



Wrinkle treatments

There are many wrinkle treatments available however, you should consult an accredited and experienced cosmetic physician, surgeon, cosmetic surgeon, plastic surgeon or dermatologist to ensure you understand any potential risks, complications and side effects. Some of the anti-ageing treatments including those offered by cosmetic clinicians include:

- **Topical lotions** – certain creams (known as tretinoin creams) can reduce the appearance of fine lines. They may also assist where there is uneven colouration of the skin if used regularly. These creams are available on prescription.
- **Moisturisers** – keep the skin moist and can reduce the appearance of fine lines. It is worth remembering that over-the-counter moisturisers sometimes make impressive claims. Before buying an expensive moisturiser it may help to discuss with an expert whether the product will be able to meet your expectations
- **Facial peels** – remove the top layer of skin using chemicals. By removing this layer of skin, the appearance of wrinkles is lessened and the body begins to regrow new, younger-looking skin
- **Dermabrasion** – is used to reduce the appearance of scarring, fine lines and wrinkles. A surgical procedure using a scraping technique polishes the treated skin area to give a smoother look.
- **Injections** – there are several kinds of injections available in Australia. These work in different ways and should only be administered by a cosmetic physician, surgeon or dermatologist. Injections include:
 - Collagen or body fat harvested from other areas of the patient's body which can be 'piped' along wrinkles via a small hypodermic needle. This temporarily fills the ridges under the skin that can create wrinkles. Your cosmetic clinician will be able to explain if collagen is appropriate for you.
 - Botulinum toxin – Botulinum toxin works by immobilising facial muscles that pull on the skin to produce lines in wrinkle-prone areas (e.g. the vertical lines between the eyebrows). Immobilising these muscles allows the skin to smooth out. Your cosmetic clinician will be able to explain if botulinum toxin is an appropriate treatment for you.
- **Vascular laser** – is used to minimise or remove damaged blood vessels from the face and other areas of the skin.
- **Laser resurfacing** – is used to treat wrinkles, age spots, scars and skin growths.
- **Cosmetic surgery** – can be used to reduce the signs of ageing. Cosmetic surgical procedures include eye lifts (blepharoplasty) and face lifts (meloplasty). It is important to understand potential risks, complications and side effects before having any type of surgery. Importantly, you should consult an accredited plastic, cosmetic or dermatological surgeon who can discuss your expectations before you commit to any surgical procedure.



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Things to remember

- It is important to understand the potential risks, complications and side effects before having any type of treatment
- Always discuss with your cosmetic clinician your expectations of a treatment. This will allow you to be advised on the most appropriate treatment
- Always discuss the treatment and technique options available to treat the area with which you are concerned