Stop 3-7 days before treatment, if approved by your doctor.
- Alcohol for 24-48 hours before (increases bruising risk).
- Facials, waxing, peels, or harsh skincare treatments 24-48 hours before.
- Strenuous exercise on the day of treatment.



### AFTER YOUR BOTOX APPOINTMENT (POST-TREATMENT)

#### TO ALLOW PROPER SETTLING AND AVOID UNWANTED SIDE EFFECTS:

##### DO:

- Gently exercise your facial muscles (e.g., smile, frown, raise eyebrows) for the first few hours.
- Stay upright for at least 4-6 hours after treatment.
- Use a cold compress if mild swelling or bruising occurs.
- Take paracetamol (acetaminophen) for any discomfort — avoid NSAIDs like ibuprofen.

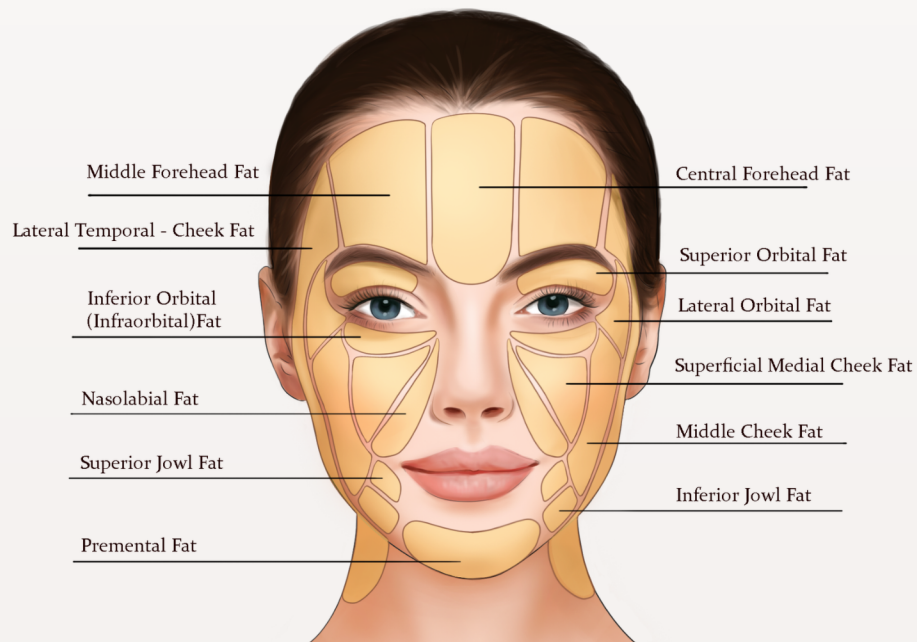
##### AVOID:

- Touching, rubbing, or massaging the treated area for 24 hours.
- Lying down flat, bending over, or doing yoga within 4-6 hours.
- Strenuous exercise for 24 hours.
- Makeup application for 4-6 hours post-treatment
- Alcohol for 24 hours.
- Saunas, steam rooms, hot showers, or sunbeds for 24-48 hours.

Understanding facial anatomy is essential for safe and effective Botox injections. Knowledge of muscle origins, insertions, and functional dynamics allows practitioners to precisely target treatment areas while minimizing risks such as ptosis, asymmetry, or unintended muscle paralysis. A strong anatomical foundation also enables clinicians to tailor dosing and injection placement, resulting in more natural, balanced outcomes that preserve facial expression rather than over-relax it.

