

Information for patients being treated with **VISTABEL®** *for frown lines*

Your doctor has recommended that you
are suitable for treatment with VISTABEL®.

This leaflet provides additional information
for patients.

VISTABEL® and BOTOX® are registered trademarks of ALLERGAN



Coronation Road, High Wycombe, Bucks HP12 3SH

Date of preparation: January 2006

ACA 15/2006



The makers of BOTOX®



VISTABEL[®]

Botulinum Toxin Type A

Everyone knows that regular exercise and a balanced diet are two important ways to help stay healthy, feel well and look good. But nothing can stop time passing and, whether we like it or not, we all grow older and it shows in our faces. Frown lines and wrinkles are a normal part of the ageing process, but they can make you look more tired, angry or older than you really are.

The structure of skin changes with time and it becomes less elastic and flexible. There are fewer fat cells in the lower layers (the dermis) of the skin and it becomes more transparent whilst the oil and sweat glands, which help keep skin supple, become less active. Muscles in the face also begin to sag and the skin becomes creased and folded. Older skin is drier and it renews itself less quickly than younger skin. All these factors affect how facial skin looks.

Ageing is a natural process and many people want to feel good for their age with a natural look and seek out ways to help them achieve that.

Your doctor has recommended treatment for you with injections of VISTABEL[®] and has given you this information booklet. If you would like further information or have questions about this treatment, please ask your doctor.

Doctors may sometimes use the name BOTOX[®] when they are discussing treatment with VISTABEL[®] because the two products contain exactly the same active ingredient and are supplied by the same company, Allergan.

BOTOX[®] is approved in the UK for the treatment of several medical conditions including hyperhidrosis (excessive sweating).

VISTABEL[®] is approved in the UK for the treatment of glabellar lines (frown lines between the eyebrows).

You may wish to ask your doctor to confirm that VISTABEL[®] is the product she/he is using for your treatment. VISTABEL[®] is packaged in a glass vial with a red lid labelled as VISTABEL[®] and an Allergan hologram on the label.





VISTABEL® contains a specially prepared naturally occurring protein that originates from bacteria.

Although VISTABEL® is a new name, the purified protein it contains has been used in clinical practice under the name BOTOX® for more than 10 years. This extensive experience confirms the established safety profile of treatment with VISTABEL®.

Other preparations are available to manage facial lines and you should discuss the various treatments and their differences with your doctor so that the effect you get is the one you want.

A minute quantity of VISTABEL® is injected into the muscles that cause dynamic lines, for example frown lines. The injection temporarily prevents nerve signals from reaching the muscle and, as a result, the muscle relaxes. As the muscle relaxes, the skin smoothes out.

Treatment can take as little as 10 minutes and most people return to normal activities immediately afterwards.

The smoothing effect of the first treatment usually lasts for up to 4 months.

VISTABEL® should only be injected by an experienced injector who can make sure that the correct amount is injected in precisely the right places. In this way the desired result with a natural look can be achieved.

What side effects may I expect following treatment?

Side effects, if they occur, are usually temporary and mild to moderate.

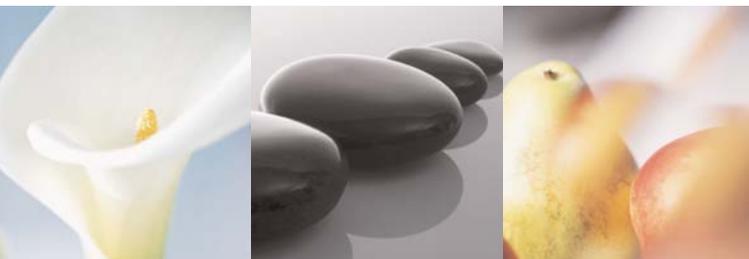
As with all prescription medicines, VISTABEL® can cause side effects and your doctor will advise you about these in more detail.

Most side effects experienced by patients are short-lived and are linked to the injections e.g. pain on injection, redness, swelling etc.

Other side effects such as ptosis (drooping of the upper eyelid), whilst still temporary in nature can be caused by a spread of the injection into nearby muscles.

Choosing an experienced injector will minimise (but not eliminate) the risk of such side effects.

A detailed list of side effects can be obtained from the Patient Information Leaflet in the product pack. Please ask your physician for this leaflet.





What else can I do?

Here are a few simple rules to follow to help encourage healthy skin.

- Use sunscreens every day when going out in the sun
- Don't smoke – it is linked to premature wrinkles
- Eat a healthy diet including fresh fruit and vegetables
- Drink plenty of water
- Apply moisturisers to help keep skin smooth and moisturised

Some people may want to consider further non-surgical treatment such as creams, lotions, fillers, peels and re-surfacing.

Whilst there are some preparations available from a pharmacist, other treatments may only be given by a doctor or nurse. For advice about this ask your doctor.

Useful contacts

Doctor's name:

Nurse's name:

Clinic telephone number:

Appointment 1:

Appointment 2:

Appointment 3:

Appointment 4:

