

**The 5 things
you MUST do
before undergoing
Anti-Wrinkle
Injections**



The 5 things you MUST do before undergoing Anti-Wrinkle Injections

“You can’t buy happiness, but you can buy Botox. That’s kind of the same thing” ***Someone clever***

Refresh and rejuvenate a tired appearance. Turn back the clock on fine lines and wrinkles with expertly placed anti-wrinkle treatments.

Anti-wrinkle injections work by temporarily blocking the signals from nerve endings that tell the muscles to move. This reduces movement of the muscles. Once these muscles are relaxed lines and wrinkles will be a thing of the past.

Before having this treatment there are 5 things you MUST do. This is the information many cosmetic clinics WONT tell you. Arm yourself with knowledge and ensure you get the best treatments available.



1. Do Your Research

This is the most important step before having any medical treatment! Cosmetic medicine is basically an unregulated field compared to many areas of medicine.

It's the wild west out there!

With so many people performing anti-wrinkle injections it has become important to find a reputable medical clinic whose clinicians are either:

- Medical Doctor specialising in cosmetic medicine
- Registered Nurse with qualifications in cosmetic medicine

Enrolled nurses are allowed by law to perform procedures, provided there is a doctor on site. The difference between an enrolled nurse and registered nurse is 3 years at university.

Many cosmetic practitioners do not work in this area full time. They freelance, going from clinic to clinic for extra pocket money.

Surprisingly, it is often more expensive to see these practitioners, as they have to pay a fee to the clinic from which they are practicing.

Cosmetic physicians and cosmetic Registered Nurses have chosen the area of cosmetic medicine as a career. Unlike part-time cosmetic practitioners or surgeons/dermatologists, this is ALL they do. When it comes to cosmetic injectables, nothing beats experience.

Look for a practitioner who works in the field full-time. Someone who shows examples of their work on social media/on their websites/during consultations. Your practitioner should attend ongoing education and training courses each year. They should have their credentials listed on the website available for public view.

Unfortunately, there are more and more people working from beauty spas and even home who may not have the appropriate training or use TGA approved products for Australia, importing cheaper versions from Asia.

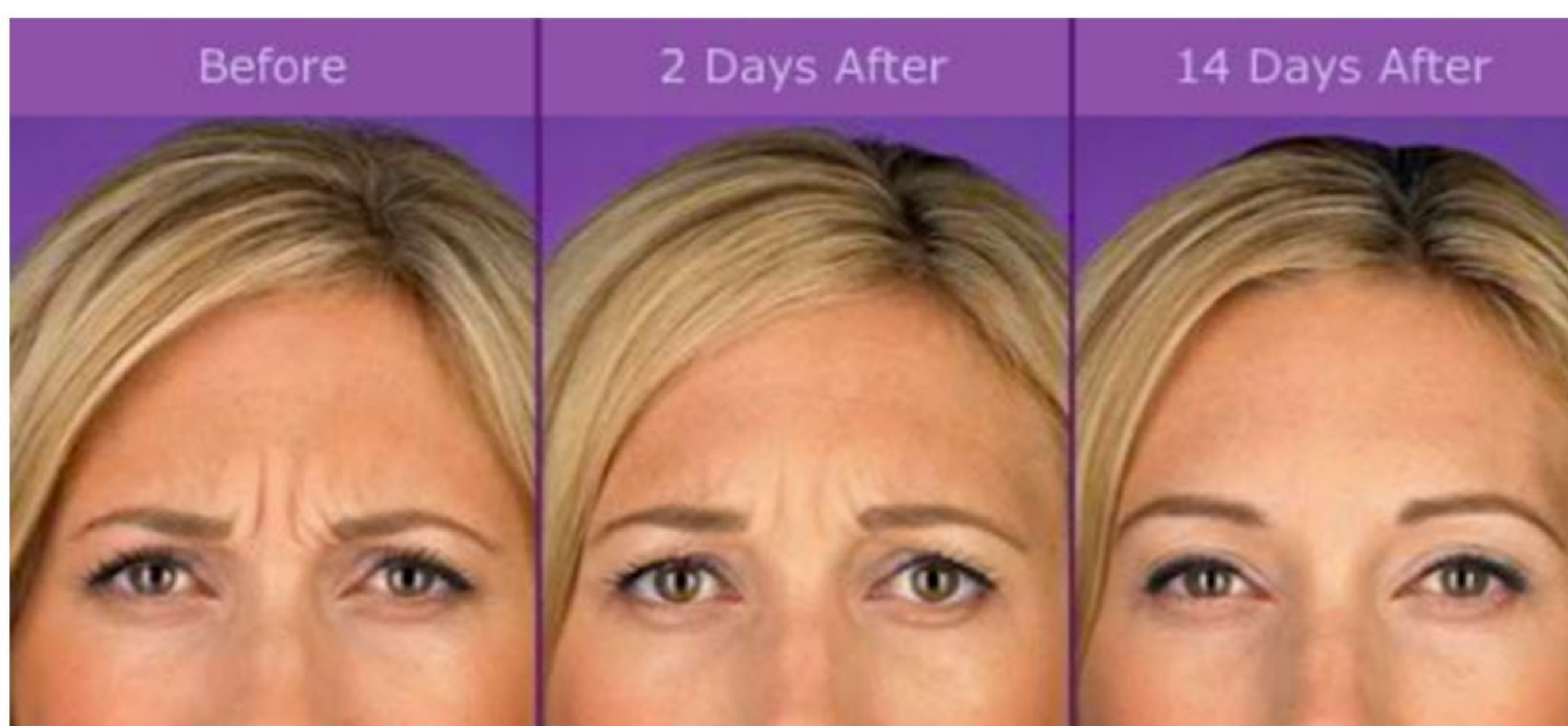
Questions to ask your injector:

- What are your qualifications?
- Is there a doctor present in the clinic?
- Is cosmetic medicine your full-time job?
- How long have you been injecting?

2. Understand How the treatment works and that you won't see instant results

Anti-wrinkle injections take up to two weeks to take complete effect.

Depending on the product used, you will see results often 3-7 days after your anti-wrinkle treatment.

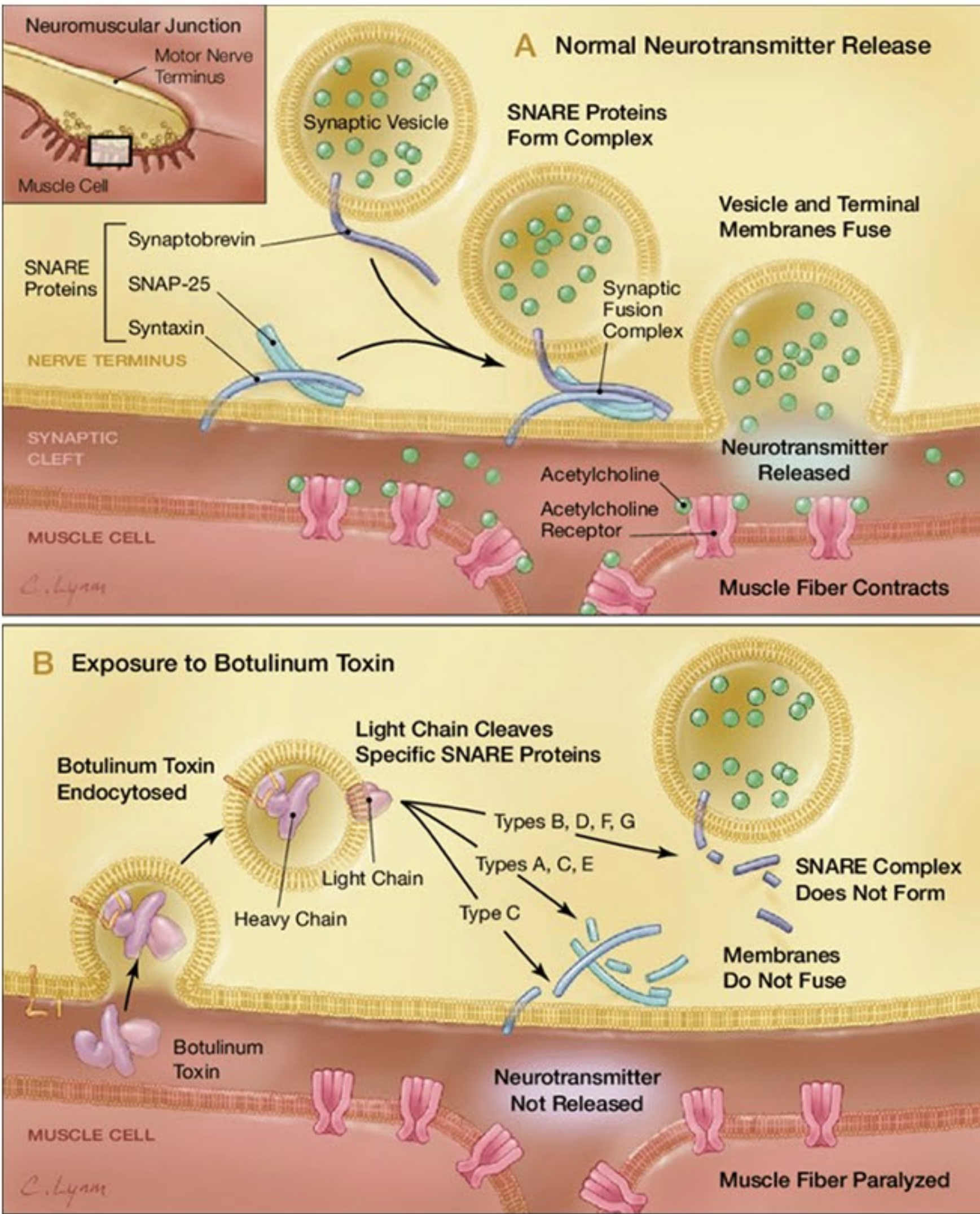


Product A and C will take effect in 4-5 days, whereas product B will take effect in 3 days. Due to Medical Board/AHPRA guidelines we are unable to disclose the brand names of these products here. Email/Instagram/Facebook message us for full details.

It is very common for patients to call on day 5 that their treatment didn't work, distressed that they have "wasted their money". Please be patient, as each product has a different onset of action, but all will have visible results at two weeks.

Wrinkles are caused by the normal/overaction of facial muscles. Blocking communication between the nerve and muscles relaxes facial muscles causing a smoothing of facial fine lines and wrinkles.

For the science nuts out there here is a pictorial explanation of how it works. Put basically, botulinum toxin prevents neurotransmitters from being released into the space between muscle and nerve. This prevents communication between the two resulting in relaxation of muscle fibres.



3. What are the Common Areas that can be treated?

The commonest areas that people will have treated are injections around their eyes, between their eyebrows and on their forehead.

Bunny lines

Also called the bunny scrunch, these are the wrinkles on either side of the nose

Downturned smile

Overactivity of the depressor anguli oris muscles (DAOs) can make you look angry/sad even when you aren't. Relaxing this muscle raises the corners of the mouth, turning your frown upside down.

Dimpled chin

Pebbled, dimpled chins are easily fixed with targeted antiwrinkle injections.

Under eye bubble

Under eye wrinkling, or excessive 'bubbling' of under eye skin is a common concern. Micro injections to the area, smooths and softens this area.

Lip lines

Also called smokers lines (although not unique to smokers), these are the vertical lines surrounding the upper lip. Tiny doses of anti-wrinkle injections are placed at four points along the lip margin to smooth the appearance of these fine lines.

Lip flip

By relaxing the upper part of orbicularis oris (muscle surrounding mouth), we create a subtle flipping out of the upper lip. This is perfect for those wanting the appearance of larger lips, without having to undergo lip fillers.

Facial slimming

Slim and feminise the face with injections to bulky masseter muscles. This also has a nice side effect of reducing teeth grinding in those who suffer from this condition.

Neck bands

The neck often always gives away your age. Targeted injections into the platysma muscle smooths the neck, removing neck lines.

Nefertiti neck lift

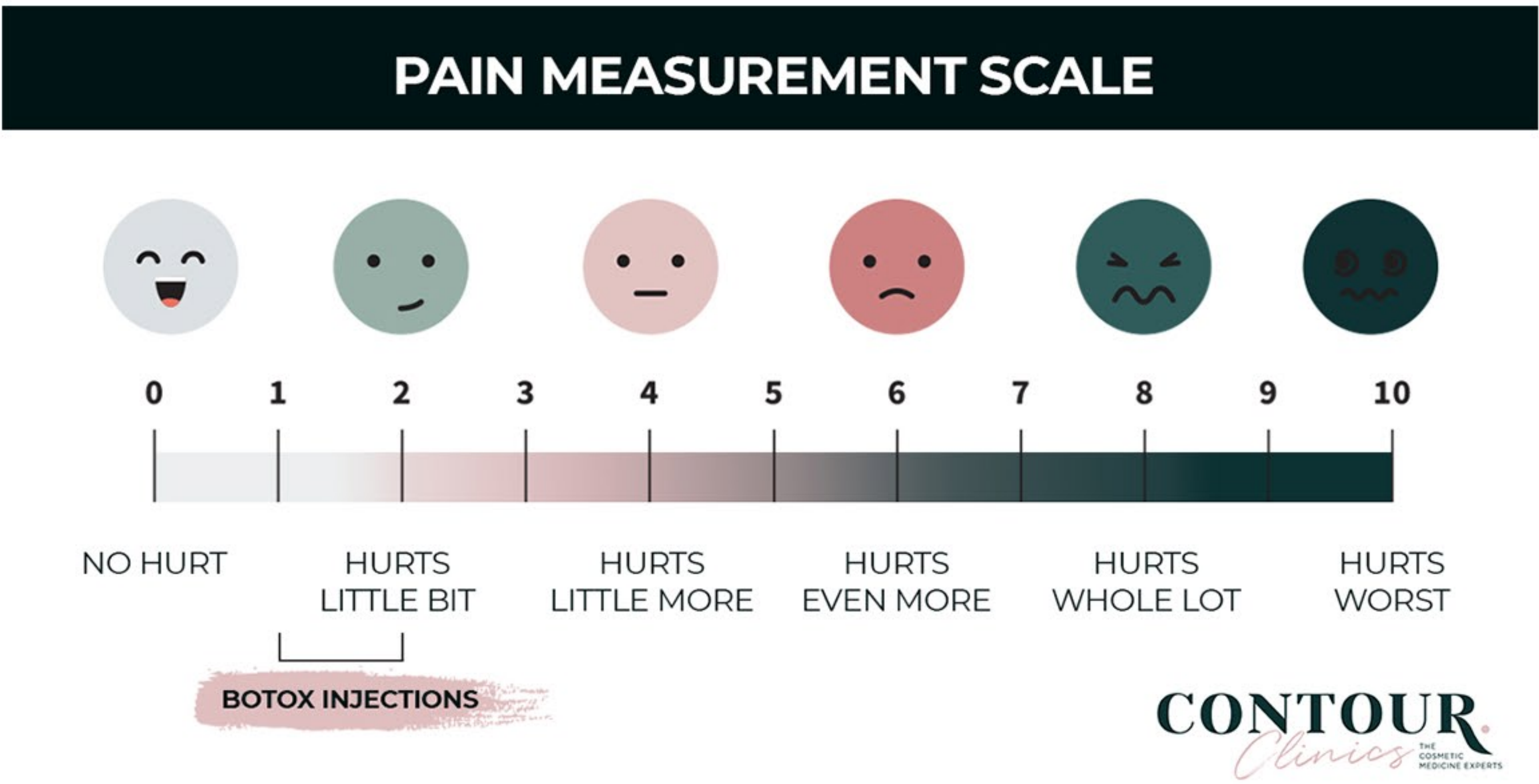
Sharpen the jawline, by relaxing the thin platysma muscle that surrounds the neck. This decreases the appearance of jowls and strengthens the appearance of the jawline border.



4. Learn about Common Side Effects

One major deterrent to having anti-wrinkle injections for many people is the fear of needles. The needles used for anti-wrinkle injections are the thinnest available on the market.

When patients rate their pain on a scale from 1 to 10, 1 being none, most will rate their pain as 1 - 2. Often describing it as a mild sting.



Muscle relaxant injections are now often called ‘lunch-time’ treatments because there really is little to no downtime. Most clients experience swelling at the injection sites for approximately 10 to 30 minutes and this is normally completely gone by the time they return to their daily activities half an hour later.

Bruising is uncommon and depends on the site injected. Occasionally there can be slight bruise that is easily covered by makeup. The risk of bruising you can see from 5 metres away is rare ranging from 1 in 100-1:500 depending on the area treated, the skill of your injector, and your propensity to bruise.

The risk of drooping the eyebrow or eye lid is rare in our hands. Some studies have this side effect as common as 1:100. When we look back at our rates of complications here at contour clinics, this complication is roughly 1:1000. This is not a permanent complication, and usually lasts 2-3 weeks. It can be treated with eye drops, or brow lifting injections.

Most side effects from anti-wrinkle injections can be avoided with adherence to certain injecting principles and anatomical landmarks.

5. What dose do I need for each treatment area?

Any injector can smooth your wrinkles. What takes skill is giving you the best result for the least amount of product. This saves you money and decreases the risk of complications due to overdosing an area.

There are several considerations we take into account when devising a dosing plan for antiwrinkle injections:

1) Male vs female

Owing to stronger muscular contractions, our male patients often require more product relative to their female counterparts.

2) Goals of treatment

Some like natural, some like frozen. Whatever look you desire we can make it happen. Frozen looks will require higher dosing to achieve your goal look.

3) Regular anti-wrinkle treatments

Those who undergo regular treatments notice they need less product for the same result over time. This means less cost, the longer you continue anti-wrinkle treatments.

4) Product chosen

The dose required depends on the antiwrinkle brand used. A comparison table is available below to describe the differences between products.

	Product A	Product B	Product C
Company that produces	Allergan	Galderma	Merz
Onset of Action	4-7 days	3-5 days	4-7 days
Duration of Action	3 months	3 months	3 months
Potency compared with product A*	1:1	1:2.5 You need 2.5 times more for the same effect	1:1
Cost	\$13 per unit	\$4-\$5 per unit	\$13 per unit
Spread of effect	1cm ²	2cm ²	1cm ²
Areas treatable	All areas	Not recommended on lower face due to greater ability to spread. Perfect for upper face.	All areas

