

PATIENT INFORMATION

BOTULINUM TOXIN (BTX)



Cutis Clinic



ABOUT THE TREATMENT

Botulinum toxin (BTX) has been used for cosmetic facial treatments since 1989 and is currently the most widely performed cosmetic procedure worldwide.

Based on decades of clinical experience and millions of treatments performed, BTX is considered a well-documented treatment with a generally favorable safety profile when administered correctly by qualified healthcare professionals.

BTX is used to treat dynamic wrinkles, which are caused by muscle contractions beneath the skin. The product works by temporarily blocking the release of neurotransmitters between nerves and muscles, thereby relaxing the treated muscles and reducing facial expression lines and wrinkles.

Sensation in the treated area is generally unaffected or only temporarily affected.



PRE-TREATMENT CONSULTATION

After reviewing this written patient information, you will attend a consultation to assess whether the treatment is appropriate for you. The consultation may be conducted as a video consultation.

Together, we will discuss your wishes, expectations, and treatment options and develop an individualized treatment plan.

During the consultation, you will receive verbal information about the procedure and have the opportunity to ask questions. You are welcome to bring a companion.

For cosmetic indications, a mandatory reflection period of at least 2 days is required before you can provide final consent for treatment.

BTX may be combined with other cosmetic procedures. Potential combination treatments can be discussed during the consultation.

BTX treatment is not offered to:

- Pregnant or breastfeeding women
- Patients under 18 years of age (for cosmetic treatment)
- Patients with known hypersensitivity to any of the ingredients (botulinum toxin, human albumin, sodium succinate)
- Patients with certain rare neuromuscular disorders, such as myasthenia gravis or other known neuromuscular diseases

Medications that may enhance the effect of BTX:

- Aminoglycosides
- Penicillamine
- Quinine
- Calcium channel blockers

It is important that you inform your practitioner about all prescription medications, over-the-counter drugs, supplements, and occasional medications before treatment.



PREPARATION BEFORE TREATMENT

We recommend discontinuing acetylsalicylic acid (e.g., Aspirin®), herbal medicines, and dietary supplements with blood-thinning properties (e.g., fish oil, garlic, ginger, ginseng, ginkgo biloba, and vitamin E) one week prior to treatment in order to reduce the risk of bruising.

No other special preparation is required.

THE TREATMENT

Clinical photographs are obtained before treatment as part of medical record keeping and documentation of the treatment process in accordance with applicable regulations.

The skin will be cleansed and disinfected, and the treatment areas will be identified in consultation with you.

BTX is injected in small amounts using a very fine needle into selected muscles. The procedure takes only a few minutes, and you may resume normal daily activities immediately afterwards.

AFTER THE TREATMENT

We recommend waiting at least 4 hours before applying skincare products or makeup.

During the first 24 hours after treatment, you should:

- Avoid massaging or applying pressure to the treated areas
- Avoid strenuous physical exercise
- Avoid exposure to high temperatures (e.g., sauna or steam baths)
- Avoid consuming very hot beverages



SIDE EFFECTS

BTX treatment is generally considered safe and is associated with a low risk of serious adverse events. The occurrence of side effects or complications is not, in itself, an indication of malpractice.

Common side effects:

- Mild discomfort during injection (temporary)
- Tenderness, redness, and swelling (typically resolve within 1-2 days)
- Bruising caused by minor bleeding (usually resolves within approximately one week)

Rare side effects:

- Overcorrection resulting in reduced facial expression or drooping of the upper eyelid; this is usually temporary and gradually improves over several weeks
- Headache and flu-like symptoms (typically temporary, improving over days to weeks and may be treated with paracetamol)
- Infection (bacterial or viral) with redness, warmth, tenderness, swelling, or blistering – contact a physician if infection is suspected
- Severe allergic reaction (anaphylaxis), requiring immediate medical attention
- If you experience worsening symptoms, significant pain, or any concerning reaction, please contact the clinic or seek medical advice





RESULTS

The effect of BTX develops gradually, and the final result is typically visible after approximately 14 days.

The effect generally diminishes gradually after 2-4 months, although duration varies from patient to patient depending on dosage, muscle activity, and baseline muscle strength.

With repeated treatments at appropriate intervals, the duration of effect may increase over time.

Treatment outcomes vary between individuals, and a specific cosmetic result cannot be guaranteed. In rare cases, the effect may diminish over time due to the development of neutralizing antibodies.

If the treatment effect is insufficient or the cosmetic result is unsatisfactory, a professional assessment and possible adjustment can often be performed. The clinic must be contacted within 14 days of treatment.

Requests made after this period will be considered a new treatment and will be charged accordingly.

Questions and contact

Telephone: +45 70 20 70 66

Email: info@cutisclinic.dk

CONTACT INFORMATION

Email
info@cutisclinic.dk

Phone
+45 70 20 70 66

Website
www.cutisclinic.dk

CLINICS

Odense

Køge

København

REVISION OF PATIENT INFORMATION

Cutis Clinic ©

Version: 3.0

Medically responsible and prepared by:

Emil Mørk Henningsen, MD

Board-Certified Specialist in Dermatology

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This document will be reviewed no later than January 1, 2028, or earlier if required due to significant changes in clinical practice, treatment protocols, or applicable regulatory requirements.

