

## Specialist Cosmetic Surgery

is committed to providing only the latest and most effective treatments available in cosmetic medicine and surgery, including a top quality range of anti-wrinkle and dermal filler injections that are administered by a specialist cosmetic nurse.

And our emphasis on quality, expertise and client comfort is backed by the stringent Australasian College of Cosmetic Surgery (ACCS) Code of Conduct – the only one of its kind in medicine in Australia. Meaning you can be confident you'll get optimal results, no matter what treatment you desire.



Anti-wrinkle and dermal filler injections are suitable for men and women of all ages and are virtually painless.

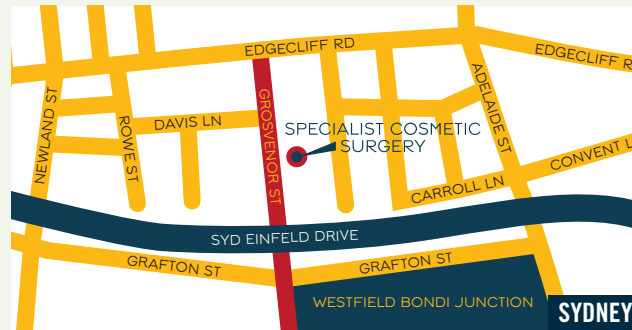
**Dr. Bernard Beldholm**  
MBBS B.Sc(Med) FRACS, FACCS.



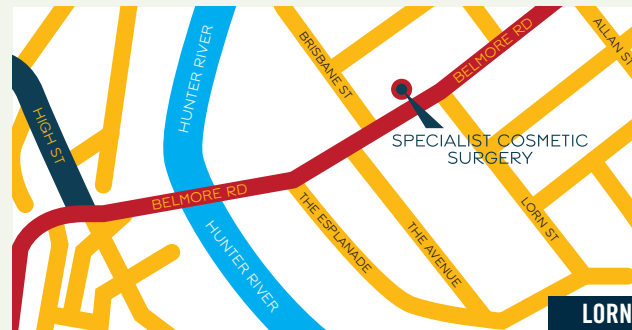
OUTSIDE BACK



## SPECIALIST COSMETIC SURGERY



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#### \*Fees and cancellations policy

All initial consultation fees are credited towards subsequent therapies and, if you have had a treatment with us before, any subsequent consultation with any of our team is complimentary. A consultation with our cosmetic surgeon is \$150, with our specialist injector nurse \$100, and with our dermal therapist \$50. As our appointments are very precious to us, please advise of any cancellation at least 12 hours before the nominated time. If you cancel a scheduled appointment on shorter notice, or do not attend, then the full consultation fee will be charged.



## SPECIALIST COSMETIC SURGERY

*Anti-wrinkle injections  
& dermal fillers  
your questions answered*

Sydney - Hunter Valley



[www.specialistcosmeticsurgery.com.au](http://www.specialistcosmeticsurgery.com.au)

## How do wrinkles form?

“Dynamic” wrinkles occur as a result of us using facial muscles to create expressions. Although our skin springs back when we are young, as time passes dynamic wrinkles remain on the skin, forming “static” wrinkles (those wrinkles and folds that are present at rest). This process occurs because natural substances such as collagen, elastin and hyaluronic acid decrease with age. Environmental factors, such as exposure to sunlight, smoking and stress, also contribute to the creation of wrinkles and folds.

## What are anti-wrinkle preparations?

These injections consist of natural, purified protein that relaxes wrinkle-causing muscles, creating a rejuvenated appearance. Manufactured in sterile laboratory conditions, their active ingredient is derived from bacteria in much the same way penicillin is acquired from mould.

## How do they work?

Anti-wrinkle injections are used to relax the specific facial muscles involved in causing dynamic wrinkles. Once the muscles are relaxed, you cannot contract them and continue making the undesirable expressions. Meaning wrinkles gradually smooth and new lines are prevented from forming.



Frown lines before and after anti-wrinkle injection treatment. The after photo illustrates how, even when trying to frown, the treated muscles cannot be contracted.

## What do anti-wrinkle injections involve?

This non-surgical procedure involves a small amount of anti-wrinkle preparation being injected with a very fine (and therefore virtually painless) needle into selected facial muscles. As full effects may not be visible for seven days, you will normally be seen again in around a fortnight to check the results and, if required, top up your treatment.

## How long do the injections last?

It can be up to four months before lines slowly begin to return. The effects tend to last even longer if you have repeat treatments.

## Are there any side effects?

Side effects are usually temporary and localized to the area of injection. They may include headache, pain, burning/stinging, bruising, swelling or redness at the injection site, local muscle weakness (including drooping eyelids/eyebrows), swollen eyelids, skin tightness, tingling sensations, itching/aching forehead, nausea and flu-like symptoms.

## Will the injections affect my facial expressions?

The injections work only on the muscles treated and other muscles should not be affected.

## Dermal (Injectable) Fillers

Adding volume to the soft tissues of the face is increasingly becoming a cornerstone of facial rejuvenation science. Dermal fillers can be used to plump up areas of the face that have lost volume, as well as to non-surgically alter facial shapes. At Specialist Cosmetic Surgery you'll have a choice of a number of top quality dermal fillers to choose from. Common areas for treatment include lips, cheeks, dark circles under the eyes, chin, nose, brows, smile or laugh lines, mouth corners and static wrinkles.



Before and after dermal filler treatments.

## Restoring and enhancing facial volume

Faces lose volume as time goes by. Our cheeks, for example, are generally at their smoothest and most voluminous as babies. A youthful face can be compared to an egg with its narrowest part pointing downwards. Such faces have finely defined jaw lines, smooth contours and cheeks, and full upper facial areas. However, facial shapes and contours change with age, with the original shape starting to turn upside-down. This is because, as time passes, we gradually lose facial volume, our skin becomes thinner and the effects of gravity start to become more apparent.

## What are dermal fillers?

Most fillers on the market are composed of hyaluronic acid (HA) which assists in skin hydration by attracting and holding water. HA also combines with collagen and elastin to help provide skin structure and elasticity. To ensure maximum comfort during treatment, most modern dermal filler gels incorporate a local anaesthetic.

## Are there any side effects?

Temporary post-treatment side effects may include redness, swelling, asymmetry and bruising. More serious complications are very rare as dermal fillers are a safe and effective method of non-surgically shaping, lifting and rejuvenating the face.

**Call us today on 1300 588 494  
to arrange your consultation.**