## KEY ANATOMICAL STRUCTURES FOR BOTOX

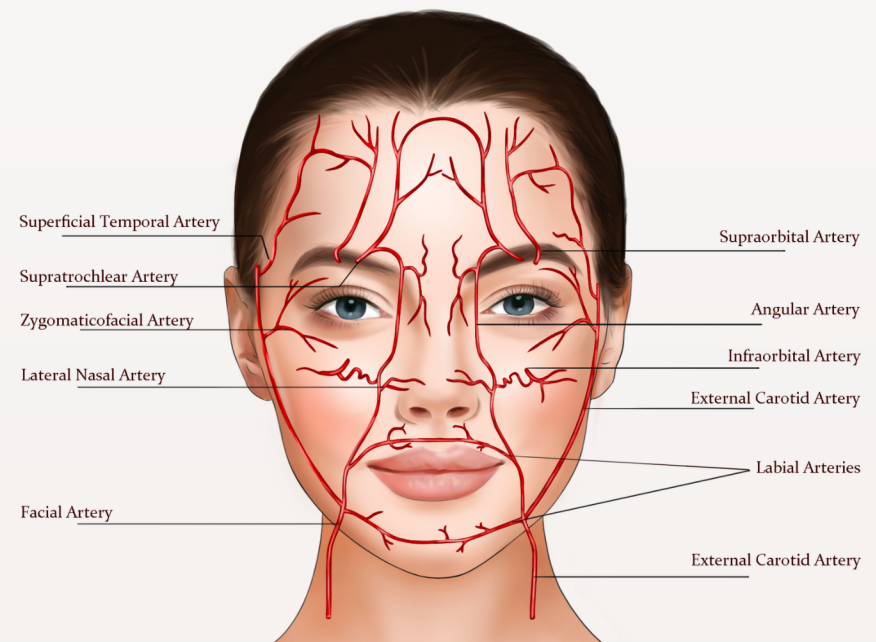
### SUPERFICIAL FAT OF THE FACE



### FAT COMPARTMENTS:

The face is divided into various fat compartments that contribute to volume and contour. These compartments shift and decrease with age, leading to volume loss and the appearance of wrinkles and sagging skin.

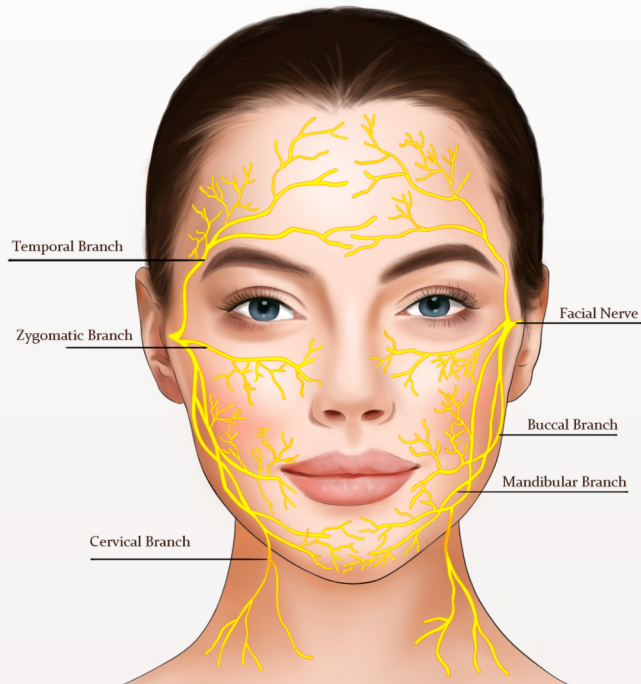
### ARTERIAL SUPPLY OF THE FACE



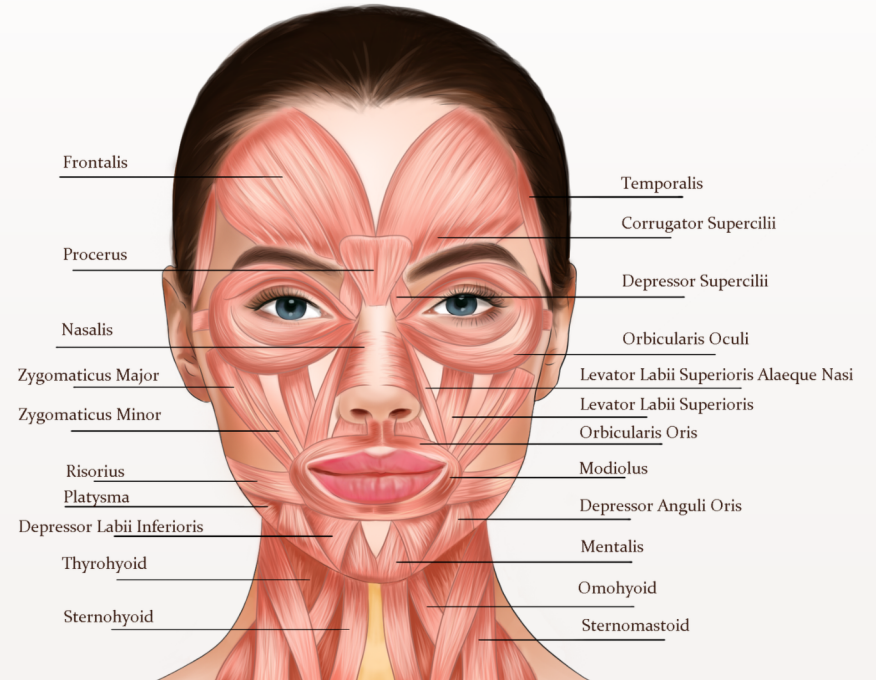
### VASCULAR STRUCTURES:

Arteries and veins are located throughout the face and must be carefully avoided during injection to prevent complications.

