

Kristian
DR KRISTIAN VAN MOURIK

ORAL & MAXILLOFACIAL SURGEON



MUSCLE RELAXANTS AND DERMAL FILLERS

.....
A COMPREHENSIVE GUIDE

What happens to our skin as we age?

What happens to our skin as we age?	2
Muscle relaxants	
What are they and how do they work?	3
In which areas can a muscle relaxant be used?	4
Am I a candidate for muscle relaxant treatment?	5
Before, during and after treatment	6
Muscle relaxant results	7
Possible complications of muscle relaxants	8
Dermal fillers	
What are they and how do they work?	9
In which areas can a dermal filler be used?	10
Am I a candidate for dermal filler treatment?	11
Before, during and after treatment	12
Dermal filler results	13
Possible complications	14

When we are young, our skin is rich in hyaluronic acid, collagen and elastin. These elements keep it plump, firm and hydrated. This allows the skin to return to its original state after movement without any creases remaining. As we age, skin produces less of these substances so it becomes drier and less elastic. At the same time, gravity, sun exposure and weight fluctuations start to have an effect, causing wrinkles to form and skin to sag. Some wrinkles are noticeable all the time. These are called 'static wrinkles'.

Others only appear when we contract the muscles of facial expression, for example when we smile, frown or laugh. These are 'dynamic wrinkles'. Crows' feet and frown lines are typical examples of dynamic wrinkles. With time dynamic wrinkles can progress to static wrinkles.

Other changes which come with age include:

- Skin sagging due to gravity as well as loss of fat in the cheeks, temples, chin, nose and eye area. This leads to a skeletal appearance
- Skin becomes rougher
- Skin becomes more transparent
- Skin becomes more fragile due to thinning of the outer layer (epidermis)
- Skin becomes easily bruised due to thinner blood vessel walls

This guide is for general information only. Dr van Mourik will assess you individually, and recommend treatment which is most appropriate for you.

What are they and how do they work?

By relaxing muscles that cause expression lines and wrinkles, we can reduce the signs of ageing.

Muscle relaxant injections work by blocking signals between the nerves and muscles, so the injected muscles cannot contract.

They have been around a long time and are used successfully to treat several medical conditions caused by abnormal muscle movements. Doctors use them to help people with chronic migraine, bladder problems, tooth grinding and over-active sweat glands.

Today injectable muscle relaxants are also used to reduce the visible signs of ageing by relaxing the muscles that cause facial expression lines and wrinkles.

Most people use muscle relaxant treatments to dramatically soften the expression lines that appear when they smile, laugh or frown. The overall effect is to give your face a younger, fresher appearance.

Muscle relaxants can also be used to change the shape of your face. For example, injection of the jaw muscles can slim your lower face.

They only work on the areas that are injected, other areas of your face are not affected.

Muscle relaxant treatment areas



Am I a candidate for muscle relaxant treatment?

To have a muscle relaxant treatment you should have good overall health, not be pregnant or breastfeeding, and have no history of neuromuscular conditions. Muscle relaxants work best on dynamic wrinkles, which occur from repetitive facial expressions. The deeper your wrinkles are, the less of a result you will get from muscle relaxants. People under 50 years of age get the best results.

Muscle relaxants are not recommended if:

- You have a history of neuromuscular conditions such as myasthenia gravis, Lambert-Eaton Syndrome or multiple sclerosis.
- You have inflammation or severe weakness in the muscles where the preparation would be injected.
- You have previously had allergic reactions to any muscle relaxant.
- You have angle closure glaucoma.
- You are pregnant or breastfeeding.

Tell your doctor if:

- You have sensitive skin or allergies.
- You are taking blood thinners (e.g. aspirin or warfarin).
- You have asthma or emphysema.
- You have swallowing problems.
- You have bleeding problems.
- You have had surgery on your face or in your eye.
- You have problems with your heart or circulation.
- You have had seizures.

