Facial Rejuvenation Guide

Through non-surgical procedures we can target facial concerns such as fine lines and wrinkles, lost volume, skin laxity, sun damage and scarring.

From the foundations of underlying skin structure through to the lustre of your skin, facial rejuvenation is about bringing out the best version of you.
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WHAT IS FACIAL REJUVENATION?

Facial rejuvenation is the process of rejuvenating both the health and the appearance of your skin.

Facial rejuvenation can:

- Slow down intrinsic and extrinsic ageing
- Restore volume
- Improve fine lines and wrinkles
- Reverse sun damage
- Restore facial definition
- Improve skin elasticity

Whether you are sick of hearing “you look tired today” and your reflection not representing how you feel, are re-entering the work force, or just feel like you need a freshen-up, facial rejuvenation can help you portray a more confident you.
WHAT DOES FACIAL REJUVENATION INVOLVE?

Appearance is a unique quality. So it follows no treatment plan for facial rejuvenation will be the same either.

Facial rejuvenation involves combining different treatments to create an individual treatment plan to improve your concerns.

We take into consideration your desired outcome, affordable downtime and your own personal preferences (no needles etc.) to work together and create a personalised experience.

Typically, facial rejuvenation involves:

- Anti-wrinkle injections to relax the muscles that form new wrinkles
- Dermal fillers to replace lost volume
- Fraxel Laser™ to improve skin texture and quality and to reverse the signs of sun damage
- Exilis Protégé Elite™ to restore some of the elasticity in the skin by stimulating the production of collagen and elastin

Facial rejuvenation procedures including Exilis and Fraxel have really revolutionised the industry. We partner these impressive tools with procedures like our dermal fillers and anti-wrinkle injections to give our patients a completely refreshed, natural look.

- Dr Michael Molton

Facial rejuvenation is not a process intended only for the middle aged. A comment we commonly hear on the phone is, “I would like to book in to discuss facial rejuvenation but I think I’m too old”.

As Dr Christiane Northrup once said, “Getting older is inevitable, ageing is optional”.

Love your skin. Love your face. Love epiclinic®.
When it comes to intrinsic ageing, or the natural ageing process, it’s a case of when and not if. Wrinkles and facial lines are inevitable, but that doesn’t mean they aren’t reversible or preventable.

The most common areas for anti-wrinkle injections are:

- Forehead
- Glabella (between eyebrows)
- Bunny lines
- Crows’ feet

Anti-wrinkle injections are performed with a tiny needle that some patients describe as feeling like a small pin prick and are over within a minute.

Side effects are extremely rare but you may occasionally experience a small bruise that is easily covered up by makeup and will usually only last a few days.

The effects of your treatment will last approximately 3-4 months.
We use hyaluronic acid dermal fillers at epiclinic®. There are many different types of dermal filler to suit individual patients’ needs and different facial areas. For comfort during treatment many products are formulated with anaesthetic.

As we age, the volume and moisture in our skin diminishes, which results in fine lines, wrinkles and dehydration. Hyaluronic acid is naturally occurring in the skin and is known for its capacity to attract and hold vast amounts of moisture.

Dermal fillers can improve the volume and appearance of areas such as the:

Your doctor will perform a 3D scan during your consultation and at the time of your post treatment review and overlap these scans to scientifically measure the improvements and success of your treatment.

WHAT IS THE BEST TREATMENT FOR ME?

It’s common for people to confuse dermal fillers with anti-wrinkle injections. While dermal fillers and anti-wrinkle injections are both injectables, they work in entirely different ways.

The best treatment for your wrinkles and facial lines depends on whether they are what we call ‘dynamic’ lines or ‘static’ lines. Dynamic lines are those that appear and disappear with the change of facial expressions whereas static lines are there regardless of your expression.

- Dynamic lines are treated with anti-wrinkle injections (muscle relaxants) and prevent the formation of static lines.
- Static lines are treated with dermal fillers to fill in already existing lines, deep creases and areas which have lost volume over time.
- Anti-wrinkle injections and dermal fillers are often used in conjunction with one another for optimal results.
The Fraxel Laser™ is a non-ablative laser that addresses not only the visible signs of ageing such as skin tone, texture and pigmentation but also treats pre-cancerous lesions and improves wrinkles as well as acne and surgical scars by stimulating the body’s own natural healing process to create new collagen. Old and damaged cells are replaced with fresh, glowing, healthy skin. Fraxel® is an excellent treatment for the face, neck, chest, arms, legs and back.

