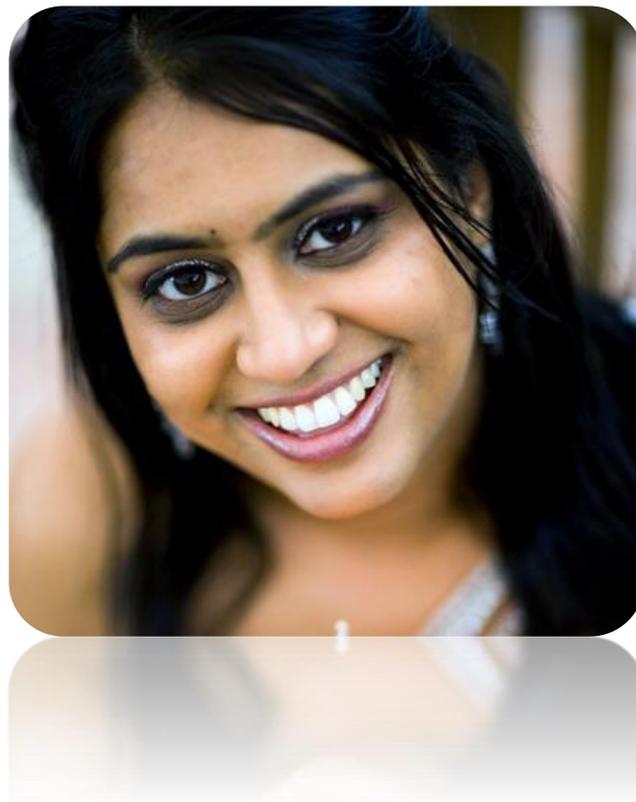




“Your Essential Guide To Facial Aesthetics & Healthy, Vibrant Looking Skin”



Dr Monica Amin answers the most frequently asked questions about rejuvenating your skin



Introduction

Hi there and thank you for downloading our guide to facial aesthetics. This guide contains information on how facial aesthetics can help you feel refreshed, rejuvenated and revitalised by enhancing your natural look.

As you read through the guide, picture your own face and the concerns you have with your skin and see how the ideas we suggest could make the changes you want in how you look and feel.

Take hold of the ideas in this guide and apply them to your own situation, would they enable you to do things that currently you can't, or would they help you to feel better and more confident about your face?

So, prepare to find out more, see the benefits, seize the ideas and ask yourself those questions.

On a final note, enjoy finding out about smiling and laughing with confidence whilst halting the ageing process with facial aesthetics.

Kind regards,

Monica



an excellent atmosphere and a very professional approach - overall I'm extremely happy with my last visit

Piotr Brysik



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Monica is excellent visited her today. Feel completely safe. She has taken all the precautions for safety. Always friendly and honest advice. Thank you
Egle Vaidotaite



Why visit a dentist for facial rejuvenation?

This is a great question.

Remember, when training to be a dentist. We go through extensive physiology and anatomy, understanding how the muscles of the head, face and neck interact and work together. This gives a dentist a deep understanding of the exact location of these muscles, nerves and blood vessels.

Many of the treatments involved require injections, dentists are also trained extensively and practice this technique every single day... Making us one of the most highly qualified medical practitioners to undertake any form of facial rejuvenation.

Botox[®] and Dermal Fillers

Here at Elizabeth Street we like to be able to offer our patients extra services that may not be available locally elsewhere. Botox[®] and dermal fillers are such services we are very excited about providing.

Botox[®]

Botox[®] is commonly used in the treatment of wrinkles, frown lines and crow's feet. Over time, these wrinkles will become permanent even when you're not frowning. Botox[®] works by blocking the nerve impulses to the muscle that trigger wrinkle causing contractions. The Botox[®] treatment involves using a series of targeted injections that relax the muscles that cause the lines and wrinkles.

The result is smoother, revitalised looking skin and you'll be amazed when your wrinkles smooth out after a day or so, restoring your face to a more refresher and relaxed look.

Botox[®] is one of the safest and most widely researched cosmetic products available today. The treatment can cause a little discomfort and redness may also appear on the treated area, but this will disappear after an hour or so.