Before, during and after muscle relaxant treatment

Before treatment

In order to optimise results and reduce side effects the following is advised:

- Please do not wear any make-up or sunscreen for your appointment.
- Bring some sunscreen (SPF50+) and a hat to put on afterwards.
- Some blood thinners (e.g. aspirin) and non-steroidal anti-inflammatory drugs (eg ibuprofen and naproxen) can make you more prone to bleeding and bruising. If you can, avoid taking these types of medications for 2 weeks before your appointment. If these drugs are prescribed, Dr van Mourik may suggest an alternative dose.
- Avoid alcohol for the 2 days before treatment as it can increase the risk of bruising.
- You are planning to attend a special event, where a bruise, should it occur, would be unacceptable.

The treatment

Before treatment Dr van Mourik will discuss with you the amount of muscle relaxant needed to treat the areas you have selected. This will affect the cost of your treatment.

If this is your first time, you may decide to have a small area – say frown lines – done to see how you like the effect.

The muscle relaxant is injected through a fine needle into the muscles. Most people say the injections are not too painful and feel like being stung by tiny ants.

After treatment

You will be asked to stay for 10 minutes after your treatment and will be given an ice pack to apply to the area to reduce the risk of bruising.

The injections should cause minimal discomfort, but there may be slight swelling and redness. You should be able to go back to work or get on with your normal activities after treatment.

- Apply SPF 50+ sunscreen and avoid sun exposure, sun beds and saunas for 48 hours.
- Do not lie down for 4 hours. Try to sleep on your back for 2 nights following your procedure.
- Do not rub or massage the treated areas for 24 hours.
- Do use the muscles that have been injected, as this will encourage them to take up the muscle relaxant.
- Avoid alcohol and strenuous activities for the rest of the day.
- You can shower and bathe as normal. Gentle shaving of the area can commence the day after the procedure.
- Make-up can be gently applied the day after treatment.

It takes 2 to 3 days to take effect

After the treatment, it takes 2 to 3 days for the treatment to begin taking effect on your muscles, and 10 to 14 days to see the full effect. While each muscle area slowly responds to the treatment, you may notice some apparent asymmetry or unevenness in movement (e.g. ability to raise one eyebrow higher than the other or more wrinkles on one side of forehead than the other). This should even out over the 14 day period. Occasionally this unevenness persists past 14 days, especially if the muscle is stronger than expected. If this occurs, further injections may be required to relax those muscles and give an even, desired effect in the area treated.

Everyone responds a little differently

It is important to remember that the result and the duration of that result, is entirely related to your body's metabolism. Your doctor will advise you of the estimated number of units required to achieve the best result according to your expectations. However, this is strictly a guide and the dose may, and often will, need to be changed from time to time. There are many variables affecting a person's metabolism and these variables will differ from week to week and month to month.

It depends what you want to achieve

There is also the consideration given to the effect you personally want to achieve from your treatment. Some people want a marked reduction in muscle movement while others require a more conservative effect. Dr van Mourik will take note of your expectations but there are naturally times when the result needs to be modified to achieve the result you want.

How long does the effect last?

The effect lasts from 2 to 6 months depending on the individual. The results will wear off progressively after 2 to 3 months and you will need to repeat the injections 2 to 4 times a year to maintain those results.

It is unusual to have complications if a skilled practitioner administers your muscle relaxant. However, all procedures have some potential risks. These will be discussed with you to make sure you are well informed.

If you are concerned about any potential risk or complications, please discuss your concerns. Possible side effects and complications of muscle relaxants include:

- Pain, tenderness, tingling or numbness, swelling, redness of the skin, infection, bleeding and/or bruising at the site of injection. This should resolve in 7 days.
- Drooping of the upper eyelid, this usually resolves in 2 to 3 weeks.
- Quizzical brow lift, usually resolves in 2 to 3 weeks.

