

此外，患神經肌肉疾病者（如重肌無力症的患者）、孕婦和哺乳期婦女皆不宜接受治療。

#### Why doctors' diagnosis is of paramount importance? 醫生的診斷為何無比重要？

Under good hands of professional doctors, well-equipped with medical knowledge like muscle distribution and have a good grasp of the users' conditions and medical history, who are able to determine the correct injection sites and dosages which will vary for different treatments, Botulinum Toxin is very safe and has helped lots of people to improve their quality of life and rebuild their self-confidence.

As the technical requirement is very high, to achieve the optimal effect, the most sensible decision is to seek doctors' advice beforehand.

醫生只要正確判斷注射位置和劑量，注射肉毒桿菌素不僅安全，而且有助接受注射人士改善生活質素及重建自信。不過，這項治療有很高的技術要求，必須由熟知肌肉分佈，並且充分了解接受注射人士之情況和病歷的醫生進行，才能達到理想的治療效果。故此，強烈建議閣下事先尋求醫生的專業意見。

#### Appointment & Enquiries 預約及查詢

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如欲索取更多資料或預約，請致電本院醫學美容與職員聯絡，或瀏覽下列網站。

Tel 電話 : (852) 2275 6888  
Website 網址 : www.twah.org.hk



#### Map 路線圖



#### Bus 巴士

|     |                                 |        |
|-----|---------------------------------|--------|
| 39A | Tsuen Wan West Station          | 荃灣西站   |
| 39M | Tsuen Wan MTR                   | 荃灣港鐵站  |
| 30X | Whampoa Gardens                 | 黃埔花園   |
| 30  | Cheung Sha Wan                  | 長沙灣    |
| A38 | Hong Kong International Airport | 香港國際機場 |

To the Hospital Via Castle Peak Road:  
+ Alight at Tsuen King Circuit Flyover  
+ Take the bus in front of Tsuen King Circuit Police Station

所有行經青山公路荃灣段之巴士：  
+ 於荃景圍天橋站下車，  
+ 然後步行至荃景圍警署轉乘巴士到醫院。

#### Minibus 專線小巴

|     |                           |       |
|-----|---------------------------|-------|
| 95M | Tsuen Wan MTR             | 荃灣港鐵站 |
| 95  | Nina Tower                | 如心廣場  |
| 84  | Tsuen Wan Chung On Street | 荃灣眾安街 |

## A 24 小時急診中心 Hour Urgent Care Center

Adventist 港 Health 安 Hong Kong Adventist Hospital · Tsuen Wan  
香港港安醫院 · 荃灣

Address 地址 : 199 Tsuen King Circuit, Tsuen Wan, N.T.  
新界荃灣荃景圍199號

Telephone 電話 : (852) 2275 6688  
Fax 傳真 : (852) 2275 6767  
Website 網站 : www.twah.org.hk



Valid date 有效期至 : 2023/12/31

The Hospital reserves the right to change or amend details without prior notification.  
For the latest information, please visit our website at www.twah.org.hk  
如有任何資料調整或變更，本院毋須另行通知。  
如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

Adventist 港 Health 安  
Hong Kong Adventist Hospital · Tsuen Wan  
香港港安醫院 · 荃灣



## Medical Skin Treatment 醫學美容

- Botulinum Toxin Treatment  
肉毒桿菌素治療



## 4 Medical Skin Treatment 醫學美容

Hong Kong Adventist Hospital – Tsuen Wan Skin Clinic provides professional medical treatment for healthy skin. Taking into consideration the various needs of different people, we now offers a number of Botulinum Toxin Therapies, covering both cosmetic and therapeutic areas, to help them build up their confidence again. Our experienced Dermatologists, together with our cordial nursing staff, are ready to provide you with professional and safe services.

香港安醫院—荃灣皮膚診所提供專業的醫學美容治療，為照顧不同人士的需要，現推出不同的肉毒桿菌素治療方案 (包括美容領域及治療等方面)，幫助他們重建自信。治療項目由本院經驗豐富的皮膚科專科醫生主理，加上親切的護理人員，為閣下提供專業而安全的服務。

## 4 What is Botulinum Toxin? 甚麼是肉毒桿菌素？

Botulinum Toxin has been used for therapeutic purposes to treat strabismus and spasm since 1980s. Subsequently, its cosmetic use was first approved by US Food and Drug Administration (FDA) in 2002.

自八十年代起，肉毒桿菌素已用於治療斜視和痙攣，其後並於2002年首次獲得美國食品及藥物管理局 (FDA) 美容方面的認證。

## 4 Application of Botulinum Toxin Technology 肉毒桿菌素技術的應用

Usually 3 to 5 injection points will be chosen carefully in each treatment area and tiny stinging sensation may be felt during injection through an ultra-fine needle. Pre- and post-injection ice therapy will minimize the injection sensation.

The duration of effect is variable among different users. In general, it could last up to 3 to 4 months but may last longer, up to 6 months, for regular users.

一般而言，針對每個治療範圍，醫生會選擇三至五個部位，以特細針頭注射，期間可能感覺輕微的刺痛。不過，只需要於注射前和注射後冰敷，便可減少刺痛感。

因應不同使用者，其療效可維持的時間亦有所區別，通常可持續三至四個月，對定期使用者來說，效果可以長達半年。

## Wrinkle Treatment (Upper, Lower Face and Neck) 除皺（上半面、下半面和頸部）

Wrinkles form due to the development of tense muscles under the skin and the collagen depletion there. Botulinum Toxin injections can relax such tense muscles and smoothen the wrinkles leading to a more youthful appearance.

皺紋源於皮膚下的肌肉拉緊，及膠原蛋白損耗。肉毒桿菌素可放鬆拉緊的肌肉，撫平皺紋，令外貌看起來較年輕。

## Face Slimming and Full Face Contouring 瘦面及改善面部輪廓

Botulinum Toxin treatments can relax chewing muscles which will slim faces. Temporarily, users may not be able to chew very hard food. By relaxing the depressor muscles through Botulinum Toxin injections, full face contouring can be achieved because of the "lifting" effect given by the remaining untreated elevator muscle.

注射後可以令臉頰兩側的咀嚼肌放鬆，令臉部看起來較纖瘦，但接受注射人士暫時可能無法咀嚼非常堅硬的食物。

肉毒桿菌素又可以放鬆面部降肌，減弱向下的拉力，配合面部提肌本身提升的作用，就能改善面部輪廓。

## Excessive Sweating 治療多汗症

Botulinum Toxin can effectively treat excessive sweating by suppressing sweat glands which will inhibit hand sweating and underarm sweating, thus significantly improving the social life of patients.

利用肉毒桿菌素抑制汗腺，可以壓制手汗和腋下出汗，有效治療多汗症，大大改善多汗症患者的社交生活。

## Calf Slimming 瘦小腿

Botulinum Toxin injections can achieve calf slimming by relaxing the calf muscle called gastrocnemius. However, it is not recommended for people who need full muscle strength like athletes and ballet dancers etc since the calf muscle will be weakened.

注射肉毒桿菌素放鬆小腿深層肌肉（即腓腸肌），可以令小腿看起來較纖瘦。不過，此舉會輕微影響腿部肌肉力量，故不建議需要使用全部肌肉力量的人士（例如：運動員和芭蕾舞者等）接受治療。



## 4 Side Effects and Risks 副作用及風險

The technology is mature and well proven. Under good hands, side effects are usually predictable and manageable, for example,

- + there may be mild redness like mosquito bite around the injection points which will disappear after a few hours.
- + there may be short-term transient pain and bruises.
- + there may be mild asymmetry if both sides of the face are treated.

Moreover, patients with neuromuscular disorder like Myasthenia Gravis, pregnant women and women under lactation are not recommended to receive the treatment.

肉毒桿菌素的注射技術已日趨成熟，經專業醫生操作，副作用一般都屬暫時性和可以控制的，如：

- + 注射位置輕微發紅，如遭蚊子叮咬般，通常數小時後便會逐漸消失；
- + 可能感到痛楚或出現瘀傷，但多屬短暫；
- + 如相對位置需要接受注射（如臉頰兩側），可能出現輕微不對稱。



# Medical Skin Treatment

## **A** Botulinum Toxin Treatment

(The following plans only apply to Out-patients)

| <b>A</b>                               | Price      |
|--|------------|
| Wrinkle Treatment                      | \$3,880 up |
| Face Slimming and full Face Contouring | \$5,800 up |
| Calf Slimming                          | \$7,880 up |
| Excessive Sweating                     | \$7,880 up |

### Important information

- + Costs stated include the Dermatologist's consultation fee, all necessary medications and general routine.
- + Hong Kong Adventist Hospital – Tsuen Wan reserves the right to make alterations to the price list without prior notification.

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N-2212



Medical Skin Treatment

## 4 肉毒桿菌素治療 (以下計劃只適用於門診病人)

| 4         | 收費        |
|-----------|-----------|
| 除皺        | \$3,880 起 |
| 瘦面及改善面部輪廓 | \$5,800 起 |
| 瘦小腿       | \$7,880 起 |
| 治療多汗症     | \$7,880 起 |

### 注意事項

- + 以上收費已包括皮膚專科醫生診症費、藥物及常規護理程序。
- + 香港港安醫院—荃灣保留更改及更改上述資料的權利，而無須另行通知。

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