**NERVES OF THE FACE**



**MUSCLES OF THE FACE**



**NERVES:**

Nerves are responsible for sensation and muscle movement in the face, and damage to these nerves can result in serious complications.

**MUSCLES:**

Muscles of facial expression contribute to the overall appearance of the face and their understanding is crucial for safe injection techniques.

**SMAS (SUPERFICIAL MUSCULOAPONEUROTIC SYSTEM):**

This is a layer of muscle and connective tissue that underlies the skin and plays a significant role in facial structure and movement.

**SPECIFIC FACIAL AREAS FOR BOTOX INCLUDE:**

- UPPER FACE** → Includes the forehead, temples, and orbital regions, with specific fat compartments in each area.
- MID FACE** → Includes the cheeks, nasolabial folds (lines running from the nose to the mouth), and malar bones, with specific sub-SMAS regions.
- LOWER FACE** → Includes the lips, chin, and jawline, with areas like the Retro Orbicularis Oris fat pad (deep mouth muscle) being a common target for volume.

## 1 GLABELLAR LINES

(FROWN LINES / "11S" BETWEEN THE EYEBROWS)

**CAUSED BY** → Overactivity of the corrugator and procerus muscles

**PURPOSE** → Softens the angry or tense appearance

**TYPICAL UNITS** → Up to 25 units (varies per gender/face size)

## 2 FRONTALIS (FOREHEAD LINES)

(HORIZONTAL FOREHEAD WRINKLES)

**CAUSED BY** → Repeated raising of the eyebrows

**PURPOSE** → Smooths horizontal lines and prevents deep creases

**CONSIDERATIONS** → Must balance with glabella to avoid brow ptosis

**TYPICAL UNITS** → Up to 25 units

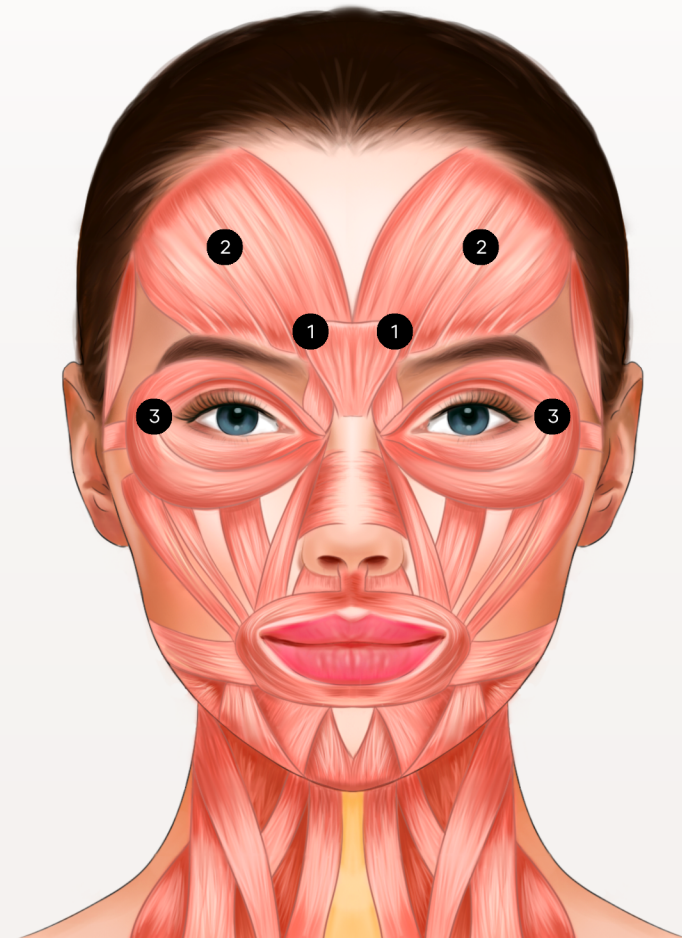
## 3 CROW'S FEET

(LINES AROUND THE OUTER CORNERS OF THE EYES)

