

● **How long does the effect of treatment last?**

Individual results vary but in general may last about 3 to 4 months. Your doctor will provide information about the typical duration of effects based on his/her experience.

● **How often will I receive it?**

Based on the agreement between you and your doctor, the treatment can be repeated after a time interval of about 3 to 4 months.

● **Is there anything I will need to be aware of while I am on a course of this medicine?**

You will need to tell your other doctors, dentists and pharmacists that you are using a cosmetic medicine. You will also need to be aware of any side effects that may be associated with the medicine, and what to do if you experience them.

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HIGHLANDS SKIN & COSMETIC CLINIC

Worried about those frown lines?



Some of your questions answered...



Ageing's effect on the skin

There are two distinct types of ageing which affect the skin. The first, caused by the genes we inherit, is called intrinsic (internal) ageing and is a continuous process that normally begins in our mid-20s. The second type of ageing is known as extrinsic (external) ageing and is caused by environmental factors. Most premature ageing is caused by sun exposure, but repetitive facial expressions, gravity, sleeping positions, alcohol consumption or smoking also play a role, which is why a healthy diet and regular exercise contributes to a naturally youthful appearance.

The ageing processes described above lead to gradual loss of elasticity and volume, contributing to wrinkles and folds such as glabellar frown lines (lines between the eyebrows).

Potential advantages of cosmetic medicine

Deep wrinkles and skin folds can create an angry, upset or sad appearance and these negative expressions can lead to disadvantages and discrimination both socially and in the workplace.

Relaxing facial muscles with cosmetic medicine to smooth negative expressions, results in a rejuvenated and youthful appearance. Research indicates that the majority of those who undertake cosmetic procedures experience an improvement in self-esteem. However, it is essential that the individuals have realistic expectations when choosing to undergo anti-wrinkle treatments.

The most common procedures performed by cosmetic physicians are anti-wrinkle and filler injections.



Cosmetic medicines for frown lines

Please discuss any questions you have with your doctor: the answers below are provided as a guide only.

There are different types of cosmetic medicines but the ones commonly used for glabellar frown lines are medicines based on **Toxin**. They are available only on prescription and must be administered by a trained healthcare professional. This medicine will be the basis of the questions below:

● How does it work?

It acts in the nerve endings in muscle tissue to reduce the ability of the muscle to contract, hence improving the look of frown lines between the eyebrows.

● What is the treatment procedure like?

As it is an injection, it is a non-surgical procedure that usually requires little recovery time.

● Is this medicine suitable for me?

There are some conditions (including other medicines you may take to treat these conditions) that may render you unsuitable for these injections, therefore, you will need to provide comprehensive information on your medical history to your doctor.

● Is it safe?

All medicines have risks and benefits. Together with you, your doctor will weigh up the risks of you using this medicine against the benefits you expect it will have for you.

● How soon can I see results?

The onset of improvement varies between individuals and also depends on which medicines is selected for you. The treatment effect can appear as early as a few days or may take about 2 weeks.