HOW DOES IT WORK?

Fraxel® uses fractional technology to target skin with microscopic laser columns that penetrate the skin. The laser treats only a fraction of tissue at a time, leaving the surrounding tissue untouched which promotes rapid healing and stimulates your body’s own natural healing process, replacing the old and damaged cells with new ones.

WHEN WILL I SEE RESULTS?

Results are both immediate and progressive. About one week post treatment you will begin to notice your skin feeling softer, looking brighter and clearer, and a more even tone. Over the next 3 to 6 months a process is going on in the deep layer of your skin that creates new collagen which results in the improvement of fine lines and wrinkles.
Exilis Protégé Elite is the winner of three international awards for skin-tightening. Exilis technology is a non-invasive technology which uses both ultrasound and mono-polar radiofrequency to tighten skin.

HOW DOES IT WORK?

The Exilis technology uses a specific radiofrequency combined with ultrasound waves that deliver energy to promote collagen matrix remodeling through heating the skin.

Focused thermal energy disrupts collagen fibers.

Collegen triple-helix structure is affected by heat.

The unravelling process is initiated.

Natural healing process evokes fibroblasts to produce new collagen fibers.

The demand for non-invasive procedures that slow down the signs of ageing such as sagging jawline and fine lines and wrinkles has increased dramatically in recent years.

Exilis can be used to tighten the skin of the:

• Jaw/lower face
• Eyes
• Brow
• Neck
WHERE SHOULD I GO FOR FACIAL REJUVENATION?

Creating results that meet and even exceed patient expectations are the goal of most cosmetic practitioners. However, there is a major difference between a practitioner who just gives the patient a cookie-cutter treatment plan and a practitioner who creates a bespoke treatment plan as well as educates the patient.

To produce an individual facial rejuvenation plan, some physical factors we consider are:

- **Skin elasticity**: For many of us, the ageing process results in thin and loose skin.
- **Volume**: Volume loss in areas of the upper face will cause sagging of the lower face. Replacing lost volume helps to maintain the shape and support of the face.
- **Skin surface texture and clarity**: Reversing accumulated sun damage.
- **Lines and wrinkles**: Reduce existing lines and prevent the formation of new ones.

The above issues can be treated using modern minimally invasive treatments.

While the approach to assessing each patient is the same, the findings will always be different and so too the treatment plan.

Other important factors we take into consideration when creating a treatment plan are:

- **Your goals and expectation**
- **Your treatment preferences (no needles etc.)**
- **Your availability and downtime preferences**
- **What caused the issue?** Was it the natural ageing process, weight loss, a genetic predisposition, medical treatment or chronic sun exposure?
- **How can we impact these causes?**

A quote we refer to when creating facial rejuvenation plans is, "**It’s not about looking 20 again. It’s about looking the best that you can, for as long as you can.**"
We strive to ensure your satisfaction as a patient by providing a comprehensive report to all new patients to outline in detail:

- Examination findings
- Treatment suggestions
- Anticipated outcomes
- Side effects and complications (where applicable)
- Firm costings prior to treatment

We also use advanced 3D photography that measures treatment success quantitatively and do not rely solely on the eyes of your clinician or 2D imaging for before/after assessment.
FACIAL REJUVENATION WITH epiclinic®

Our facial rejuvenation plans are designed to combine several treatments to improve the health and appearance of your skin and any concerns you have. We aim to bring out the best version of you.

WHY CHOOSE US?

We are accredited by the Australian Council on Healthcare Standards (ACHS) and only use TGA approved products.

Our focus is on natural fresh appearance, and we understand the desire for an understated, not overdone, appearance.

We use advanced 3D photography that enables us to accurately track real enhancements, real changes, and satisfied patients.

We have over 20 years’ experience and a high patient satisfaction rate.

Our treatments are always performed by a doctor and/or medical technician.

COME IN FOR A CONSULTATION TO DISCUSS YOUR SITUATION

With each patient being unique, it is essential to attend for consultation and examination prior to proceeding.

Before any treatments begin, we will sit down and have an in-depth discussion with you. The discussion will include your vision, your concerns, and the expected outcomes of your treatment selections. As a result of our discussion with you, a treatment plan will be devised to best suit you and your requirements.

From when you first step into our practice, Dr Michael Molton and our friendly team are passionate about making your visit as positive as possible. We are here to listen to your concerns and then together with you reach your desired results.

Come in for a confidential consultation and find out what we can do for you.
Call epiclinic® today
(08) 8227 2242