**CAUSED BY** → Contraction of the orbicularis oculi muscle

**PURPOSE** → Softens smile lines and eye wrinkles

**TYPICAL UNITS** → Up to 30 units per side



# FOUNDATION TREATMENT STRATEGY

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## THESE AREAS ARE OFTEN TREATED TOGETHER TO:

- Balance facial muscle dynamics
- Prevent over-relaxation in one area causing compensation in another
- Create a natural, refreshed look rather than a “frozen” appearance

## SUMMARY

### CORE BOTOX AREAS & MUSCLES

AREA	MAIN MUSCLE(S)	GOAL
Glabella	Corrugator, Procerus	Reduce frown/11 lines
Forehead	Frontalis	Smooth horizontal lines
Crow's Feet	Orbicularis oculi	Soften eye wrinkles

Fact - males need double dosages! Remember to alter this in your pricing/dosage.



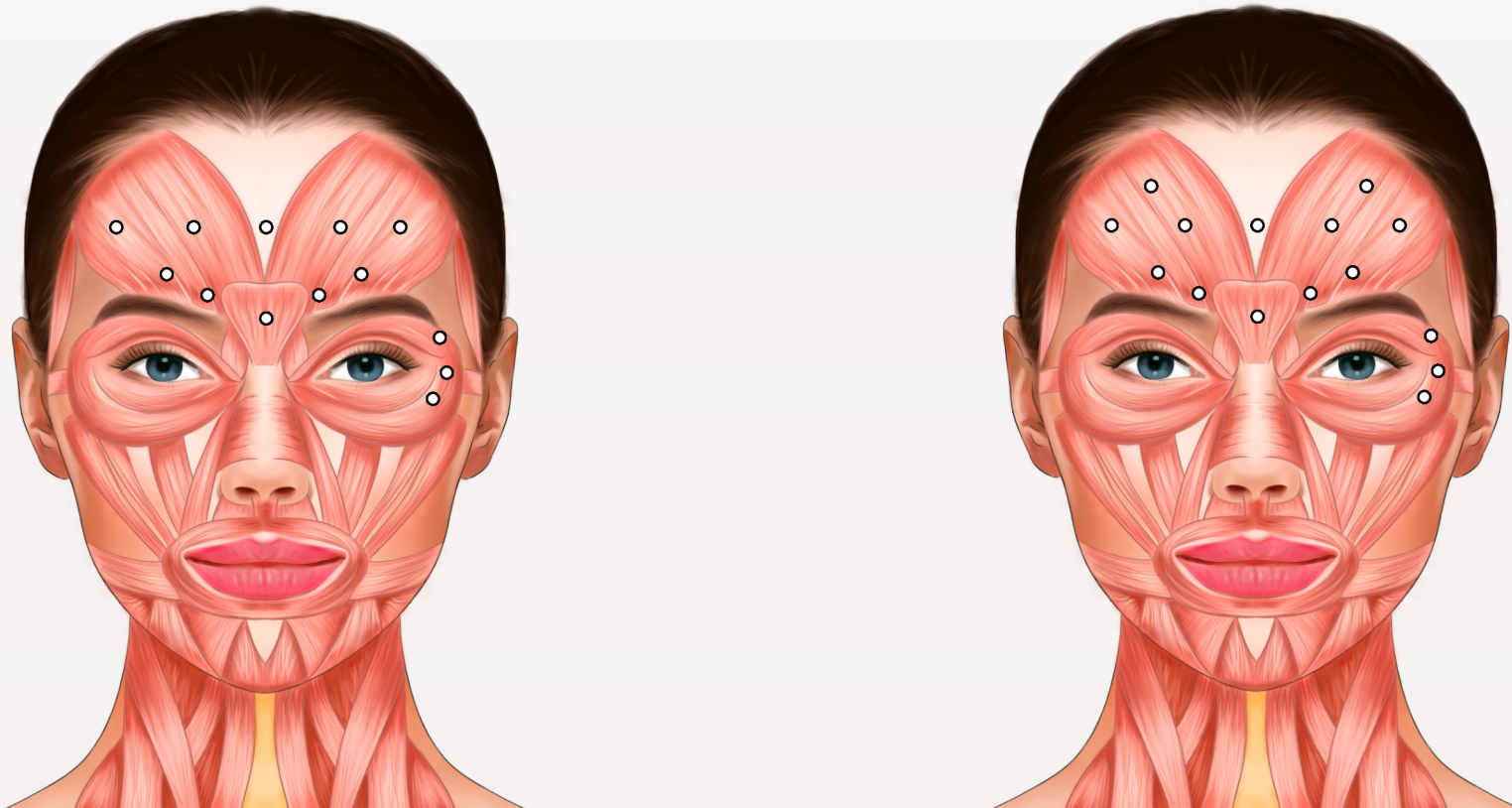
## BOTOX INJECTION ZONES

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Botox injection points change for each person because every individual's facial anatomy, muscle strength, and aesthetic goals are unique. Factors such as the size and shape of facial muscles, skin thickness, age-related changes, and natural asymmetries all influence where and how much Botox should be injected.

