



The Confidence Injection Protocol™:



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The Confidence Injection Protocol™ is a proprietary technique designed by Dr Harry to enhance both the safety and effectiveness of aesthetic treatments. By integrating evidence-based practices with patient-centred care, it ensures superior outcomes, high patient satisfaction, and minimised risks of complications.

The protocol covers all phases of the treatment journey—pre-treatment planning, procedural techniques, and post-treatment care—providing a robust framework for practitioners to follow.

1. Pre-Treatment Considerations

Objective: Minimise risk, set clear expectations, and prepare the patient and practitioner for success.

Patient Assessment

1. Medical History:

- Screen for allergies, including reactions to lidocaine, hyaluronic acid, bee/wasp stings or botulinum toxin.
- Assess for conditions like autoimmune diseases, bleeding disorders, previous episodes of Cold Sores or a history of keloid scarring.
- Review medications such as anticoagulants, aspirin, or herbal supplements that may increase bruising risk.

2. Psychological Assessment:

- Evaluate the patient's expectations and body image perceptions to ensure realistic goals.
- Identify contraindications like body dysmorphic disorder (BDD), which could complicate treatment outcomes.

3. Anatomical Mapping:

- Conduct a facial anatomy analysis to identify higher-risk (all areas carry an element of risk) vascular zones (e.g., Glabella, Nasolabial folds).
- Note asymmetries, muscle mass, and skin conditions to customise the treatment plan.

Preparation

1. Pre-Treatment Instructions for Patients:

- Avoid blood-thinning substances like aspirin, NSAIDs, and alcohol 48-72 hours before treatment.

- Prophylactic antivirals for those with a history of herpes simplex virus (HSV), particularly for lip fillers.
- Stop vitamin E, omega-3 supplements, and other bruise-enhancing agents two weeks prior.

2. Informed Consent:

- Discuss risks, benefits, and alternatives to ensure informed decision-making.
- Always take pre treatment photos
- Use visual aids or digital simulations to align expectations.

2. During Treatment

Objective: Employ precise, evidence-based techniques to ensure safe, effective, and aesthetically pleasing results.

Injection Techniques

1. Dermal Fillers:

- Needle Use:
 - Aspirate for at least 5-7 seconds, longer for viscous fillers, before injecting.
- Product Placement:
 - Use retrograde or micro-bolus (<0.1 mL) injections and inject slowly to reduce pressure and risk of vascular occlusion.
 - Favour cannulas for high-risk areas to minimise vessel injury.
- Injection Technique:
 - Apply continuous movement or fanning methods to prevent product buildup.

2. Botulinum Toxin:

- Adjust dosing based on muscle mass and patient-specific anatomy to prevent complications like asymmetry or ptosis.
- Safer to baby step, we can always add more at the review appointment
- Avoid injecting into "danger zones," especially lower half of Frontalis
- Inject at proper depth.

3. Preventive Monitoring:

- Observe for early signs of complications:
 - Blanching or pallor (vascular compromise).
 - Severe pain or discolouration (ischemia).

Safety Equipment:

- Have Hyaluronidase readily available to manage vascular occlusions.
- Keep your medical emergency kit up to date and all team members know where it's located

Emergency Management:

- Anaphylaxis: Administer intramuscular adrenaline (0.5 mL of 1:1000) and escalate to emergency care.
- Vascular Occlusion: Apply Hyaluronidase immediately, massage the area, and refer to a specialist if vision changes occur.

3. Post-Treatment Protocol

Objective: Promote healing, address complications promptly, and enhance patient satisfaction.

Immediate Aftercare

1. Patient Instructions:

- Avoid strenuous activity, extreme heat, and pressure on treated areas for 24-48 hours.
- Use a cold compress for 5-10 minutes to minimise swelling and bruising.

2. Signs to Watch For:

- Red flags: Severe pain, discolouration, swelling, or visual disturbances require immediate follow-up.
- Expected outcomes: Mild swelling or redness resolving within 24-48 hours.

Follow-Up and Monitoring

1. Scheduled Reviews:

- First follow-up after 14 days to assess symmetry and patient satisfaction.
- Address mild asymmetry with minor touch-ups if needed.

2. Managing Common Complications:

- Bruising: Apply topical agents (e.g., Arnica, Bromelain) and reassure the patient.
- Delayed Onset Nodules:
 - Use massage, Hyaluronidase, or antibiotics depending on the presentation.
- Infections: Initiate antibiotics for signs like warmth, fever, or pus, and escalate if systemic symptoms occur.

3. Patient Education:

- Provide a hotline or contact information for urgent questions.
- Educate on expected timelines for resolution of side effects like swelling and mild asymmetry.

Conclusion

The Confidence Injection Protocol™ is a roadmap to excellence in aesthetic care. By focusing on precision, safety, and patient-centred outcomes, it equips practitioners to deliver treatments with confidence, reducing risks and fostering satisfaction.

Thank you

Harry