On rare occasions, effects may occur beyond the site of injection including:

- Muscle weakness which may lead to trouble speaking, swallowing or breathing.
- Impairment or loss of vision.
- Allergic or autoimmune reaction.
- Aspiration pneumonia (serious lung infection).

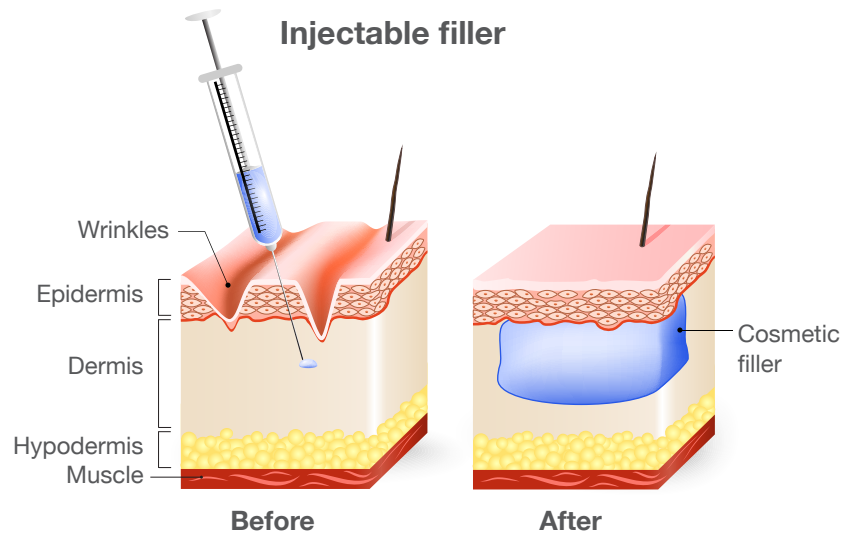
What are they and how do they work?

Dermal fillers work by lifting the wrinkle or fold, adding volume, hydration and cushioning to the areas where they are injected.

They can be used to soften wrinkles, irregularities caused acne scars or other skin damage. They can also enhance your facial features by adding volume to your lips or cheeks.

The four main types of dermal fillers are:

- 1 **Hyaluronic acid gel:** This is the most common type of filler. It is a naturally occurring substance found in your skin and soft tissue. Hyaluronic acid improves skin appearance by:
 - Improving hydration by holding water
 - Combining with collagen and elastin to enhance skin elasticity
- 2 **Fat injections:** From a donor or your own body
- 3 **Synthetic polymer gels**
- 4 **Polylactic acid:** A substance which stimulates your body to create collagen.



Dermal fillers can be used to restore volume and help smooth wrinkles, create fuller lips and shape facial contours such as cheeks and chin.

Dermal filler treatment areas

Smooth brow furrows, crow's feet, frown lines

Smooth nasal ridge

Smooth under the eyes, reducing dark circles

Lift and enhance cheeks

Soften nasolabial folds

Smooth vertical lip lines

Plump the lips

Smooth marionette lines

Smooth chin wrinkles

Rejuvenate hands

Fill acne scars



Am I a candidate for dermal filler treatment?

Dermal fillers are widely used by both men and women of all ages. Ideally you should be in good overall health, not be pregnant or breastfeeding and have realistic expectations. Smoking will reduce the longevity of your results as the sucking and squinting motion encourages the return of the wrinkles.

Dermal fillers are not recommended if:

- You have a skin infection in or near the treatment area.
- You have previously had allergic reactions to any dermal filler or local anaesthetic.
- You are pregnant or breastfeeding.
- You are currently having or have recently completed a course of Roaccutane® (acne treatment) in the last 6 months.

Tell your doctor if:

- You suffer from cold sores, as the injections may trigger this virus.
- You have a bleeding disorder or are taking medicines which affect bleeding, such as aspirin or warfarin.
- You are taking steroids or have an autoimmune disease.
- You are planning to attend a special event where a bruise, should it occur, would be unacceptable.
- You are prone to keloid scarring.