Additionally - personal preferences about the desired look, whether that may be subtle softening or more dramatic wrinkle reduction, will affect treatment planning. Customising injection points ensures optimal results, natural expressions, and minimises the risk of side effects like drooping or unevenness.

Therefore, experienced practitioners tailor each Botox treatment to fit the patient's specific anatomy and goals.



# BOTOX INJECTION DEPTHS

## 1 GLABELLA (CORRUGATOR & PROCERUS MUSCLES)

### DEPTH

- Usually deep intramuscular injection
- Inject just beneath the skin, targeting the muscle belly

### REASON

- The corrugator muscles lie deep to the frontalis and orbicularis oculi, so a deeper injection ensures effective muscle relaxation without diffusion to adjacent muscles.

## 2 FRONTALIS MUSCLE (FOREHEAD LINES)

### DEPTH

- Superficial to mid-depth intramuscular injection
- Inject at or just below the skin surface, avoiding too deep placement

### REASON

- The frontalis is a thin, superficial muscle; superficial injections reduce risk of brow ptosis by sparing deeper muscles.

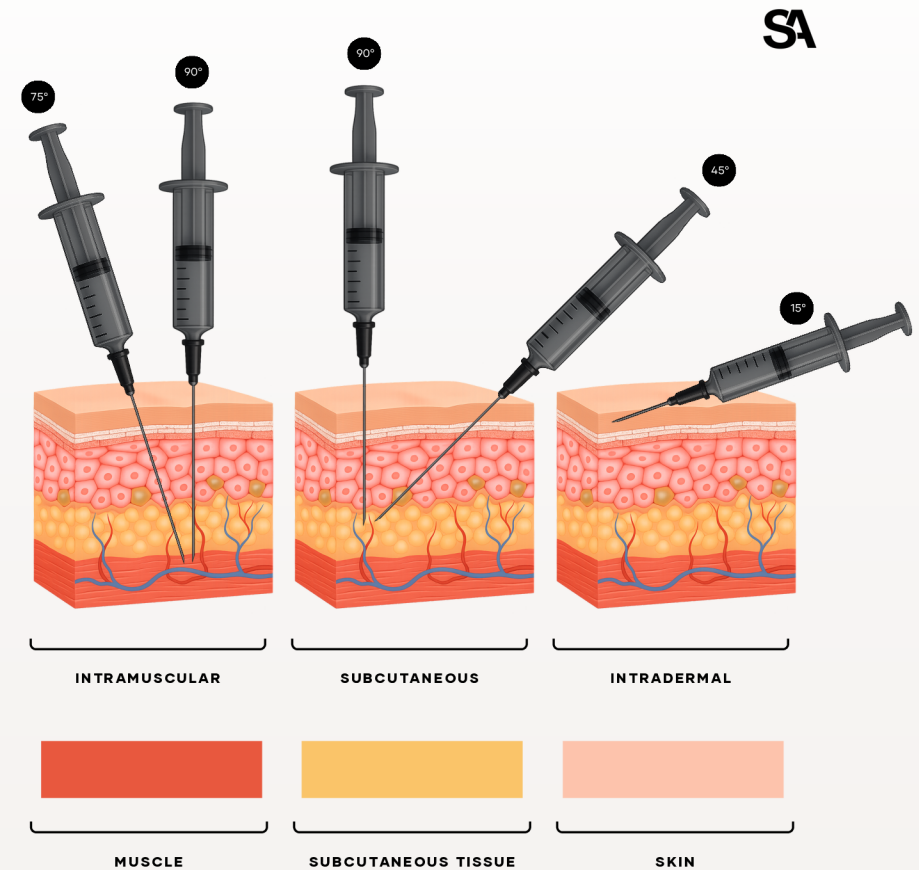
## 3 ORBICULARIS OCULI (CROW'S FEET AREA)

### DEPTH

- Typically superficial to mid-depth intramuscular injection
- The injections are placed just beneath the skin, targeting the lateral fibers of the orbicularis oculi muscle.

