

The uRepublic Guide to Anti-Wrinkle Injections

Anti-wrinkle injections are a quick, low-pain and minimally invasive way to reduce wrinkles and the effects of aging on your skin. They're also very safe. Treatment involves only minute amounts of the product, which aren't absorbed by the rest of the body. And the material used contains human serum albumin as a stabilising protein – similar to vaccines – which has never been associated with human transmissible disease. Anti-wrinkle injections have been used in medicine for almost 20 years without any general health problems.

What conditions can benefit?

- Facial expression lines and wrinkles
- Non-surgical brow lift
- Necklines
- Jaw-line reshaping
- Excessive sweating (especially palms and armpits)
- Migraine/tension headaches
- Teeth grinding

How can anti-wrinkle injections help me?

Every 'you' is unique so a careful pre-treatment assessment is an important aspect of the treatment process. Naturally, your individual concerns will be fully addressed and discussed prior to treatment.

In general, men and women can benefit from the following:

Wrinkle and line reduction

- Preventative reduction of excessive expression lines that can lead to permanent wrinkles
- Reduction of vertical frown lines between the eyebrows
- Reduction of horizontal worry lines on the fore head
- Reduction of crows feet at the side of the eyes
- Reduction of bunny lines on the nose
- Reduction of chin dimpling

Subtle lifting

- Eyebrow reshaping (arching or flattening)
- Lift to upper face
- Lift to lower face and neck
- Lift to corners of the mouth

Reshaping

- Jaw line can be reshaped from 'square' to the more feminine 'oval' outline

Not everyone will need all of the above – you and your doctor will decide on the amount of treatment that suits you best.

What does the procedure involve?

Anti-wrinkle injections are introduced into the skin through several small injections using a very fine needle. The injections are placed along the targeted muscles, and are usually well tolerated. The number of injections depends on the areas treated, and may range from 5 to 20. No local anaesthetic is required as the injection sting is not intense and only transient. Ice application may be helpful to reduce any injection-related discomfort.

What happens after the treatment, and how long will the results last?

Immediate redness can occur over the injection site, but will settle within 15 minutes. Occasionally, subtle bruising may develop over the following 48 hours, especially around the outer eyes where there are more blood vessels. This is usually not obvious, and resolves in a few days. Make-up may be applied immediately after treatment.

The injections will start to work from day 3 onwards, and usually will be fully established by 7–10 days. The effects usually wear off after 3–4 months. However with ongoing treatment, the treated muscles become less bulky and active, resulting in prolonged effect and increased interval between injections.

What is the right dose for me?

There are 3 dosage levels for botulinum anti-wrinkle injections: (1) Regular (2) Forte and (3) Calm. The dose is lowest for Regular, intermediate for Forte and highest for Calm. Men with thicker facial muscles generally require a higher dosage than women. As the cost depends on the dose, it is best to select the minimum dose that will adequately do the job. If the dose is too high, you may be paying more than is necessary to do the job. If the dose is too low, the muscle relaxing effect may not be adequate or the effect may not last as long.

Regular: This is the most common starting dose. Some individuals may find this dose sufficient for their needs. Others may require a higher dose for optimum results. If this is your first time having the anti-wrinkle injections, a review at 2 weeks is recommended for further enhancement if required. The treated areas in regular are usually limited to 1–3 areas on the face.

Forte: This uses higher dose for longer lasting and better results. Men usually require forte. This is suitable for individuals seeking longer lasting results. Some patients prefer to pay for the increased dose (and cost) and in the long term may save money by coming back less over time. Patients seeking treatment in multiple areas (four or more areas) also require increased total dosage to cover all the areas.

Calm: This is the preferred dose when the desired end-result is a totally smooth appearance, with as few lines as possible. This is usually associated with marked relaxation of the treated facial muscles. As the dose for calm is highest, the duration of action is also the longest. Most individuals do not start at this dose as they may be satisfied with a lower dose that also costs less. Most individuals will experiment with a range of dosages and eventually settle for a dose that they are happy with.

Can anti-wrinkle injections be combined with other procedures?

Yes, anti-wrinkle injections can be safely combined with all of the listed procedures, even on the same day and fillers can be performed together and are considered a great match. Anti-wrinkle injections can also be used together with BBL/IPL, resurfacing lasers (Sellas, Profractional) and skin tightening devices (DermaRF, Skin tyte). In general it is best to perform these injections last to avoid excessive massage and pressure on the treated areas.

What are the unwanted side effects?

In older patients, temporary drooping of the brow may occur after too much 'relaxation' of the horizontal forehead lines. If this occurs, it will gradually settle over the next few weeks. This is preventable in subsequent treatment sessions by reducing the dose.

Minor and temporary drooping of the upper eyelid may occur from injections around the eyes in 1% of patients. This usually lasts 2–3 weeks and can be corrected with prescription eye drops prescribed by the doctor. Similarly, temporary double vision may occur in less than 1% of patients.

Rarely, transient headaches may occur.

It is useful to recognise that all the above side effects are uncommon, and only temporary.

Are Anti-Wrinkle injections suitable for everyone?

We do not treat:

- Pregnant or breast-feeding women
- Children under the age of 18
- Individuals with a history of stroke, paralysis, nerve or muscle disease
- Anyone with an emotional, mental or medical condition that may impair judgment
- Anyone with a history of significant adverse reactions to these injections

How to minimise bruising

If possible, stop blood thinners such as Vit E, fish oil, aspirin and non steroidal anti-inflammatories up to 5 days before treatment. Stopping the medication will reduce the likelihood of bruising. However, it is not necessary to stop them if you need the above medication for established medical conditions.