Results can be seen after as little 48 hours and last for around 4-5 months. Generally, there is very minimal down time with a very small chance of bruising or swelling after treatment.

Botox[®] treatment is relatively quick, an initial consultation takes around 15 minutes, and then the treatment itself takes 15-20 minutes, depending on the areas to be treated.



Common Botox[®] questions

Is treatment with BOTOX[®] painful?

Discomfort is usually minimal and brief. Prior to injection, we may choose to numb the area with a cold pack or anaesthetic cream. The entire procedure takes approximately 10-15 minutes. Most patients are in and out of the practice with very minimal downtime following BOTOX[®] treatment.

Side effects associated with the injection could include localized pain, infection, inflammation, tenderness, swelling, swelling, redness, and/or bleeding/bruising.

Will I still be able to make facial expressions?

Although the results are visible, treatment with BOTOX[®] will not radically change your facial appearance or make you look as if you've "had work done." The muscle activity that causes frown lines between the brows is temporarily reduced, so you can still frown or look surprised without the wrinkles and creases between your brows.

Who should not have Botox[®]?

BOTOX[®] is not right for you if you:

1. Are allergic to any of the ingredients in BOTOX[®]
2. had an allergic reaction to any other botulinum toxin product



3. have a skin infection at the planned injection site

You should not be treated with BOTOX® if you have:

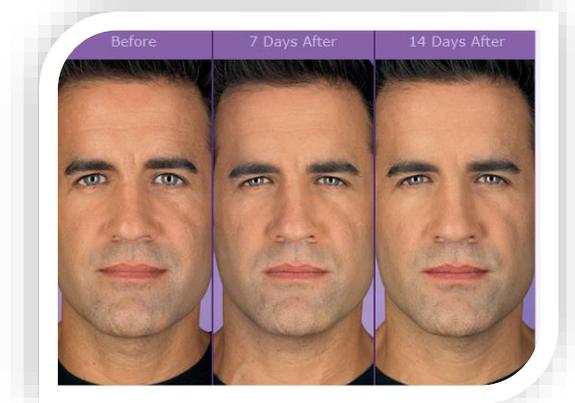
1. a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome).
2. allergies to any botulinum toxin product
3. had any side effect from any botulinum toxin product in the past
4. a breathing problem, such as asthma or emphysema
5. swallowing problems
6. bleeding problems
7. plans to have surgery
8. had surgery on your face
9. weakness of your forehead muscles, such as trouble raising your eyebrows
10. drooping eyelids
11. any other change in the way your face normally looks
12. are pregnant or plan to become pregnant. It is not known if BOTOX® can harm your unborn baby.
13. are breast-feeding or plan to breastfeed. It is not known if BOTOX® passes into breast milk.

What will happen to the moderate to severe frown lines between my brows if I choose not to continue treatments?

If you do not continue treatments, the moderate-to-severe frown lines between your brows will gradually return to the way they looked before treatment.

Do treatment results differ?

Yes, individual results may vary. To get the best results, it's important to go to a doctor or dentist who is experienced in administering BOTOX®.



Dermal Fillers



The stresses and strains of modern life can take their toll on your skin. Lifestyle factors and genetics can also play their part, resulting in imperfections that are likely to show up on your face.

Dermal fillers such as Restylane, which has been used in over 10 million treatments worldwide, can smooth those unwanted folds and wrinkles and revitalise your skin giving you an altogether more relaxed and refreshed appearance.

What are dermal fillers?

Dermal fillers are made of Hyaluronic Acid, which occurs naturally in the human body, especially in the skin. It is essential for water retention, wound healing and tissue repair, and is one of the main components responsible for that plump, smooth, youthful look in young skin.

What can dermal fillers improve?

Dermal fillers can fill out lines and wrinkles around your mouth, eyes, nose and forehead.

Dermal fillers can give your mouth a fuller and more sensuous form by enhancing the lips to produce a better definition and reduction in lipstick bleed. Your lips can also be given a greater volume and fuller appearance.