### REASON

- The orbicularis oculi is a thin, delicate muscle that encircles the eye just under the skin.
- Superficial injections help soften the crow's feet lines caused by muscle contraction during smiling and squinting, while minimising the risk of affecting deeper muscles responsible for eyelid elevation.



### ADDITIONAL NOTES:

- Careful placement is essential to avoid diffusion into the levator palpebrae superioris muscle, which could cause eyelid ptosis (drooping).
- Multiple small injections around the lateral orbital rim allow even muscle relaxation and natural-looking results.

# BOTOX PRODUCTS

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## LEGALISED BOTOX PRODUCTS IN THE UK

**REGULATORY AUTHORITY** → Medicines and Healthcare products Regulatory Agency (MHRA) oversees approval and safety.

## LICENSED BOTOX BRANDS

- BOTOX® COSMETIC (ONABOTULINUMTOXINA)** → Allergan
- DYSPOURT® (ABOBOTULINUMTOXINA)** → Ipsen
- AZZALURE® (ABOBOTULINUMTOXINA)** → Ipsen (mainly cosmetic use)
- XEOMIN® (INCOBOTULINUMTOXINA)** → Merz Pharma

## KEY POINTS:

- All products are MHRA-approved and prescription-only.
- Only to be administered by trained, licensed healthcare professionals.
- Avoid unlicensed or counterfeit products to ensure patient safety.

## OUR PERSONAL CHOICE OF BRAND IS - AZZALURE

- MANUFACTURER** → Ipsen, a global biopharmaceutical company specialising in innovative therapies.
- PRODUCT** → Azzalure is a botulinum toxin type A formulation designed primarily for cosmetic use.
- LICENSING** → Approved and regulated by the MHRA for use in the UK and Europe.
- PURPOSE** → Targets dynamic facial wrinkles by relaxing muscles responsible for expression lines.

## UNIQUE FEATURES

- Specifically formulated for aesthetic treatments
- Trusted by clinicians across Europe
- Comparable efficacy and safety profile to other botulinum toxin products

**BRAND REPUTATION** → Known for quality, consistency, and reliability in cosmetic dermatology.



## AZZALURE PROTOCOL



## BOTOX PROTOCOL



To prepare Azzalure botulinum toxin for safe and effective injection following manufacturer guidelines and aseptic technique.

## STEP-BY-STEP PROCEDURE:

### 1 HAND HYGIENE & PPE

- Perform thorough handwashing.
- Put on sterile gloves.

### 2 PREPARE WORK AREA

- Use a clean, disinfected surface in a well-lit area.
- Assemble all materials.

### 3 INSPECT VIAL

- Check Azzalure vial for expiration date, damage, and clarity of powder (should be white, dry, and free of clumps).

### 4 DISINFECT VIAL TOPS

- Wipe the rubber stopper of both Azzalure vial and saline vial/ampoule with an alcohol swab.
- Allow to air dry.

### 5 DRAW UP SALINE

- Using a sterile syringe, draw up the required volume of saline.

**STANDARD RECONSTITUTION** → 0.9 ml sterile saline per 125 units vial (some protocols may vary slightly; always follow product-specific instructions).

### 6 INJECT SALINE INTO AZZALURE VIAL

- Insert the needle into the Azzalure vial's rubber stopper.
- Slowly inject the saline down the side of the vial to avoid excessive foaming or bubbles.

### 7 MIX GENTLY

- Without shaking, gently swirl or roll the vial between your palms until the powder is fully dissolved.
- Do not shake vigorously to avoid denaturing the toxin.

### 8 INSPECT SOLUTION

- Ensure the solution is clear and free of particulates.
- If cloudy or particulate matter is present, do not use the vial.

### 9 PREPARE FOR INJECTION

- Draw up the required dose into a sterile syringe for patient injection.
- Use immediately or store per manufacturer guidelines (usually use within 24 hours, refrigerated).

### 10 DISPOSE OF WASTE

- Dispose of needles, syringes, and any used materials safely in sharps containers.

