

WHAT IS IT?

Before we get into the details, it is extremely important to know that your cosmetic injector is fully qualified to perform the procedure. At Man Oh Man, our injectors have undergone the appropriate training courses and are fully qualified. We also continue to update and expand our skillset and knowledge by attending regular training courses and conferences.

Now, back to it...Cosmetic muscle relaxants (botulinum toxin) are purified proteins that cause muscle relaxation by blocking the signal from the nerves to the muscles. This protein is found in an organism (*Clostridium botulinum*) that is present in the natural environment.

Botulinum toxin was first used in the medical setting during the 1980s. Subsequently its application spread to other areas of medicine including cosmetic medicine. In cosmetic medicine, it is generally used to reduce the appearance of fine lines and wrinkles. The most common areas treated include the forehead, glabella (above and between the brows), and crow's feet. However, it is also used to reduce sweating in the armpits and other body areas.

ARE THERE DIFFERENT BRANDS AVAILABLE? WHAT'S THE DIFFERENCE?

There are 3 brands available on the market. These are Botox, Dysport and Xeomin. Their potency varies. For example, Botox is approximately 3x more potent than Dysport. It means that 1 unit of Botox is equivalent to 3 units of Dysport. This is extremely important as it affects the total dosage and pricing.

Some clinics will market muscle relaxants at \$15 per unit, others at \$5 per unit. To the uninformed individual, the \$5-per-unit product seems like a much better deal. But due to their difference in potency, you will need 3x the amount of the \$5-per-unit product to get the same effect as the \$15-per-unit product. The bottom line is that the total cost is the same.

Don't be fooled by the marketing strategies. If it sounds too good to be true, it probably is.

Unfortunately, some clinics falsely market a weaker product and call it the more potent product.

HOW LONG WILL IT LAST?

In short, 4 to 6 months on average.

In long, this depends on:

- 1) **Individual metabolism and physical activity:** Some individuals will metabolise the product quicker than others. More active people also tend to metabolise the product quicker.
- 2) **Area being treated:** the more active the area being treated is, the shorter the duration of effect.
- 3) **Number of units used:** More units = longer duration of effect.

WHO GETS THESE TREATMENTS?

Both men and women have cosmetic muscle relaxant treatments. There is a rapid rise in the uptake of treatment by men. Men and women differ in their requirements. So, make sure you see someone

who knows what they are doing. There is no one-size-fits-all. In particular, men and women differ in their requirements.

WHAT ARE THE CONTRAINDICATIONS

Pregnant, breast feeding, or have a neurological condition such as myasthenia gravis.

SO... WHAT'S INVOLVED?

If you are curious about cosmetic injectables, give us a call on **9530 2393** for a free consultation with our experienced and qualified Registered Nurse cosmetic injector, Youm. Give yourself about 30 minutes for the consultation. You will need more time should you decide to go ahead with the treatment during the same consultation.

During the consultation, Youm will discuss your concerns and requirements. She will go over the specific details of the treatment and the costs involved. The more areas you have treated, the more discount you will get.

CAN PEOPLE TELL I'VE HAD IT DONE?

We treat according to our clients' request. If you want a subtle relaxation and still maintain some movement of the target areas, we can adjust your treatment accordingly. This gives you a natural and refreshed look. Other clients prefer a stronger approach and request complete relaxation.

DO I NEED TO AVOID ANYTHING?

You will need to avoid direct pressure on your face for the first 4 hours. This includes facial massage and falling asleep (as you may put pressure on your face). We also advise avoid rigorous physical exercise for the next 12-24 hours.

WHO IS ALLOWED TO DO THE TREATMENT IN AUSTRALIA?

By law, every new client who is receiving cosmetic injectable must be discussed with a doctor. Subsequent treatments may not need to be discussed with a doctor. A registered nurse (RN) can perform the treatment by themselves (after consulting with the doctor). Enrolled nurses (EN) are not allowed to perform the treatment on their own and must have direct supervision by a doctor.

As it is a poorly regulated market, there are a lot of unqualified injectors. Our injectors have undergone extensive training and continue to maintain and develop their skills by attending regular training courses and conferences.

If you have any further questions, please feel free to call us on 9530 2393 or drop in at 137 Chapel Street, Windsor 3181.