

## ALL ABOUT WRINKLES, CREASES AND GROOVES

If you are considering a cosmetic treatment for wrinkles, creases and grooves, it is useful to understand the different types of wrinkles and why they form.

When we are young we have a skin that is rich in hyaluronic acid, collagen and elastin. Our bodies produce these vitally important structures, which consequently give our skin it's plump, hydrated firm appearance and allows the skin to stretch and spring back to its original state without any creases being left on the skin. As we age these structures are degraded and broken down at a more rapid rate and the body fails to adequately replace this loss. This effect is evident **within** the skin from the age of 20-30 and becomes increasingly more evident **on** the skin from 30 years onwards! This degradation and decreased production is made worse by several factors including sun exposure, ill health, smoking, hormonal changes and dietary deficiencies.

Some of the first wrinkles, creases and grooves to be noticeable on the skin are called **Dynamic wrinkles**. They are caused by movement of the facial muscles and spring back to normal when the movement is stopped. Later on, **Static wrinkles** develop, which are caused by a combination of aging, sun damage and or weight fluctuation. They can be a result of folding the skin i.e. sleeping on the side or a final effect of dynamic wrinkles and they are clearly visible on the skin at rest without any movement.

### MUSCLE RELAXANT INJECTIONS

So all dynamic wrinkles can progress to static wrinkles and some static wrinkles can form just from skin creasing. It is therefore important to treat dynamic wrinkles early to prevent the future development of static wrinkles. In the majority of cases this treatment will consist of **Muscle Relaxant Injections**, particularly when treating upper facial dynamic wrinkles eg frown lines. [More](#)

### DERMAL FILLERS

Once static wrinkles have formed the treatment becomes a little more complicated and although muscle relaxant injections are often sufficient to reduce these wrinkles, **Dermal Fillers** may also be required to fully correct the wrinkle. In some static wrinkles where relaxing a movement is not desirable or the wrinkle is caused by skin creasing, Dermal Filler may be the only treatment available to fix the problem.

## COLLAGEN STIMULATING INJECTIONS

Where there is a large area of static wrinkles it may be advisable to use a more generalised cosmetic treatment to stimulate collagen production within the skin in that area. This is best achieved by using **Collagen Stimulating Injections**. This helps to thicken and plump the skin in a larger more generalised area. It is like putting a puff of air back into a slightly deflated balloon, improving the fine wrinkles in the area.

## TEXTURAL TREATMENTS

In skin with generalised fine static or dynamic wrinkles resulting from sun damage and dehydration, a generalised injectable treatment to improve the texture and elastosis of the skin is beneficial. Don't forget those areas that often get neglected even by those of us who follow the best skin care program facially. The décolletage and the backs of our hands can be a very obvious reflection of our age and a sure sign of any neglect. **Textural Hydrating Injections** are very effective in improving the wrinkles visible on the skin in these areas. **Platelet Rich Plasma (PRP)** treatments have been popular in the UK and parts of Europe for a few years and it has now finally reached our shores. PRP is a process of using a patient's own blood, to stimulate collagen production and improvement in skin texture, tone and its healing/rejuvenation capacity. **Skin Dermal Needling** causes multiple tiny pin point puncture wounds to the dermis using a rolling device encrusted with multiple tiny needles. This dermal damage induces the release of growth factors that stimulate the production of new collagen and elastin.