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Wrinkle Management: Wrinkle Relaxer and Wrinkle Fillers

With inevitable aging and accumulated skin damage there is a gradual development of facial wrinkles and photoaging or sun damage. This can be in the form of fine surface lines or deeper creases and folds which all lead to a less than desirable appearance. Natural substances such as collagen, elastin and hyaluronic acid provide the skin with structure and volume and these substances decrease with age. Factors, which accelerate skin damage, include excessive exposure to the sun, overactive facial expressions muscles, cigarette smoking, alcohol, stress, poor nutrition, and skin disorders.

Persistent facial wrinkles, especially those involved in negative emotional expressions, may mistakenly portray to others the look of worry, anger, anxiety, disgust or sadness, despite one's own positive internal feelings.

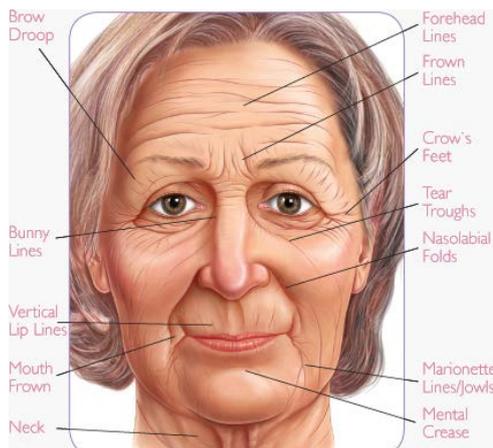
There are two types of wrinkles: dynamic and static.

The **dynamic wrinkles** are due to contractions of specific facial expression muscles giving rise to forehead lines, frown lines, crow feet, lip lines and bunny lines. The treatment for these types of wrinkles is **injectable muscle relaxants**.

When lines and folds occur at rest they are **static wrinkles** such as nasolabial folds, tear troughs, mouth frown, marionette lines, vertical lip lines and neck banding. The treatment options are **injectable fillers, skin resurfacing** and **surgical lifting** (eg. Facelift). With loss of collagen, elastin etc. there is atrophy or thinning of structures such as the lips. The dermal fillers can also be used to increase volume and definition of the lips ([lip enhancement](#)).

Wrinkles can now be safely and successfully treated to produce a more youthful, rejuvenated appearance. Treatments for facial wrinkles are usually performed by Dr Pham and his staff in the procedure room within our offices which is convenient and private for you. Upon consultation Dr Pham will outline which method will be best for you depending on your needs, medical conditions, location, severity and tolerance of potential side effects. For optimum results repeated treatments or a combination of treatments may be required.

These treatments can provide additional and complimentary aesthetic benefits when combined with other facial rejuvenation procedures such as [facelift](#), [browlift](#), [blepharoplasty](#) or [skin resurfacing](#).



Methods used to Manage Wrinkles are

1. Wrinkle relaxers- Ask Dr Pham about common wrinkle relaxers used
2. Wrinkle fillers - Ask Dr Pham about common wrinkle fillers used
3. Platelet Rich Plasma (REGEN)
4. Skin resurfacing - laser, chemical peel, dermabrasion
5. Surgery - facelift

Wrinkle Relaxer - is a sterile, purified protein produced in the laboratory. It is injected in small amounts into facial muscles binding to the nerve endings supplying the muscle and preventing nerve impulses from traveling to the muscles. When injected into muscles, it weakens or paralyzes the muscles around the area injected for a period of several months. The resultant weakening or paralyzing effect on the facial muscles temporarily reduces or eliminates previous skin creasing. New skin creasing is also avoided. Wrinkle relaxer may take several days to take effect, and these effects typically last 3-4 months, in most individuals, before full muscle movement returns. Repeated treatments may increase the duration of effect and over time you may require fewer injections.

Common sites for Wrinkle Relaxer / Anti-wrinkle treatment

Crow feet (Smile lines), Glabella (Frown line- between the eyes), Forehead lines, Chemical Brow lift (under eyebrow), Bunny Lines

Are Wrinkle Relaxer (Anti-wrinkle) Treatment Safe?

This protein has been extensively used for over 10 years for the treatment of cosmetic wrinkles and other medical conditions. It is now the most widely used cosmetic treatment.

Wrinkle Relaxer injection is a simple and safe procedure. Using a tiny micro-needle, a very small amount of wrinkle relaxer is injected, very precisely, into specific locations on the face. There may be some discomfort with each injection and slight temporary bruising may occur. Usually no local anaesthetic or sedation is required but cold ice packs can help in some patients. It only takes a few minutes to perform and you can resume normal activities immediately and drive back to work or home.

What To Expect After Each Treatment

Minor local irritation, redness, bruising, or swelling at the injection sites are the most commonly observed side effects, all of which typically abate within a few hours. They are easily covered with make up. On very rare occasions wrinkle relaxer can migrate and cause a temporary weakness of nearby muscles, droopy eyelids or asymmetry of facial expressions. These are all temporary and last for a few weeks and in some cases may be improved by medication.

How can I find out if I am a candidate for wrinkle relaxer?

If you would like to learn more about your cosmetic options, or find out if wrinkle relaxer treatment is for you, please call our office and schedule an [appointment](#) with Dr Pham or our Nurse Coordinator.

Postoperative Wrinkle Relaxer Injection Instructions

1. Do not take any Aspirin or any anti-inflammatory medications for seven days before wrinkle relaxer / fillers injections, as these may contribute to a greater risk of bleeding problems.
2. The effect of wrinkle relaxer may be exaggerated by aminoglycoside antibiotics or other drugs known to interfere with neuromuscular transmission.
3. Remain upright for 4 hours after injections.
4. Do not touch injection area for 4 hours.
5. Use the injected muscle as often as you can for the first hour after injection.
6. Take no naps in a reclining position the remainder of that day.

Fillers

Wrinkles and certain folds and depressions can be treated with **fillers**. They can be

1. Natural

Autologous fat and fascia (from your own body)- this has a high absorption rate and may leave unevenness. Only 30-50% is retained long term. Newer techniques of micro fat injections allow for higher retaining rates. Usually more than 1 treatment is required.

2. Synthetic

- a. Lasting for 6-9 months
- b. Lasting for 12-18 month
- c. Lasting up to 3 years or more.

Dr Pham uses many different types of filler. One type of filler, HA is natural complex sugar found in skin and body tissues that have a role in tissue hydration, skin structure and elasticity. Dr Pham also uses synthetic forms, which are manufactured into an injectable gel that is easily used and does not require a pre-test for allergy. This is the most commonly used filler at Perth Facial Plastic & Cosmetic Surgery and other cosmetic practices.

Fat grafting / fat injections create a natural augmentation for the face, especially for the lips and mouth regions. Fat is usually harvested from the abdomen and about one third of the volume remains after the treatment. Fat grafting can be repeated for additional fullness.

Common sites for Filler and Anti-wrinkle and Augmentation treatment

Augmentation / Enhancement: Lip, Cheek, Malar, Nasojugal (Tear drop), eyelid, chin

Wrinkle lines: Nasolabial lines / folds, Marionette / drool line, lip and cheek wrinkles

What To Expect After Each Treatment

In comparison to typical cosmetic surgical procedures, the office time for these procedures and the subsequent recovery period until one return to normal function are minimal. Wrinkle Relaxer therapy typically takes a few minutes to perform, and most patients may return immediately to home or work. Minor local irritation, redness, bruising, or swelling at the injection sites are the most commonly observed side effects, all of which typically abate within a few hours. Likewise, wrinkle filler injections can be accomplished within a 5-15 minute consultation and this has similar attendant side effects. Some mild irritation at the injection sites is unavoidable but can easily be camouflaged with standard make-up, if necessary.

FEES The cost of is:

Wrinkle Relaxer	550-600 for 25-30 units (3 areas) +GST
Fillers – temporary (HA)	650/ampule +GST
Fillers – semi permanent	1200/cc +GST

Please **contact us** for your consultation on wrinkle relaxer or wrinkle fillers

You can view our website www.perthcosmeticsurgery.com.au

- Information on a range **cosmetic surgery and non surgical cosmetic procedures** available
- [Gallery / Before & After Photos](#)

- Find answers to your most [Frequently Asked Questions](#) (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, [Dr Tuan Pham](#) or Nurse Coordinator.

GALLERY of

Case 1- Wrinkle Relaxer



Case 2- Lip fillers Augmentation



Before

After

Before

After