

REJUVENATION



WRINKLE
RELAX
TREATMENTS



TREATMENTS GUIDE

LASER HAIR
REMOVAL



LASER
TREATMENTS



MINOR
SURGERY



Call to book a consultation
0203 432 1388

We offer a number of laser procedures to treat a range of conditions including acne, birthmarks, cherry spots, face and leg veins, freckles, liver spots, sun spots and viral warts.

Acne is the most common skin condition with over 90% of adolescents troubled by it. It can appear at any age however and persists in some people right into their fifties.

What causes acne?

Acne develops as a result of blockages in follicles. Formation of a plug of keratin and sebum is the earliest change. Enlargement of sebaceous glands and an increase in sebum production occur with increased androgen production during puberty.

Comedones (blackheads) are the direct result of sebaceous glands' becoming clogged with sebum, a naturally occurring oil, and dead skin cells.

In both these conditions, the naturally occurring bacterium *Propionibacterium acnes* causes inflammation, leading to inflammatory lesions (papules, pustules, or nodules) in the skin around the comedone, which results in redness and may result in scarring or hyperpigmentation.

Treatment

Until recently, patients with persistent, moderate acne have been treated with only topical or sometimes systemic antibiotics. Recent studies have demonstrated that Laser can trigger endogenous porphyrins that naturally destroy *P. acnes* bacteria - and in just a fraction of the time it typically takes for antibiotics to work.

Within eight brief acne laser treatments, over just four weeks, Harmony[®]XL's AFT can provide significant improvement. This is three times faster than common antibiotics and topical. Patients should achieve 80% clearance and treatments for acne take only a few minutes.

We use the HarmonyXL AFT laser handpiece. Intense blue wavelengths in the range of 420-950 nm target the porphyrins produced as part of the normal metabolism of *P. acnes* bacteria. The interaction of the intense blue light and the porphyrins creates singlet oxygen that rapidly destroys the bacteria without damaging the surrounding tissue.

What does the treatment consist of?

A cold gel is applied to the area to be treated. After which the hand-piece is gently applied to the skin and pulses of light are applied.

You should feel no more than the sharp snap of a rubber band against the skin. The treatment is fast and an area of the face such as the cheeks may take less than 5 minutes to treat whilst the full face may take just 20 minutes.

After the treatment slight redness of the skin may be visible. Because this treatment does not damage the outer layers of the skin, there is no healing time and normal activities can be resumed immediately. However, you should stay out of the sun during the treatment and for two weeks before and after treatment.

With repeated treatments you will notice a steady improvement in skin texture and appearance. Improvement is sometimes evident from the first couple of treatments and continues throughout the treatment program. We normally recommend 8 treatments over 4 weeks.

At Wandsworth skincare clinic we truly believe in the anti-ageing benefit of facial peels and we are offering a variety of peels to suit all ages and skin types. We can tailor your medical peel treatment to suit your lifestyle, ensuring everyone will notice but nobody will know.

As you consider the benefits of a paraben free skincare range, you might like to know the Image philosophy when it comes to ingredients formula.

- Highest pharmaceutical-grade ingredients
- Latest Technology in anti-ageing ingredients(vitamins, peptides and plant stem cells)
- Fragrance composed with 100% essential oils
- No petrochemicals
- Products not tested on animals
- No parabens (chemical preservative)

Just because you are born with a birthmark doesn't mean that it is welcome or that you have to live with it.

The problem of birthmarks

Birthmarks are usually a discolouration of the skin and are often caused by localised concentrations of blood vessels or pigmentation. Anyone can have a birthmark and those unobtrusively hidden out of sight are often no cause for concern.

Large facial or prominent birthmarks can have undesirable psychological effects such as damaging confidence, creating barriers to new relationships and generally undermining social status.

Treatment for birthmarks

Our laser techniques are highly refined, effective treatments for dealing with skin discolouration birthmarks. The laser is accurately directed to break down the darker pigment to blend the affected area with the surrounding skin.

Laser birthmark treatment sessions run for 30 minutes in which time an area of up to 10cm x 10cm can be treated. Typically 1 - 3 treatment sessions are required spaced at intervals of 4 - 6 weeks. A mild stinging may be felt during treatment with some redness and warming which fades quickly afterwards.

