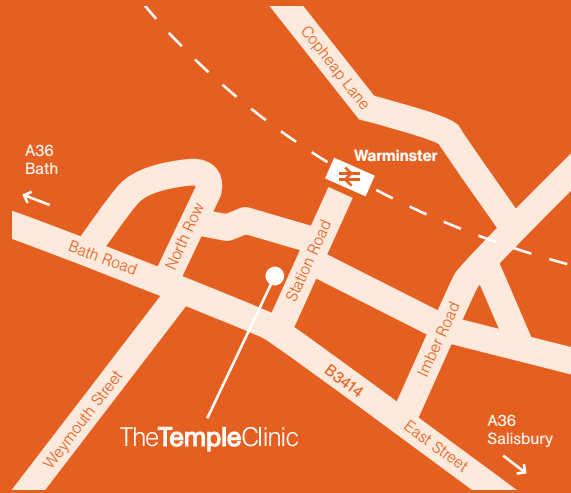


Relaxing wrinkles and gently reducing the lines on your face can help you to look and feel years younger.

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The Temple Clinic

Wrinkle relaxing
The safe, gentle treatment
to reduce wrinkles and lines
Using Botox® and Restylane

Reduce the appearance of lines and improve your facial profile... looking good is easy, safe and affordable at The Temple Clinic.

What are wrinkle-relaxing and contour improvement treatments?

Minor cosmetic procedures to reduce wrinkles and enhance areas such as lips and cheeks are no longer the sole domain of the rich and famous. Thanks to modern techniques and safe, long-lasting gels, these treatments are within easy reach.

There are two types of treatment available at The Temple Clinic.

The first procedure uses fluids called Botox® and Vistabel®. Tiny amounts of fluid are gently injected into areas where wrinkles and lines have formed, most commonly around the upper lip and forehead, and temporarily block the nerve endings in the muscles. This lets the muscles relax, which in turn allows the skin to become less creased. You will start to see the effects of the injections within about four days, and each treatment lasts around four months. The cumulative effect of treatments increases over time, allowing you to 'retrain' your facial muscles and break the habit of subconscious overuse – for example, frowning deeply.

The second procedure uses a gel called Restylane. This is a clear, non-animal gel from a natural substance. The gel is injected into the skin in tiny quantities, to smooth out wrinkles and folds. It can also be used to enhance areas, such as creating fuller lips or helping to give contour to cheeks and chins. You see the effects of the gel immediately, and a treatment lasts up to ten months.

What should I expect during my treatment?

Before starting your treatment, the practitioner, who is a fully-qualified doctor, will take a detailed medical history. They will discuss which areas you would like to be enhanced and fully explain the procedure.

Once this initial consultation is complete, you simply relax in a reclining chair or couch, and recreate certain facial expressions such as your smile or frown, so we can map out a detailed treatment plan.

The doctor will then inject tiny amounts of fluid just beneath the skin. With Botox® or Vistabel® the whole procedure takes around 20 minutes (although the actual time to administer the fluid is only about five minutes). With Restylane the procedure takes up to 45 minutes, depending on the number of areas you want treated.

You can carry on with life as normal immediately following your treatment, although we advise against vigorous exercise and alcohol during the first four hours.

Does it hurt?

Either treatment may be slightly uncomfortable rather than painful.

Are there any after-effects?

After-effects or side-effects are rare. With Botox® and Vistabel® treatments, about one in 20 people experience a mild headache, slight bruising or temporary swelling.

Restylane may cause temporary redness, itching or tenderness, which subside over the days following treatment. Other, localised symptoms are rare – about one in 2,000 people experience some hypersensitivity reaction.

We offer an extensive follow-up programme at no extra cost, so in the unlikely event you have any concerns, we will see you immediately.

Is it safe?

Yes, both treatments are entirely safe. Many thousands of people have chosen these types of injections over the last 15 years, with no serious adverse effects reported. All our practitioners are experienced, qualified doctors.

Can anyone have these treatments?

Almost everyone can benefit from these treatments and they are completely safe. We ask pregnant women and new mothers to delay treatment until after they have finished breast feeding. There are certain medical conditions under which we will not give treatment – for instance, those taking medication to thin their blood, or people with certain neurological conditions. The full medical history discussion reveals any conditions under which treatment is not advisable.

How much does it cost?

The cost of treatment depends upon the type of therapy you choose and the number of sites you would like to improve. We will discuss this with you before you begin your treatment.

What do I do now?

Simply contact us to discuss your treatment and to book your first appointment. Our highly skilled and experienced staff will be happy to answer any questions you have about any of these procedures.

Then just start to imagine a younger-looking you!

How can The Temple Clinic help you to look and feel better?

Ask any of our friendly staff about our approach and the treatments available to you. You can also ask for copies of our other leaflets in this series:

- Effective and innovative therapies for the face, body and mind: cosmetic – surgical – holistic
- Removing your unwanted skin blemishes through minor cosmetic surgery
- Correction of skin imperfections and permanent hair reduction with IPL: intense pulsed light treatment
- Acupuncture: a traditional, holistic therapy
- Beauty and holistic therapies: it's all about you