Before, during and after dermal filler treatment

Before treatment

In order to optimise results and reduce side effects the following is advised:

- Please do not wear any make-up or sunscreen for your appointment.
- Some blood thinners (eg aspirin) and non-steroidal anti-inflammatory drugs (eg ibuprofen and naproxen) can make you more prone to bleeding and bruising. If you can, avoid taking these medications for 2 weeks before your appointment. If these drugs are prescribed, Dr van Mourik may suggest an alternative dose.
- Avoid alcohol for the 2 days before treatment as it can increase the risk of bruising.
- Avoid chemical peels and laser treatments 1 to 2 weeks prior to treatment.

During treatment

Using a very fine needle, your doctor will place the dermal filler under your skin to fill in wrinkles and depressions in the areas you want treated. The dermal filler contains a local anaesthetic which is designed to reduce discomfort during and after the procedure.

After treatment

You will be asked to stay for 10 minutes after your treatment and will be given an ice pack to apply to the area to reduce the risk of bruising.

The injections should cause minimal discomfort. There may be slight swelling and redness. You should be able to get back to work and return to your normal activities after treatment.

- Apply SPF 30+ sunscreen and avoid sun exposure, sun beds and saunas for 48 hours.
- Do not lie down for 4 hours and try to sleep on your back for 2 nights following your procedure.
- Do not rub or massage the treated area for 24 hours.
- Avoid alcohol and strenuous activities for the rest of the day.
- You can shower and bathe as normal. Gentle shaving of the area can commence the day after the procedure.
- Make-up can be gently applied the day after treatment.

Results can be seen immediately

Hyaluronic acid effects can be seen immediately, although the final result may not be fully apparent until a couple of days later when the inflammation subsides.

How long does the effect last?

Hyaluronic acid fillers last from 6 to 18 months. Injections to the lips will wear out a little faster than those to the nasolabial folds. Some hyaluronic acid fillers are formulated to last up to 2 years. These are usually only used on the cheeks.

The effects are reversible

If you do not like the result, enzymes can be injected to break down hyaluronic acid filler and reverse its effects.

Everyone responds a little differently

It is important to remember that your result and the duration of your result is entirely related to your body's metabolism. Dr van Mourik will advise you of the estimated number of units required to achieve the best result according to your expectations. However, this is strictly a guide and the dose may, and often will, need to be changed from time to time. There are many variables affecting a person's metabolism and these variables will differ from week to week and month to month.

It depends what you want to achieve

There is also the consideration given to the effect you personally want to achieve from your treatment. Dr van Mourik will take note of your expectations but there are naturally times when the result needs to be modified to achieve the result you want.

It is unusual to have complications if a skilled practitioner performs your dermal filler procedure. However, all procedures have some potential risks. These will be discussed with you to make sure you are well informed.

If you are concerned about any potential risk or complications, please do discuss your concerns. Possible side effects and complications of dermal fillers include:

Short term complications

- Pain, tenderness, tingling or numbness, swelling, redness of the skin, infection, bleeding and/or bruising at the site of injection. This should resolve in 7 days.
- Formation of small lumps under the skin.

Delayed and longer-term complications (less common)

- Movement of filler material away from the intended site.
- Allergic or autoimmune reaction.
- Skin discolouration.
- Formation of pimples near the injection site.
- Localised scarring and skin damage.

Immediate and severe complications

- Death of skin in the area of the injection due to blockage of a blood vessel by the filler.
- Impairment or loss of vision.

Kristian
DR KRISTIAN VAN MOURIK
ORAL & MAXILLOFACIAL SURGEON

CONTACT US

DR KRISTIAN VAN MOURIK
(02) 9416 4809
SUITE 5, 12-18 TRYON ROAD LINDFIELD NSW 2070.

