

WHAT IS SKIN DETERIORATION & DAMAGING MUSCLE ACTIVITY?

Skin deterioration is what many people refer to as the signs of ageing, however they are really signs that our skin is losing its health and vitality. Skin deterioration is a reflection of the dynamic, cumulative effects of various internal and external factors, unique to each individual, over time, that lead to physical changes in the skin, soft tissues and deep structural components of the face.

While some degree of skin deterioration is inevitable as we age and while genetics do play a role, various factors can increase the onset and severity of the physical and visible changes seen as skin ages and becomes unhealthy. These include smoking, medication, sun exposure, stress, poor nutrition, and the pattern of facial muscle activity.

However, one aspect of facial deterioration that is inevitable for everyone is referred to as "Dynamic Lines". Dynamic Lines are areas of the skin that have become damaged by the constant activity and movement of underlying muscles during facial expression over time.

Like scrunching up a piece of paper and then laying it flat again, when you move the muscles of your face, the overlying skin wrinkles and folds. When our skin is healthy, youthful and elastic, as the facial muscles stop moving (laying the overlying scrunched paper flat again), the skin simply recoils and unfolds without wrinkles remaining at rest. However, as we age and our skin deteriorates, the skin does not recoil and bounce back as well after facial movement. The "scrunched paper" unfolds but it has permanently etched lines on the surface, reminders of where the contraction took place.



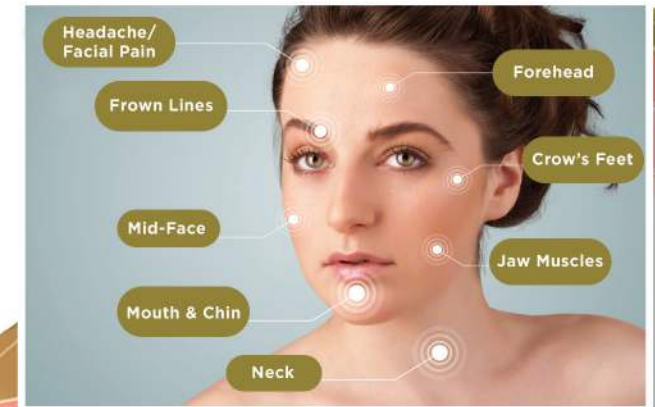
WHAT IS BOTOX & WHAT CAN IT DO?

"Botox" is actually a brand name of only one type of medication that has Botulinum Toxin as the active ingredient. Other brands include "Dysport" and "Xeomin" and all of these brands act in the same way.

These medications are sterile, pharmaceutical-grade proteins that target part of the mechanism involved in muscle contraction. When these medications are administered to a target muscle which is causing an issue, like dynamic lines or pain, the ability of that muscle to contract with the same strength is reduced. The higher the dose of medication, the greater the reduction in the ability of the muscle to contract and the more relaxed it becomes. Treatments are tailored to each individual so that muscle activity can be rebalanced appropriately to achieve the desired, natural looking outcomes.

While the medication is eliminated from your body rapidly, the effect will last from several weeks to several months depending on the circumstances. After this time, the effects will completely wear off and the muscle will regain the ability to function as normal.

In this way, injections reduce the ability of underlying facial muscles to contract forcefully, thereby reducing the formation of dynamic lines and giving the overlying skin time to heal and recover without being physically damaged. Botulinum Toxin injections are commonly used in areas such as the forehead; the frowns lines between the eyes (Glabella); the crow's feet around the eyes; around the mouth and chin to balance smile dynamics; in the neck and in the treatment of facial pain.



WHAT CAN I EXPECT DURING THE PROCEDURE?

After diagnosing that your area of concern has a component that is related to muscle activity that could benefit from Botulinum Toxin injections, your Dentist will determine the dose of medication required depending on the severity of the condition.

The medication is administered by a series of injections into the target muscles from the outside of the face, using very fine, sterile, disposable needles. The injection sites are specifically chosen to target the muscles that are contributing to your individual condition. By reducing the ability of these muscles to contract, the overlying skin relaxes, reducing the visible dynamic lines and allowing the skin to recover.