Our course of treatment depends on accurately determining your needs. Our skin specialists can accurately advise after a consultation. Our personalised service starts with a free consultation. Book yours today.

Cherry spots may develop anywhere. They rarely cause problems but that doesn't mean you have to put up with their somewhat unsightly appearance.

The problem of cherry spots

Cherry spots are abnormalities of tiny blood vessels in the skin. There are two main types. Named after the British surgeon who first described them, Campbell de Morgan spots may be raised and generally occur in middle age. Spider Naevi radiate from a central point giving a characteristic spidery appearance.

Cherry spots are small bright red spots. They often occur on the body or face, although they can appear anywhere. They may be slightly raised above the surrounding skin.

Treatment for cherry spots

Our laser treatments are highly satisfactory therapies for skin conditions. Our specialists are experts in the techniques required to safely eliminate cherry spots. With us treatment is fast, simple and effective.

Laser cherry spot treatment sessions run for 30 minutes in which time an area of up to 10cm x 10cm can be treated. Typically 1 - 3 treatment sessions are required spaced at intervals of 4 - 6 weeks. A mild stinging may be felt during treatment with some redness and warming which fades quickly afterwards.

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We offer a number of minor surgical procedures to treat a range of conditions including skin tags, moles, warts, cysts, lipomas and dermatofibromas.

Cysts usually result from a blocked gland in the skin causing a small rounded lump to develop and get slowly bigger. They may become cosmetically unsightly but otherwise not troublesome. There is however a risk that they can discharge smelly material or become infected and form an abscess. They often occur on the head, neck and upper chest and back. They are removed by formal excision.

There are many skin conditions that result in unsightly blemishes. Whilst most of these are benign (not cancerous) they may be cause for individual concern or cosmetically undesirable. The treatment for most small benign skin lesions is no longer available on the NHS. Dr Popelyuk provides this service at our clinic. She is a General Practitioner with a special interest in Minor Surgery.

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You can't escape aging but we can help deal with one of the main facial signs of getting older - lines and wrinkles.

The problem of lines and wrinkles

Lines and wrinkles are caused by a variety of factors such as facial expressions, aging and sun damage. Although often associated with aging, you don't have to be old to get facial lines.

Minor and medium depth wrinkles such as nose to mouth grooves, forehead lines and frown furrows may all develop, as may lipstick lines and crow's feet.

Treatment for lines and wrinkles

Our dermal filler gel treatments smooth lines and wrinkles and medium depth skin creases. The treatment we use is based on Hyaluronic acid, a substance that naturally occurs in our bodies.

Dermal filler treatment products are either Restylane or Juvederm which combine dermal filler gel with pain relief to make treatment more comfortable. Treatment is priced per syringe and our specialists determine your exact needs during a consultation. Our highly personalised service starts with a free consultation. Why not book yours today?

DERMAROLLER



Dermarollers work by producing thousands of microscopic needle holes in the dermis, which prompts the skin to produce new collagen and elastin and generate new cells.

Dermaroller therapy stimulates the skin to repair itself and can significantly improve the appearance of acne scars, ageing and sun-damaged skin, wrinkles and stretch marks.

After a Dermaroller procedure your body will start to naturally regenerate and repair the skin, working below the surface in the dermis. This takes time as new collagen is formed, new skin cells are generated and blood supply is enhanced. It can take up to 6 weeks before visible signs of regeneration and repair are seen and the process will continue over the following months, providing you with a natural and long lasting enhancement.

We offer a number of minor surgical procedures to treat a range of conditions including skin tags, moles, warts, cysts, lipomas and dermatofibromas.

These are common, particularly on the lower legs of women, and are considered to be an abnormal response to an insect bite. They are firm hard papules, which are often itchy. If unsightly, they are removed by ellipse excision.

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Although spidery face veins are a common problem and the exact causes are poorly understood, they are easily treated.

The problem of face veins

It is believed that hormonal or temperature changes, smoking or alcohol may all have an influence in the appearance of face veins. There may also be a genetic basis for the condition.

Red veins on the face and are best treated early as they may develop in clusters that produce an unsightly complexion.

Treatment for face veins

We treat face veins with laser procedures that safely eliminate the problem leaving the treated area blemish free and improve the complexion.

