

As we age, the repeated use of our underlying facial muscles and a decrease in the skin's natural elasticity results in permanent creases or wrinkles. This can cause the face to appear older and may not reflect the inner youthful spirit. If you are unhappy with these facial wrinkles, creases or folds, then Botox®, Xeomin® (types of Botulinum toxin) Restylane® dermal filler or Sculptra® volumiser may be for you. Such safe, highly effective and long lasting treatments aim to give you a softer more youthful appearance, so that you can look the age you feel.

## Botulinum toxin

Botox® and Xeomin® are diluted forms of Botulinum toxin. When given as small painless injections into the facial muscles it will block the signal from the nerve to the muscles causing it to relax. This relaxation of the underlying muscle will result in a softening and sometimes even a total elimination of facial lines.

## Where can I have Botox® and Xeomin®?

Treatment is most effective in the upper third of the face, to treat lines around the eyes (crow's feet), horizontal forehead lines and the vertical frown lines above the bridge of the nose. This treatment is also used as an extremely efficient treatment in the under arm area and will stop excessive perspiration (hyperhidrosis).

## Can I have Botox® and Xeomin®?

You should not undergo treatment if you are pregnant or breast feeding or if you suffer from a neuro-muscular disease such as myasthenia gravis or multiple sclerosis. Patients taking aspirin or blood thinning medication will be more prone to bruising at the injection site.

## How long does treatment last?

Successful therapy is signalled by muscle weakness that begins between two and ten days after injection. The main effect will be visible after seven days. This muscle weakness will last for up to 4 months for most people. To achieve the best result we inject to a level which does not cause complete freezing of the muscles but just relaxes them, giving a more youthful look to the overlying skin.

## Can treatment help prevent wrinkles?

Yes, Botulinum toxin has a preventative effect when used repeatedly and will reduce the onset of wrinkles forming in the long term. This is partly due to the re-education of the facial muscles not to make expressions which result in wrinkling of the skin.

## How often is re-injection needed?

Re-injection is suggested every 3-4 months to keep the muscles relaxed and allow any wrinkles to completely smooth out. Once the area is smooth, patients are instructed to return for therapy only when they notice a return of muscle activity, which may not occur for as long as one year later.

## What unexpected benefits can come from my therapy?

Tension headaches and migraine for some patients have disappeared. This occurs in patients using the muscles of the forehead and brow during periods of stress and tension. When these muscles are relaxed this treatment, the headaches can improve.

## How painful are the injections?

The smallest needles are used and the injections are virtually painless. Anaesthetic cream can be used prior to injection if desired. It is advised not to use aspirin, as this can increase the chance of bruising.

## What should be expected after Restylane® treatment?

This is a remarkably safe treatment for wrinkles. Complications have been minor and only temporary. Small bruises may occur at the injection site and a brief pain or headache may follow. You may not notice any change in muscle activity until the tenth day after injection. The results are not immediate.

## Could there be complications?

As with any sort of injection, there can be some bruising and minor swelling, although this is not severe and resolves within a few days. Very rarely the toxin reaches the upper eyelid muscle and this can result in a slight drooping. This is the most significant complication and occurs in less than 1% of all injections. This likelihood of this complication is reduced by proper placement and accurate dosage, as well as the patient keeping upright for 3-4 hours after injection. Special eye drops are available to reduce the drooping, if it occurs.

## After receiving my treatment, how can I help it to be more effective?

Do not massage the area of the injection. Do not lie down – keep upright for about 3-4 hours. Using the muscles intentionally will help to localise the toxin to the selected muscle.

## What are the alternatives?

Filling agents such as Restylane® may help to eliminate deeper expression lines.

## What happens if I stop the treatment?

Lines will gradually return to their pre-treatment appearance. However, with repeated treatments over approximately 18 months, a change in the activity of these muscles can reduce lines more permanently.

## Restylane®

## What is Restylane®?

Restylane® is a bio degradable, non animal-based hyaluronic acid gel. During treatment the clear gel is injected into the skin in tiny amounts with a very thin needle. The gel gives natural volume to smooth out wrinkles.

## Where can be treated?

Restylane® is ideally suited for treatment of the lips and can increase fullness if desired, or can be used to reduce wrinkles around the mouth and lips. Smile lines from the nose to lip can also be treated.

## Is treatment painful?

For wrinkle treatment, no pain relief is necessary. Local anaesthetic is offered for treatment around the mouth and lips.

## How long will it last?

Treatment usually lasts for 9 months. It is not permanent. How long a treatment lasts is variable and depends on your life style and muscle activity. Most patients choose to have a follow up treatment between six to twelve months after the initial procedure.

## Are there any potential complications?

After injection some common injection related reactions may occur, swelling, redness, pain, itching and tenderness. These resolve spontaneously within 1-2 days after injection in the skin and within a week after injection to the lips. You may initially feel some firmness in the area treated, this will soften over subsequent weeks. Other types of reaction are rare.

## **Sculptra™**

Sculptra™ is an injectable treatment that works by stimulating the build up of your body's own collagen to smooth out lines and wrinkles. It also gives a volumising effect and can restore facial volume, resulting in a younger looking, fuller face. The overall effect is gradual and gives a very natural result. Two or three treatments are required over a four month period. The effects can last for more than three years.

## **Skin Peels**

The Dermaceutic range of TCA chemical peels can give rejuvenation to help stimulate the growth of the skin and thereby repair any sun damage and give a fresh appearance to your skin. These are best used as a course of four peels but with the minimum down time it is easy to fit this into your routine.

# Treatment list



## Botox®

One area	£200
Two areas	£270
Three areas	£320

## Restylane®

0.5ml	£200
1ml	£300
For additional treatment (per ml)	£250

## Restylane Vital®from

3 month course	£450
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## Sculptra™

1st treatment	£400
2nd treatment	£350
3rd treatment	£300

A deposit of £250 is required 2 days before each Sculptra treatment

## TCA Skin Peel

Single peel	£60
Course of 4 peels	£200

The full range of SkinCeuticals, Sessa, Jan Marini and Dermceutic anti ageing products are available