Azzalure can be mixed with 0.63ml of saline or 125ml (double). If using double the saline, you double the units injected, to ensure the dosage is the exact same. We personally recommend 125ml as it makes it much easier to measure on insulin needles.



## MEASUREMENT OPTIONS

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### FULL FREEZE BOTOX

**WHAT IT MEANS** → All targeted muscles are fully relaxed to eliminate movement in the treated area.

**GOAL** → Maximise wrinkle reduction and create a very smooth, tight appearance.

**COMMON AREAS** → Forehead lines, frown lines (11s), crow's feet.

#### BEST FOR YOU IF:

- You want a dramatic reduction in wrinkles.
- You're okay with having minimal facial movement in treated areas.
- You prefer a "frozen" or polished look.

#### CONS:

- Can look less natural.
- May feel stiff or expressionless in some situations.

### HALF FREEZE (AKA BABY BOTOX OR SOFT BOTOX)

**WHAT IT MEANS** → Smaller doses are used to soften muscle movement, rather than completely stop it.

**GOAL** → Maintain some natural expression while still reducing fine lines.

**COMMON FOR** → First-time users, people in creative or public-facing roles, or anyone who wants a subtle, refreshed look.

#### BEST FOR YOU IF:

- You want natural-looking results.
- You're nervous about looking "frozen".
- You prefer preventative or subtle anti-aging effects.

#### CONS:

- May not completely erase deeper wrinkles.
- Effects may wear off a little sooner.



## WHICH SHOULD YOU CHOOSE?

QUESTION	GO WITH FULL FREEZE	GO WITH HALF FREEZE
Do you want maximum wrinkle removal?	Yes	Not the focus
Is a natural look important to you?	Less so	Yes
Are you new to Botox?	Might be too aggressive	Good starter
Do you mind minimal expression in treated areas?	Fine	Not ideal
Do you have deep-set wrinkles?	Better suited	May not be enough

### PRO TIP

A skilled injector can also customise the dose per area, blending full freeze in some parts (like between the brows) and half freeze in others (like the forehead), depending on your goals.

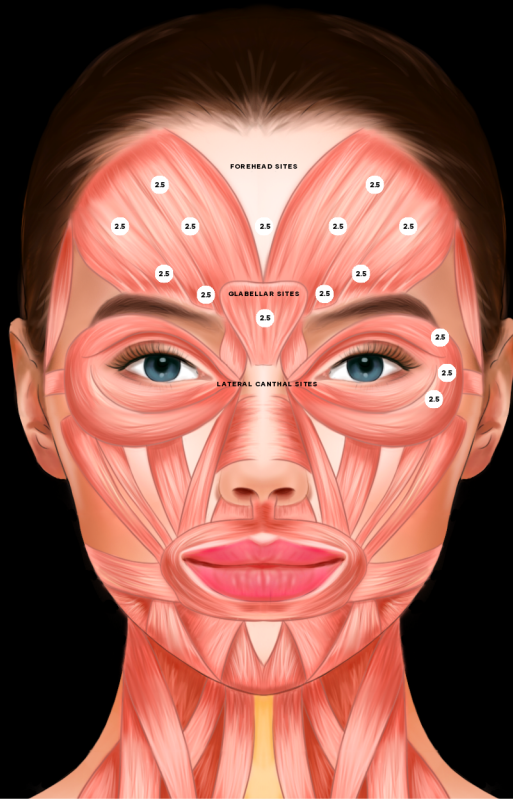


# MEASUREMENT OPTIONS

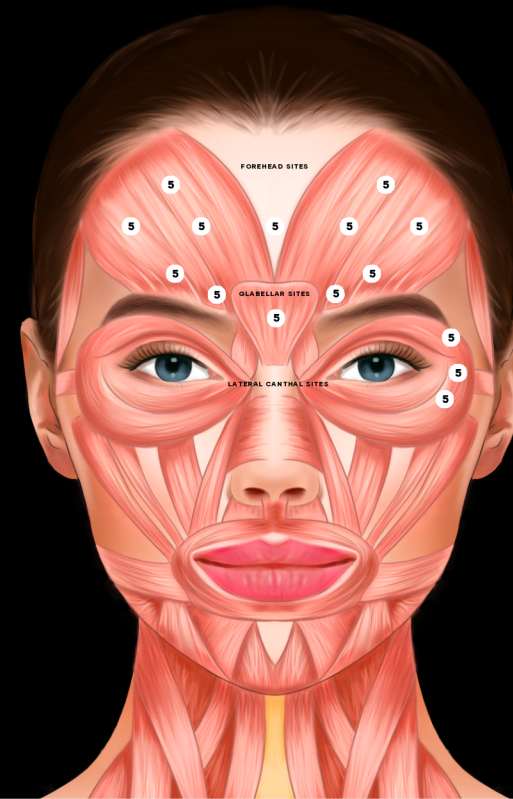
FOR FULL FREEZE → We inject 5 units per injection site.