Facial vein treatment sessions run for 30 minutes in which time an area of up to 10cm x 10cm can be treated. Typically a single treatment session is enough, but each case is different. A mild stinging may be felt during treatment with some redness and warming which fades quickly afterwards.

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We offer a number of laser procedures to treat a range of conditions including acne, birthmarks, cherry spots, face and leg veins, freckles, liverspots, sun spots and viral warts.

Rosacea can cause prominent blood vessels, open pores and skin eruptions similar to acne. It often starts between the ages of 30 to 50 and can cause considerable distress. Village Skincare offers Advanced Fluorescence Technology (AFT) that very effectively treats the skin damage caused by rosacea.

What technology is being used?

AFT is the next generation of intense pulsed light. It takes formerly unused short-wavelength light and converts it into part of the usable spectrum through a special filtering system. It increases emission and penetration, for safer and more effective treatments.

AFT also delivers Equally Distributed Fluence, which means that every pulse has uniform energy density across the entire output face. This fluence ensures repeatable results and remarkable safety. AFT yields a more efficient system for ideal clinical improvements, less discomfort and minimal skin damage.

How does the technology work?

Intense pulsed light (IPL) is broadband light and delivers hundreds of wavelengths (or colours) in a single discharge. Our AFT system is an advanced form of IPL.

IPL specifically targets blood (haemoglobin) in the skin without damaging surrounding tissues. The light energy is absorbed by blood inside the veins, heating up the vessel wall, which collapses and then dissolves.

IPL is more suitable for large areas of diffuse redness or fine "blushes" of vessels.

Which Laser or IPL Systems do you use?

Wandsworth Village Skincare offer laser and IPL to ensure optimal treatment of rosacea.

- Alma Harmony IPL(515-950nm) (540-950nm) (570-950nm)
- Alma Harmony (1064/532 Nd:YAG laser 2mm/6mm tips)

What does the treatment feel like?

Like the snap of a rubber band.

Are there any side effects?

Sometimes redness and irritation of the treated area may occur (like sunburn). There is also a small risk of pigment change following treatment. A small minority of patients develop bruising and blistering. This settles within a few days.

How many treatments are needed?

A series of 4 to 6 treatments is recommended at monthly intervals for rosacea.

Although they are not a disorder, freckles, particularly on the face and hands may be undesirable.

The problem of freckles

Freckles are simply localised higher concentrations of the skin pigment melanin. They are genetic and formation is triggered by exposure to sunlight; they may darken upon subsequent exposure.

The typical freckled complexion is seen as blotches or spots on the skin especially the face, hands and shoulders.

Treatment for freckles

Our laser treatments selectively target darker pigmented areas with little or no damage to the surrounding skin.

Freckle treatment sessions run for 30 minutes in which time an area of up to 10cm x 10cm can be treated. Our course of treatment depends on accurately determining your needs. Our skin specialists can accurately advise after a consultation. Why not book yours today?

Excessive perspiration can be embarrassing especially when it shows up on your clothes or when shaking hands.

The problem of Hyperhidrosis

Those born with hyperhidrosis find it starts in adolescence. For others it may be acquired at any time in life as a result of conditions such as glandular disorders or diabetes.

Hyperhidrosis results from the body producing more perspiration than actually required to regulate body temperature. It may be seen as a general condition or confined to areas with high concentrations of sweat glands such as the hands, feet, armpits or groin.

Treatment for Hyperhidrosis

Our treatment uses Botox to block the nerve impulses to the sweat glands. This approach is extremely effective and within a week may reduce perspiration by up to 95% for several months.

Injecting Botox into the skin of the affected area is a safe hyperhidrosis treatment. Our course of treatment depends on accurately determining your needs. Our personalised service starts with a free consultation. Book yours today.

Imagine a life free of unwanted hair. No more waxing, shaving or plucking! PAIN-FREE laser hair removal makes this dream a reality.

Wandsworth Village Skincare offer a range of laser treatments including the revolutionary Harmony XL's SHR with brand new technology that allows it to PAINLESSLY treat all skin types including black and Asian skins.

What is SHR technology?

Most people are now aware that lasers are the 'gold standard' method of hair removal but the most common patient complaint is the pain of the procedure. Not anymore.

The HarmonyXL SHR handpiece emits broad-spectrum light. The energy travels harmlessly through the epidermis and dermis until it strikes the hair follicle, which contains a dense, melanin-rich hair shaft and bulb.