Treatment time varies depending on the condition and area being treated but generally is around 15-30 minutes, after which you will be able to resume your everyday activities. Many patients report that the injections may "sting" a little while the medication is being administered, however this only lasts a few seconds and usually local anaesthetic is not required for the procedure.

Your Dentist will apply a soothing and hydrating gel and/or mask to the skin at the end of the appointment to enhance the results of treatment.



HOW CAN SKIN BE REJUVENATED & MUSCLE ACTIVITY BALANCED?

Because Facial Ageing and skin deterioration is a multi-factorial, 3-dimensional and ever-changing process, it often requires a multi-pronged approach to treatment which involves several different types of therapies used in unison- there is no single treatment that can be used in isolation to achieve the best results.

As there are several options to consider, these should be discussed in consultation with your Dentist as they are among the only people qualified to assess all aspects of your condition and to help you determine the most appropriate choices for your individual circumstances. Available treatment options address different aspects of the deterioration process, depending on the cause, and they vary in cost, complexity and the expected results, including how long they last and potential complications. Options include:

- Use of scientifically proven home skincare products
- Active skin resurfacing & reconditioning therapies, eg Chemical Peels & micro-needling
- Skin tightening devices, eg Radiofrequency (RF), High Intensity Focused Ultrasound (HIFU) & PDO Threads
- Surgical repositioning of the skin & underlying structures, eg. Surgical Face-Lift & Bletheroplasty
- Use of autologous blood concentrates (PRP/CGF)
- Volume adding injections, eg. Hyaluronic Dermal Fillers.
- Anti-wrinkle injections, eg. Botox - this treatment directly targets Dynamic Lines.



WHAT CAN I EXPECT AFTER THE TREATMENT?

Immediately after treatment, some minor swelling, redness, bruising, itching, tenderness and a tightness of the skin are all normal from the injections and this may last several days. Mild analgesics like paracetamol can be used if needed.

Do not schedule any major events on the day of, or for two weeks following treatment, to allow for any bruising or swelling to subside.

Do not touch, rub or manipulate the treated areas for at least 4 hours, after which time the face can be washed as usual. Do not apply products or make-up for 24 hours, after which you can resume your using your regular skincare products/make-up and you should use a sunscreen containing at least SPF15, everyday.

A full list of post-treatment care instructions will be provided by your Dentist in order to minimise potential side effects and maximise results in your individual case. You should schedule a review appointment with your Dentist two weeks after receiving treatment to review results and discuss any further treatment and alternative therapies that may be required to achieve the desired results.

Results will not be immediate and will begin to appear after a few days, with full results not be seen for up to two weeks. Within two weeks you will notice a reduction in muscle movement and an improvement in visible fine lines & wrinkles, but you will still be able to eat, talk and smile as usual. Botulinum Toxin is temporary, being eliminated completely from your body and results lasting from several weeks to several months depending on individual circumstances. As the effects of the medication wear off, muscle movement will return and to achieve the best long-term outcome, it is recommended to have repeat treatments at least twice a year in line with your regular dental appointments.



ARE THERE ANY POTENTIAL PROBLEMS?

Thankfully these medications have been shown to be very reliable and safe, yet all medications do have the potential to cause unwanted side effects/complications and you should discuss these with your Dentist.

Rest assured that your Dentist will conduct a thorough review of your health and medical history prior to delivering treatment to ensure that you are safe to receive this medication and unlikely to encounter problems.

While problems are rare, the most common issues come from the injection process rather than the medication and can include redness, swelling, itching, bruising, bleeding and skin infection.

The medication may affect a muscle that it was not intended to, or it may cause excessive relaxation of the target muscles. If this occurs then it is possible that the appearance of your smile, function/movement of your face and how you eat/speak, may be affected.

While exceptionally rare, life-threatening allergic reactions and problems with other parts of the body are possible. Some people have also reported a general feeling of tiredness or "flu-like symptoms", including a headache, after receiving treatment. Pregnant or breast-feeding women should not undergo these procedures.



FACIAL "BOTOX"



YOUR AADFA CERTIFIED DENTIST IS:



REDUCING SKIN DAMAGE &
BALANCING MUSCLE ACTIVITY