MR SIVA KUMAR

CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Anti-wrinkle injections

Botulinum toxin type A
For frown lines, forehead lines and crow's feet

Mr Siva Kumar Veeramani
Consultant Plastic, Reconstructive and Cosmetic Surgeon
MBBS BMedSci MRCSEd MBA FRCSEd (Plast.) · GMC 6114710

The Ü Clinic
Sevenoaks & Oxted

Version 1.0
October 2026

Contents

This booklet explains anti-wrinkle injections, what to expect, and the side effects and risks.

01	Why you have this booklet	3
02	What anti-wrinkle injections are	3
03	Is it right for you?	4
04	Other options	4
05	What you can expect from the result	5
06	Getting ready	5
07	The treatment	5
08	Recovery	5
09	Risks and complications	6
10	Further treatment	7
11	Photographs and records	7
12	Costs and time to think it over	7
13	Your decision	7
14	Your personal information	8
15	Who to contact, and when to get help urgently	8
16	What happens next	8

01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about anti-wrinkle injections, or you're about to.

It explains how the treatment works, what to expect, and the side effects and risks.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What anti-wrinkle injections are

Lines on the upper face are partly caused by repeated movement of the muscles underneath, such as frowning or raising the eyebrows. Botulinum toxin type A, known by brand names such as Botox, Azzalure, Bocouture and Dysport, relaxes the specific muscles that cause these lines, so the skin above smooths out.

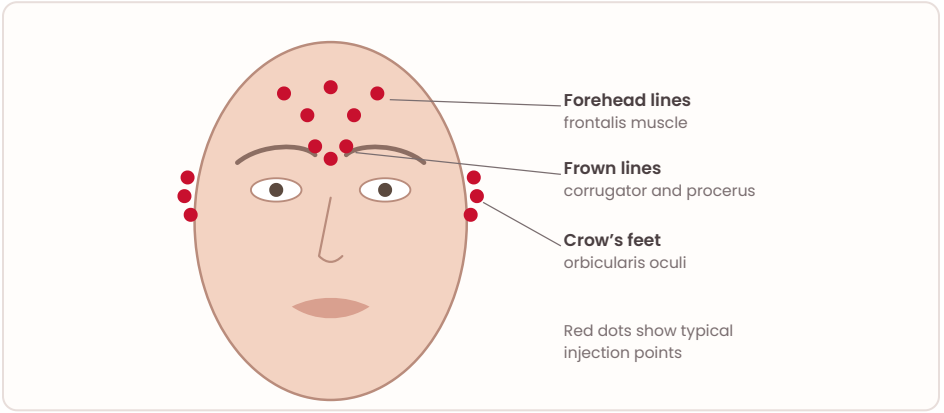


Figure 1. The muscles commonly treated and typical injection points. A simplified drawing for guidance only.

It is a prescription-only medicine, so it can only be prescribed after a face-to-face consultation with a qualified prescriber. Mr Kumar aims for a fresh, natural result that keeps your expression.

03 Is it right for you?

You're likely to be a good candidate if:

- you are bothered by lines caused by movement
- you are in good general health
- you are not pregnant or breastfeeding

What the treatment won't do

- **It won't restore lost volume.** Fillers do this.
- **It won't fully remove deep lines** present at rest.
- **It won't last for ever.** The effect wears off over 3–4 months.

Please tell Mr Kumar if you have, or have had

- you are pregnant, trying to become pregnant or breastfeeding
- a nerve or muscle condition such as myasthenia gravis, or you take medicines that affect nerves or muscles
- an infection, cold sore or rash in the area
- you take blood thinners, aspirin or supplements such as fish oil
- allergies, including to previous injectable treatments or to lidocaine
- previous fillers, threads or permanent implants in the area
- an autoimmune condition
- a recent or planned dental treatment, vaccination or illness
- body dysmorphic disorder, or significant worry about your appearance

04 Other options

You don't have to have this treatment. Depending on what bothers you, the alternatives include:

- skin treatments such as laser or microneedling

- dermal fillers for deeper lines
- doing nothing

05 What you can expect from the result

3–5 days
Effect starts

2 weeks
Full effect; review

3–4 months
Gradually wears off

06 Getting ready

To get the best result and reduce bruising, please:

- **avoid alcohol** for 24 hours beforehand
- **avoid blood-thinning painkillers and supplements**, such as ibuprofen, aspirin and fish oil, for a few days beforehand, unless prescribed
- **come without make-up** on the area if you can
- **avoid booking** just before an important event, as bruising can take up to 2 weeks to settle

07 The treatment

After cleansing the skin, a few tiny injections are placed into the target muscles with a very fine needle. It takes 15–30 minutes. You may see small bumps for 20 minutes, which settle.

08 Recovery

- **For 4 hours,** stay upright and don't rub or massage the area.
- **For 24 hours,** avoid strenuous exercise, saunas, alcohol and facials.
- **You can go back to work straight away** and wear make-up after a few hours.

09 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Small red bumps at the injection points for 20–30 minutes.

Other complications

- **Bruising** COMMON
  Small bruises that fade within 1–2 weeks.
- **Headache** COMMON
  Usually mild and settles within a day or two.
- **Drooping of an eyelid or eyebrow** UNCOMMON
  From the toxin affecting a nearby muscle. It wears off over a few weeks, and eye drops can help.
- **Asymmetry or an unnatural look** UNCOMMON
  Usually easily corrected at your review.
- **Lack of effect** UNCOMMON
  Some people respond less, and a very small number develop resistance.

Rare but serious complications

Please read this section carefully.

- **Allergic reaction** VERY RARE

- **Spread of the toxin** VERY RARE
  Very rarely, difficulty swallowing, speaking or breathing. Seek urgent help if this happens.

10 Further treatment

Many people choose to repeat treatment to maintain the result. If a small adjustment is needed, it is usually done at your review appointment.

11 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

12 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

You don't have to decide on the day. Many people prefer to go away and think about it. You can change your mind at any point before treatment, and you don't need to give a reason.

13 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

14 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

15 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Call 999 or go to your nearest A&E immediately if you have

- difficulty swallowing, speaking or breathing
- swelling of the face, lips or throat, or a widespread rash

Contact us promptly if you have

- swelling, redness or pain that is getting worse, or a temperature
- lumps that are tender, red or hot
- anything unexpected that worries you

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

16 What happens next

Before your treatment, Mr Kumar will go through this information with you and ask for your written consent. If anything in this booklet has raised a question, or if anything changes with your health or medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

Telephone	020 3026 9695
Email	info@theuclinic.com
Sevenoaks	The Ü Clinic, 74 London Road, Sevenoaks TN13 2DN
Online	mrsivakumar.com

Mr Siva Kumar Veeramani is a Consultant Plastic, Reconstructive and Cosmetic Surgeon. GMC 6114710.