The dark-colored melanin absorbs the light and rises slowly in temperature, destroying the hair-producing cells surrounding the follicle. Because the heat is not sustained, however, no damage occurs outside the follicle area.

The result is superb hair removal without pain.

How many treatments are needed?

On average 6 to 8 treatments are needed at 4 to 6 weeks intervals. The exact number of treatments depends on several factors including hair colour, skin colour, hair density and the site of hair growth.

Can all hair colours be treated?

Lasers and IPL work best on dark hair because the pigment melanin absorbs the laser light. Fair hair can respond well, but white hair, grey hair, very blond hair and some types of red hair respond poorly to lasers and IPLs unless stained using a special melanin encapsulating solution.

Laser technology we are able to treat all areas of the body quickly, safely and effectively.

Can all parts of the body be treated?

Using the latest laser technology we are able to treat all areas of the body quickly, safely and effectively.

Is the treatment permanent?

The permanence of laser hair removal is often questioned. In practice no single laser system destroys all hair follicles. Some follicles are destroyed, others are miniaturized and some enter a prolonged resting phase. It is possible that with a sufficient number of treatments, true permanent hair removal can be achieved. Women with hormonal imbalance or Polycystic Ovarian Syndrome may need to repeat the treatment regularly and even if there was no abnormality before, around the menopause some women might get increase in production of new hair.

Can all skin types and tones be treated?

SHR (Super Hair Removal) technology is safe for treating all skin types including black skin; however, patch tests would be performed prior to treatment to exclude the risk of hypo pigmentation (bleaching effect) of the skin.

How to prepare for the hair removal treatment?

In order to remove the hair, they need to be there in the first place, so if you have been waxing so far, you need to wait 4 weeks for the hair to start growing back. You can shave as often as you want prior to the treatment. You will need to shave the area closely on the day of the treatment or you can come in with the hair grown and we will shave it for you.

Another part of good preparation for the treatment is staying away from the sun/tanning/self-tanning lotions for 2 weeks prior the treatment.

Leg veins are a very common problem but we can help if you don't want to cover up.

The problem of leg veins

Although unsightly leg veins are commonly inherited, they may develop as a result of prolonged standing, pregnancy, obesity and hormonal changes.

Unsightly leg veins occur when a vein dilates sufficiently to be visible through the skin. Thread and spider veins on the legs are usually seen on the outer thigh and inner knee areas.

Treatment for leg veins

Gravity and pressure effects mean that leg veins are a little more difficult to treat than veins of the face; however this does not prevent us achieving excellent results that produce a more even skin tone and smoother legs.

Leg vein treatment sessions run for 30 minutes in which time an area of up to 10cm x 10cm can be treated. Typically 2 - 4 treatment sessions are required spaced at intervals of 4 weeks. A mild stinging may be felt during treatment with some redness and warming which fades quickly afterwards.

Our course of treatment depends on accurately determining your needs. Our skin specialists can accurately advise after a free consultation. Why not book yours today?

We offer a number of minor surgical procedures to treat a range of conditions including skin tags, moles, warts, cysts, lipomas and dermatofibromas.

These are benign tumours of fat cells and commonly occur around the body. They present as localised, discreet soft lumps. They can cause discomfort and are tender if knocked. They can enlarge and become very prominent or cause pressure symptoms. They are removed by formal excision. Very large lipomas are not suitable for removal under local anaesthetic and are not treated by us.

There are many skin conditions that result in unsightly blemishes. Whilst most of these are benign (not cancerous) they may be cause for individual concern or cosmetically undesirable. The treatment for most small benign skin lesions is no longer available on the NHS. Dr Popelyuk provides this service at our clinic. She is a General Practitioner with a special interest in Minor Surgery.

How our procedures are performed

You will have an initial consultation with the doctor to discuss your problem and the best way to manage it. The procedures are explained and we ask you to sign a consent form. The consultation charge will be subtracted from the costs of any surgical treatment. All procedures are carried out under a local anaesthetic and can be performed on the same day if previously arranged. Lesions that are excised are routinely sent for histology (laboratory analysis) if the diagnosis is uncertain. You can drive following surgery and, in most cases, resume your normal activities straight away. You will be offered a free follow-up appointment for suture removal, wound review, etc. Multiple lesions may require subsequent surgical appointments.

