

“THE MUSCLE RELAXING TREATMENT”

Facial lines are caused by the repeated use of the facial muscles in a particular manner. Just as a freshly-ironed shirt will become severely creased at the elbow, for example, as a result of the bending arm, so our facial lines form wherever we frown, squint or smile. Some people have a distinctive facial habit – grimacing, raising eyebrows and using one side of the face more than the other – and they will in time see a set of facial lines appear which reflect this individual habit.

Lines can be softened, or in some cases erased, by means of “filler injections”. These processes vary in how effective they are and how long they last; however, they all have one common characteristic – the **EFFECT** is being treated, rather than the **CAUSE**. The damage has already been done and continues to be done.

The Muscle Relaxing Treatment is different in that it is a **PREVENTATIVE** treatment. Injections are given, usually to the forehead frown area, which temporarily put the frown muscles to sleep for a period of 3-4 months. This relaxing of the muscles is always temporary and can never be permanent.

BEFORE



AFTER



**** *Just look at the results* ****

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The aim is to break the habit of frowning and educate the patient in his or her facial movement so that one ‘forgets’ how to frown. Usually patients have several of these injections over a year or two until the frowning habit is broken.

Apart from the ‘habit breaking’ aim, other positive benefits are that:

- * Whilst the muscle is temporarily immobilised, the forehead is at ‘peace’ and the frown line is not being created or reinforced.
- * Most patients notice that their existing frown lines do soften out because the forehead is completely relaxed.
- * Many would agree that frowning is an unpleasant habit which tends to spoil the serenity and beauty of the face. After the treatment, although all the many other facial muscles can still be used normally, the forehead is still calm and thus the face appears more serene. Patients have commented that they feel the calmness within themselves.
- * Some people have a markedly lopsided face due to an overactive muscle on one side. This treatment can be used to weaken an overactive muscle thereby blanching the resting tone on the two sides of the face.

MORE ABOUT THE TREATMENT -

The injection takes around 5-10 minutes. The Doctor will ask you to frown hard; this is so that he can see the exact pattern of the forehead and frown movement in the individual patient. The injections are slightly uncomfortable but brief. The Muscle Relaxing Treatment is less sore than collagen injections. Afterwards you will have some tiny red marks for approximately one hour where the needle was inserted.

The injection starts to take effect after 3 or 4 days and you may notice that it is becoming more difficult to frown. After 1 or 2 weeks the muscle will be completely asleep.

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Very occasionally you may require more than the usual injection amount. If the muscle does not go to sleep you may have to pop back for a further injection. Also, some patients who have well-exercised and developed frown muscles (more common in men) may need a second injection. It is better to inject a conservative amount of the substance and add more if required.

It must be emphasised that the injection is intended to make it difficult to frown. We all frown subconsciously, this treatment prevents inadvertent frowning. Some patients will ‘test’ the injection by standing in front of a mirror at home and trying very hard to frown! In some cases the patient may indeed be able to use some of the frowning muscles a little if they force the muscles very hard. This does not of course mean the injections have not worked.

The substance that is injected is PURIFIED PROTEIN. It has been used for many years as an accepted form of treatment for squints and nervous ticks. The substance cannot cause any permanent damage or travel within the body because it attaches itself to the muscles and cannot migrate from there. The injection technique that is used ensures that the substance cannot pass into the bloodstream. The action on the muscle is never permanent. The patient’s frown is sent to sleep for a few months.

In some older patients, because of poor muscle tone, they feel heaviness over the eyebrows. This lasts for 2-3 weeks. Usually in older patients a lower dose is injected to prevent this from happening.

After several treatments, very rarely some patients become resistant to the drug, i.e. it no longer works effectively.