

## LEAFLET WRINKLES

### Causes of wrinkles

1. Reduction of elastic and collagen fibers provokes a loss of elasticity and skin firmness. Aging skin becomes thinner and dryer and has more wrinkles.
2. Fat in the subcutaneous tissue is redistributed due to the influence of gravity; round cheeks disappear, fat and flagging soft parts make chin contour invisible. The nasolabial wrinkle becomes more pronounced and the corners of the mouth hang down.
3. Mimic muscular system increases with age and becomes more visible due to decreasing skin thickness causing strong wrinkles such as frown lines. This leads to a grim facial expression which does not correspond to the real emotional condition.

Depending on the different causes mentioned above, different substances are used to correct the wrinkles:

- **Hyaluronic acid (filler)** is ideal for **situation 1+2**
- **Botulinum toxin (Botox)** for **situation 3**

### Hyaluronic acid (filler)

Hyaluronic acid is a polysaccharide – i.e. a sugar chain structure – and has been on the market since 1996.

Hyaluronic acid is very important for our body: it is hydrophilic in the skin and increases its volume, and it is responsible for the elasticity of the joints.

It is injected below the wrinkle and fills it in. The substance remains in the tissue for about 4 to 6 months. Then it is slowly metabolized by the body; i.e. the wrinkles reappear. Allergies are rare.

Areas of application:

Nasolabial wrinkle, corner of the mouth

Wrinkles of the upper and lower lip

Upper and lower lip augmentation

## Botulinum toxin (Botox)

Used for wrinkles caused by facial expressions, usually on the forehead: frown line, raised eyebrows and crow's feet in the eye area.

### What is Botulinum toxin (Botox)?

Botox is a purified substance which is excreted by the bacteria clostridium botulinum. Vistabel (Botox) has been used for medical purposes for over 20 years to treat unwanted muscle contractions (and muscle cramps), talipes equinus of babies, corrections of strabismus, spastic contractures, etc.

Even after many years in use, no after effects or allergies have been observed until today. For about 5 years, Vistabel has also been used for aesthetic purposes.

### How does Botulinum toxin (Botox) work?

The unimportant overactive facial muscle is blocked with an injection. The nervous signal to contract the muscle is temporarily inhibited and wrinkles (such as those of raised eyebrows) cannot appear. This leads to a relaxed look; the normal facial expression, however, will not be changed.

The effect starts slowly after 2 to 4 days; the full effect is visible after about two weeks. The effect lasts between 3 to 6 months (depending on each person). If you are satisfied with the treatment, it can be repeated after no earlier than 3 months.

### How is the procedure of a Botulinum toxin (Botox) treatment?

We discuss with you which facial wrinkles shall be treated. Vistabel is injected with a very thin needle into the area to be treated. The treatment hurts slightly; but local anesthesia is not used. Patients sometimes describe slight burns. After the treatment, you generally do not notice anything. In very rare cases, bruises might appear at the puncture site, but they disappear after 1 to 2 days.

### Side effects

There are practically no side effects. Exceptionally, patients might have headache during the first 24 hours. In very rare cases, small bruises might appear at the puncture site.

### Under what circumstances is the use of Botulinum toxin not indicated?

We discourage you from a Botox treatment during:

- Pregnancy and lactation
- Antibiotics therapy with aminoglycosides
- Neuromuscular diseases: myasthenia gravis, Eaton-Lambert, malign hyperthermia.

**The methods used are reversible and have practically no side effects. That is why they are ideal for "beginners". There is no risk and if the result does not corresponds to the expected one, it is only visible for a short period of time.**

**Frequently asked questions about hyaluronic acid**

- When is the correct time for a wrinkle treatment (are you too young or too old)?  
*At any time, whenever a wrinkle bothers you.*
- If I get my wrinkles done, will I have to repeat the treatment?  
*No, follow-up treatments can be done, but are not necessary.*
- Amount of time required for a treatment?  
*30 minutes.*
- Degree of pain?  
*It is easy to stand. In the case of correction in the lip and mouth area, local anesthesia is recommended (just like at the dentist) because the treatment is very painful without local anesthesia.*
- Can I return to work immediately after the treatment or what do you recommend?  
*In general, you can go back to work immediately after the treatment. Skin reactions (swelling) depend on each person and no predictions can be made for the first treatment.  
Swelling (and in some cases small bruises) lasts for 2 to 3 days.*
- Are there any risks?  
*No.*
- Duration of effect?  
*Depends on each person, 3 to 6 months in general.*

**Frequently asked questions about Botulinum toxin (Botox)**

- What is Botulinum toxin (Botox)?  
*Vistabel is a purified protein which is excreted by bacteria.*
- How does Botulinum toxin (Botox) exactly work?  
*Vistabel relaxes muscles which cause wrinkles because they are often contracted.*
- Will the face be rigid or like a mask after the treatment?  
*Only "unimportant" muscles are selectively treated, such as the frown line. And this does not affect facial expressions.*
- What side effects commonly occur after the treatment (of the frown line)?  
*Headache in the first 24 hours. Temporarily lower eyelids (2 - 3 weeks).*
- How secure is a Botulinum toxin treatment?  
*Vistabel has been used for medical treatments of several diseases for over 15 years. The substance has proved to be well tolerated and highly effective.*

**Continuation: Frequently asked questions about Vistabel (Botox)**

- Does the treatment hurt?  
*With normal pain sensitivity, the treatment is easily endurable.*
- How fast does Vistabel (Botox) work?  
*The first effects appear after 2 to 4 days, the full effects appear after 14 days.*
- How long will the skin be smooth?  
*Between 3 to 6 months.*
- Do people notice anything after the treatment?  
*No, only in very few cases, a bruise appears next to the puncture site.*
- Can the treatment be repeated?  
*The treatment can be repeated as often as you like. There should be an interval of at least 3 months between the treatments.*