Liver spots are not a sign of liver problems. They frequently resemble the colour of this vital organ, but that doesn't mean that we have to put up with them.

The problem of liver spots

Liver spots are associated with aging. From early middle-age the skin is less able to regenerate and the appearance of concentrations of melanin as liver spots is strongly related to the effects of sun exposure.

Liver spots range in colour from light brown to red or even black, and appear in areas frequently exposed to the sun. Hands, arms, shoulders, the face and head are the most common places in which they develop.

Treatment for liver spots

Our laser treatment is highly effective at selectively lightening the darker pigmented region of liver spots to restore a much more even skin tone.

Liver spot treatment sessions run for 30 minutes in which time an area of up to 10cm x 10cm can be treated. Typically 1 - 3 treatment sessions are required spaced at intervals of 4 - 6 weeks. A mild stinging may be felt during treatment with some redness and warming which fades quickly afterwards.

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Most people have moles which are invariably benign and not troublesome. Sometimes they cause cosmetic problems and you may prefer to have them removed even though they are not cancerous. Moles are removed by shave excision and cauterization, or ellipse excision and suturing. Pigmented lesions are usually sent for histological analysis.

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Imagine. turning back the clock and having smoother, more youthful skin.

The problem of skin aging

Skin changes with age. It tends to become rougher, less elastic, thinner and more susceptible to a variety of lesions. Ultra-violet light from the sun only accelerates aging.

Skin with a generally aged appearance may exhibit a range of features such as fine lines, enlarged pores, thread veins, freckles sun damage and sun spots.

Treatment for aging skin

AFT system laser treatment is highly effective at breaking down darker pigmented areas and stimulates collagen fibre healing in lower layers of skin. The combined effect is to produce rejuvenation, evening out skin tone and flattening lines and wrinkles through thickening of the collagen.

Rejuvenation treatment sessions run for 60 minutes. Typically 1 - 3 treatment sessions are required spaced at intervals of 4 - 6 weeks. A mild stinging may be felt during treatment with some redness and warming which fades quickly afterwards.

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We offer a number of minor surgical procedures to treat a range of conditions including skin tags, moles, warts, cysts, lipomas and dermatofibromas.

These are extremely common especially around the neck and armpits. They may be numerous and unsightly and can rub and cause soreness. Most can be quickly and safely removed by electrocautery although larger lesions may need formal excision.

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Spending a lot of time out and about in the sun can give rise to sun spots but they don't have to be a permanent feature.

The problem of sun spots

Sun spots are not age related and fair skin may make sun spots more likely. Their appearance is strongly linked with exposure to ultra-violet light from the sun.

To some, sun spots may seem a little bit like permanent areas of sunburn as they can be red, itchy or painful, and sting when exposed to the sun.

Treatment for sun spots

As with other melanin related skin conditions, our laser treatment is highly effective in helping with sun spot problems.

Sun spot treatment sessions run for 30 minutes in which time an area of up to 10cm x 10cm can be treated. Typically 1 - 3 treatment sessions are required spaced at intervals of 4 - 6 weeks. A mild stinging may be felt during treatment with some redness and warming which fades quickly afterwards.

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We offer a number of laser procedures to treat a range of conditions including acne, birthmarks, cherry spots, face and leg veins, freckles, liver spots, sun spots and viral warts.

These are mostly caused by infection with human papilloma virus. Most will resolve spontaneously within 3-6 months. However, some may persist and spread. Various treatment options exist, including freezing (cryotherapy), applying salicylic acid, surgery (cautery and electrodeccation) and laser treatment.

How does laser treatment work?

The laser treatment provides new hope for the that are resistant to traditional therapies, without presenting a high risk of scarring.

It works by selective absorption of laser energy by the blood vessels which feed the wart without damaging the healthy skin around it.

How will I feel during the procedure?

Although you may feel some discomfort, the laser does not generally cause any pain. Sometimes, patients with sensitive skin benefit from the use of anaesthetic cream to numb the area during treatment.

What happens after treatment?

Immediately after laser exposure, the treated area turns a bit bluish and swells slightly. Over the next several days, the area will heal and the skin texture and tone will return to normal.

Complications are not expected; you can continue with your normal routine, including bathing normally. You might notice some darkening of the skin where the wart used to be, but this is temporary.

How long does it take?

Depending on the number of warts, as well as their size and location, a typical treatment session runs from 10 to 30 minutes. The number of treatments required varies from case to case.

Simple warts may require only one or two treatments, while deeper or more resistant warts may require additional treatment sessions. We will discuss how many treatments your particular case may involve.

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Seborrhoeic Warts (Keratoses)

These benign pigmented lesions usually appear in middle age and are most commonly multiple. They are very superficial warty, crusty lesions, which often itch or catch in clothing and can be unsightly. They are best removed by curettage and cautery.

Viral Warts

These are mostly caused by infection with human papilloma virus. Most will resolve spontaneously within 3-6 months. Various treatment options exist, including freezing, applying salicylic acid and surgery. Curettage is a good treatment for warts, which have a narrow base, keeping scarring to a minimum.

Skin Conditions

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How does laser treatment work?

The laser treatment provides new hope for the removal of a wide range of warts that are resistant to traditional therapies, without presenting a high risk of scarring.

It works by selective absorption of laser energy by the blood vessels which feed the wart without damaging the healthy skin around it.

How will I feel during the procedure?

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How long does it take?

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Simple warts may require only one or two treatments, while deeper or more resistant warts may require additional treatment sessions. We will discuss how many treatments your particular case may involve.

Wrinkles and frown lines can be reduced dramatically with Botox®. It works on the superficial muscles on the face to relax them thus smoothing the skin.

The effects can start to show within 3-7 days, with maximum effect usually at 7-14 days and peak improvement at around 30 days. Consider using wrinkle treatment injections in conjunction with dermal fillers to enhance the effect of both treatments. The lasting effects of wrinkle treatment injections vary from person to person but typically repeat treatment is recommended every 4-5 months to maintain the desired effect.

How does Botulinum Toxin work?

Botulinum Toxin blocks impulses from the nerve to the tiny facial muscles that are related to expression lines. Botulinum Toxin relaxes the muscles so that they do not contract. After treatment, the overlying skin remains smooth and unwrinkled while the untreated facial muscles contract in a normal fashion, allowing normal facial expression to be unaffected.

Are Botulinum Toxin treatments safe?

Botulinum Toxin injections have been used safely for over twenty years to treat many neurological and ophthalmologic disorders. Each year tens of thousands of patients receive Botulinum Toxin for relief from a variety of conditions and it is a popular treatment for reversing the visible signs of aging.

What is the treatment like?

Wrinkle relaxing injections with Botulinum Toxin is simple and safe. A very small amount of Botulinum Toxin is injected precisely into several locations on the face. The needle is so fine that most patients compare the sensation to a mosquito bite. No sedation or local anaesthetic is required and you can resume normal activities immediately afterwards.

Are there any side effects?

Some patients experience a slight temporary bruising at the injection site. This may be covered up with make up. There is the possibility of infection at the injection site. In some cases, the toxin can migrate and cause temporary weakness to nearby small muscles. In rare cases there can be drooping of an eyelid or asymmetry of facial expression. If this occurs it is short lived approx 3 weeks, the risk of any side effect depends upon the muscles injected. Your practitioner will discuss this with you in detail before the treatment. However because the effects of Botulinum Toxin are completely reversible, any side effects are temporary, lasting only a few weeks. Probably not suitable for those with an egg allergy.

What results can I expect?

If dynamic wrinkles make you look older than you are, wrinkle relaxing injections can smooth these out and give you a more youthful appearance. However, this treatment cannot improve wrinkles due to aging and sun-damaged skin since they are unrelated to facial muscle contractions. Muscle relaxing injections will not improve sagging skin.

What are the limitations of Botulinum Toxin?

Botulinum Toxin injections are a temporary solution for the treatment of dynamic wrinkles. The effects of the injections last from three four months (sometimes as long as to six months). You will need to have injections about two to three times a year to maintain the effects. The early clinical studies indicate that the duration of the treatment benefits is increased over time so that you should require fewer injections in the future. The duration of the effect varies from patient to patient and may be less effective for those over 65 years of age.

Is Botulinum Toxin used to treat other symptoms?

Yes, Botulinum Toxin has been used for over twenty years on thousands of patients to treat blepharospasm associated with dystonia.