



1. Before Your Appointment

What is it?

Botulinum toxin type A is a prescription medication approved by the FDA that temporarily inhibits neuromuscular transmission, resulting in controlled muscle relaxation.

Medical purpose:

- ✔ Temporary reduction of dynamic facial wrinkles
- ✔ Prevention of progression of expression-related lines
- ✔ Cosmetic improvement when medically appropriate

Medical requirements (MBC-aligned).

- ✔ A medical evaluation must be performed prior to treatment
- ✔ Botox is administered only pursuant to a valid medical order
- ✔ Informed consent must be reviewed and signed before treatment
- ✔ Full disclosure of medical history, medications, supplements, and allergies is required
- ✔ Patients must disclose pregnancy, breastfeeding, or neuromuscular conditions

What not to do:

- ✘ Do not consume alcohol at least 24 hours prior
- ✘ Avoid blood-thinning medications unless approved by the prescribing provider
- ✘ Do not undergo treatment if active infection or skin lesions are present in the treatment area

2. During Your Appointment

How is it performed?

- ✔ The treatment area is cleansed and prepared using aseptic technique
- ✔ Small doses are injected into targeted muscles using sterile equipment
- ✔ Procedure duration is approximately 10–20 minutes

Provider qualifications (MBC compliance):

- ✔ Botox is administered by a California-licensed physician, nurse practitioner (NP), physician assistant (PA), or registered nurse (RN) acting within scope
- ✔ RNs perform injections only under physician delegation and supervision, per California law
- ✔ Treatment planning, dosing, and medical judgment remain the responsibility of the supervising or prescribing provider



3. After Your Appointment

Post-treatment instructions:

- ✔ Do not lay down
- ✔ Follow all post-procedure medical instructions provided
- ✔ Report any adverse or unexpected reactions promptly
- ✔ Apply SPF every 2 hours without massaging or rubbing the face

Restrictions:

- ✘ Do not massage or manipulate treated areas for 24 hours
- ✘ Do not do exercise, avoid sun exposure or hot steam like saunas, do not touch the face with the hands dirty, do not drink alcohol or consume drugs

Expected outcomes:

- ✔ Initial effects: 3–7 days
- ✔ Peak effect: Within 30 days
- ✔ Duration: typically 3–4 months (varies by patient)

MEDICAL OVERSIGHT & SUPERVISION STATEMENT (MBC)

All medical services are provided by BioHealth Medical PC under the supervision of a licensed physician, in compliance with applicable state and federal regulations. Lotus Esthetic & Skin Care provides management and administrative services for BioHealth Medical PC and does not provide medical services.

PRIVACY & CONFIDENTIALITY (HIPAA)

All patient information constitutes Protected Health Information (PHI) and is maintained in accordance with the Health Insurance Portability and Accountability Act (HIPAA) and applicable California privacy laws. Access to information is limited to authorized personnel for treatment, payment, and healthcare operations.