FOR HALF FREEZE → We inject 2.5 units per site - aka half the product.

HALF FREEZE



FULL FREEZE



Botox is a prescription-only medication, meaning you cannot legally buy or receive Botox treatments without a consultation and approval from a licensed medical professional.

## HERE'S WHAT YOU NEED TO KNOW ABOUT PRESCRIPTIONS FOR BOTOX:

### WHO CAN PRESCRIBE BOTOX?

In most countries (including the U.S., UK, Canada, Australia), Botox must be prescribed by a licensed medical professional, such as:

- Doctors (MD/DO)
- Nurse Practitioners (NP)
- Physician Assistants (PA)
- Dentists (in some countries and for specific uses)

### HOW THE PRESCRIPTION PROCESS WORKS:

**CONSULTATION** → You'll complete a medical consultation to discuss your goals, medical history, and whether Botox is suitable for you.

**ASSESSMENT** → The provider assesses your facial structure and muscle movement.

**PRESCRIPTION** → If approved, Botox will be prescribed so you can order.

**ADMINISTRATION** → The provider injects Botox in the indicated areas.

### WHY YOU CAN'T JUST GET BOTOX WITHOUT A PRESCRIPTION?

Botox is a neurotoxin—even in small doses, it requires careful handling. Incorrect dosing or injection technique can cause:

- Drooping eyelids
- Asymmetry
- Difficulty speaking or swallowing (in rare cases)
- Legal and health consequences for both the injector and patient if done improperly.

### TIP:

If you're going to a med spa or clinic, always check that:

- The provider is licensed and authorised to prescribe/administer Botox.
- They are using authentic Botox.
- They conduct a proper consultation before injection.

### DO YOU NEED A PRESCRIPTION FOR COSMETIC BOTOX?

Yes. Even for cosmetic purposes (like forehead lines or crow's feet), Botox must be:

- 1 Prescribed after a medical assessment.
- 2 Administered by a qualified provider in a licensed setting.

### CAN YOU GET A BOTOX PRESCRIPTION ONLINE?

- In some cases, Doctor's and Prescribers can remote prescribe if insurance covers them too.
- Nurses cannot remote prescribe under the NMC regulations.



We recommend using **FACES CONSENT** for all prescriptions and orders  
Scan the QR code to sign up to Faces Consent

## PRODUCTS NEEDED

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### BOTOX PRODUCTS

- Your Toxin product
- Preservative-free saline (0.9% sodium chloride) - for reconstitution of Botox powder. We recommend TORBAC
- Syringes (Insulin syringes) - for drawing and injecting
- Needles (18G) for drawing up the saline

### PRE-TREATMENT SUPPLIES

- Alcohol prep pads or antiseptic wipes — to cleanse the injection sites
- Gloves (non-latex, sterile) — for hygiene
- Facial marker or white eyeliner pencil — to mark injection points (optional)
- Cotton pads or gauze — for blotting any post-injection bleeding

### OPTIONAL COMFORT ITEMS

- Ice packs or cooling rollers — to reduce discomfort and swelling
- Topical numbing cream (rarely needed for Botox but sometimes used for anxious patients).



## STORAGE OF TOXIN MEDICINES

**TEMPERATURE** → Store in a medical refrigerator at 2°C to 8°C (36°F to 46°F).

- Do not freeze
- Keep in original packaging to protect from light

**SHELF LIFE** → Refer to the expiration date printed on the vial by the manufacturer (usually 24–36 months from manufacture if stored correctly)

### IMPORTANT STORAGE TIPS

- Do not expose to heat — excessive temperatures can denature the botulinum toxin
- Do not shake the vial when mixing — gently swirl or invert to avoid damaging the molecule
- Keep out of direct light — UV can degrade the active ingredient
- Secure storage — Botox is a controlled substance in many places and should be stored in a secure, professional setting



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