

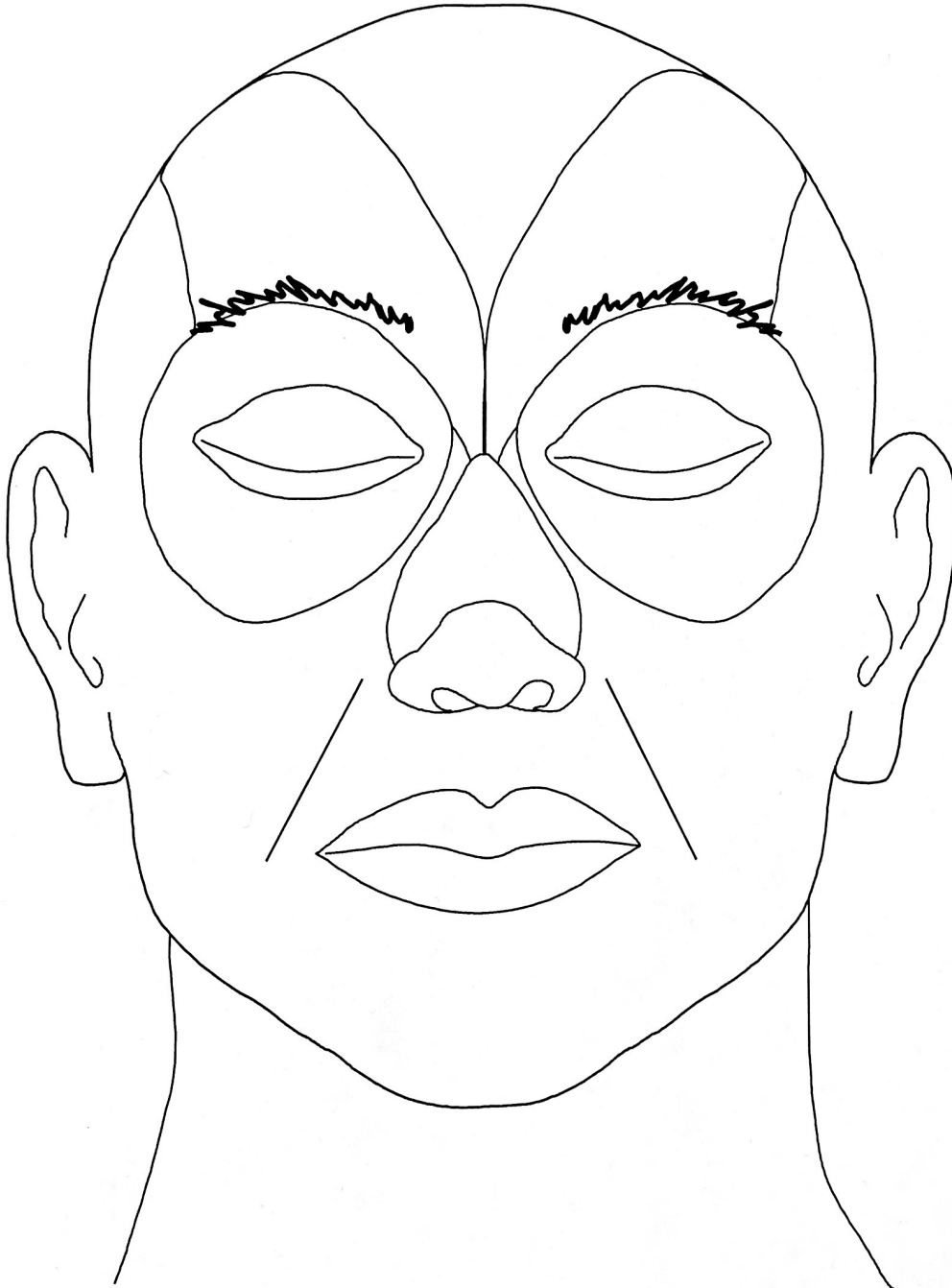
Injection Journal

How to fill out your journal

- **Have your doctor fill out your facial map with the dosage and placement of each injection.**
- **Make sure your facial map is dated in case you need to refer to it later.**
- **On your calendar (for each month) mark the scale of 1 - 10 for:**
 - The severity of spasms, Dry Eye, and Photosensitivity**
- **Mark the day your toxin starts working.**
- **Mark when your toxin is at its peak.**
- **Mark when your toxin starts to wear off.**
- **Mark when your toxin fully wears off.**
- **Star stressful days for you, and the event that caused it.**
- **Keep track of good days.**
- **Have pages after each calendar month to journal and jot down extra things you need to keep track of.**
- **Make note of any side effects you have from your injections and how long they last.**
- **Write down anything abnormal with your eyes to tell your doctor.**
- **Make note if you stumble or fall due to your eyes.**

BOTULIUM TOXIN INJECTION

Comments _____



- ___ taking appropriate oral meds
- ___ failed appropriate oral meds
- ___ declines oral meds due to sedating effects
- ___ N/A

Injection Date: _____

Toxin Used: _____

A _____
FXNL # WASTE # COSM #

B _____
FXNL # WASTE # COSM #

D _____
FXNL # WASTE # COSM #

pt to call if problems

artificial tears QID

Totals Used: _____
A **B** **D**

_____, MD

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday
