



Anti-wrinkle injections

Anti-wrinkle injections help you look and feel more attractive and refreshed by eliminating wrinkling formed by undesirable facial expressions. Anti-wrinkle injections are the ideal solution for frown lines, forehead lines and crow's feet.

What are anti-wrinkle injections?

Anti-wrinkle injections are made of a natural, purified protein that relaxes wrinkle-causing muscles to create an improved cosmetic appearance. The active ingredient is a protein molecule extracted from the bacterium *Clostridium Botulinum*. Three subtly different forms of this protein are currently marketed for wrinkle reduction in Australia.

How do anti-wrinkles injections work?

The active protein temporarily blocks the chemical messengers that activate targeted facial muscles responsible for wrinkling.

Reduced muscle contraction over time relaxes the overlying skin and reduces the appearance of wrinkles.

For this reason, anti-wrinkle injections are also known as muscle relaxants.

Anti-wrinkle injections therefore only work on wrinkles caused by movement, known as dynamic wrinkles, such as frown lines, worry lines and crow's feet around the eyes.

What does anti-wrinkle injection treatment involve?

Treatments are quick, predictable and well tolerated with virtually no downtime.

Droplets of muscle relaxant are injected into selected facial muscles via a very fine needle. Treatment feels like a series of quick stings. Ice, and/or anaesthetic cream may be used to minimise discomfort.

Treatment takes just a few minutes.

Results are not instant but usually begin to appear after 2-3 days and may take up to two weeks for maximum effect. Results can be as subtle or dramatic as preferred by adjusting the dosage delivered. Because anti-wrinkle injections target only specific muscles, untreated facial expressions will not be affected.

Men usually require larger doses than women – sometimes up to double the dose.



How long do muscle relaxants last?

Initial treatments last 3-5 months. Repeat treatments may deliver longer lasting results. As muscle movement gradually returns, lines and wrinkles begin to re-appear. Without further treatment they will eventually return to their pre-treatment appearance.

How do I look after treatment?

Anti-wrinkle injections are usually well tolerated with virtually no downtime. As with any injectable treatment, temporary redness, swelling and/or bruising can occur.

What are anti-wrinkle injections commonly used for?

Anti-wrinkle injections are most commonly used for treatment of crow's feet, frown lines, and forehead lines, but can also be used to lift the eyebrows, to elevate the corners of the mouth, to reduce gummy smiles and to soften obvious tendons in the neck.

They also reduce muscle bulk at the corner of the jaw to refine and slim jaw lines, help teeth grinding (bruxism) and are the gold standard for treating underarm sweating.

Prior to their adaptation for cosmetic use, muscle relaxant injections were used for many years to treat conditions such as twitching or spasm of the eyelid, facial spasm, muscle spasticity due to cerebral palsy and eye squints. Their application to additional medical conditions is expanding continually.

What are the risks?

As with any injectable treatment there is a small risk of short term redness, tenderness or bruising. Rare risks include temporary headache, nausea, flu-like syndrome, heavy brow or drooping eyelid which may last from days to weeks but always resolves. Potential side effects in treating the lower face are reduced ability to pucker the lips, drooling, changes in smile or movement of the upper or lower lip. These potential side effects always resolve.

(This may not be a complete list of side effects. If inflammatory reactions persist for more than one week, or if any other side effects develop, seek medical attention as soon as possible.)

Are there contraindications for anti-wrinkle treatment?

Pregnancy, planning conception within 3 months, breastfeeding and certain muscle or nerve disorders.

Post- treatment care

General advice is not to lie flat and no rubbing of the area for 4 hours after treatment.