Dermal fillers are also ideal for contouring and adding volume to the face, for example, cheeks and chin to restore sunken cheeks or a weak chin.

Dermal fillers are used to fill in or plump out lines and wrinkles caused by the aging process. These lines can be caused by environmental damage, sun exposure, poor diet, smoking, and exaggerated muscle movement.



What happens at the appointment?

The dermal fillers are injected into the skin in tiny amounts with a very fine needle and your face may be gently massaged to optimize contouring treatment usually takes around 30-45 minutes, depending on the area to be treated. Some patients have reported they experienced some minimal discomfort, but it was not painful.

How long do results last?

Dermal fillers can last from 6-12 months depending on which type of dermal filler was used. Sometimes they can last even longer after regular and subsequent treatments. Dermal fillers can be used either as a wrinkle filler, fold filler, cheek filler or for even lip augmentation. The results can be seen immediately and treatment with fillers is safe, fast and leaves no permanent scars or other traces on the face.



Love Dr. Amin and all her colleagues. The view from the patient chair - looking out into a peaceful garden - has to be one of the nicest in London!

Helena Malchione

Request a Free consultation





Dermal fillers and Lip Volumisation

Lips are one of the most important part of facial beauty. For many people, fuller and more sensuous lips come high on their wish list and these can be created using material naturally found in the body.

As we get older we may lose a youthful look to not only our skin but our lips too. Over time, our lips start to lose fullness and wrinkles start to appear.

A simple dermal filler injection treatment can add volume and definition, enhance small thin lips, balance our asymmetric lips or reduce the appearance of those fine, vertical lines.



Which part of a lip can be enhanced or rejuvenated?

Lip enhancement can be performed at many areas of the lips:

- Vermilion border or lip outline for creating definition, width and improve lipstick bleeding lines
- Lip augmentation targeting the fleshy part of the upper and lower lip, for volume, pout & fullness
- Cupid bow definition

You will have an in depth consultation with the practitioner to understand exactly what your needs are and what you would like to enhance. At this appointment, you will be advised of the procedure, how long it will last and aftercare instructions



Very friendly dentist and they make you feel at ease.
Debbie Armstrong



“The Complete Guide to Looking after Your Skin”

Why should I look after my skin?

It is so important to look after your skin as it is the only one you have got, your skin works hard on your behalf, protecting you against the elements, diseases and infections. So why not go that extra mile and give your skin that helping hand.

Let's face it... we're all busy, maintaining a rigorous and time-consuming skin care regimen is sometimes just not possible. Fortunately, there is a number of easy lifestyle changes you can make that will help delay the ageing process and prevent many common skin problems.

5 easy tips to great skin!

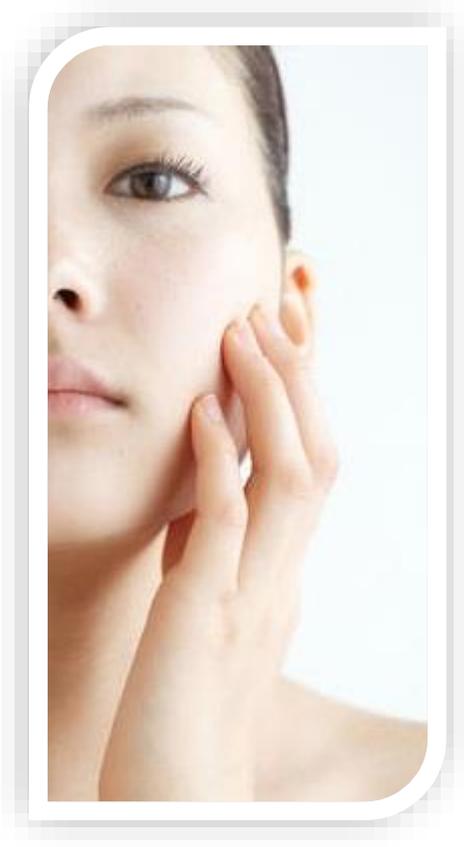
Following these 5 simple tips will lead you on your way to clearer, radiant, more beautiful skin.

It's easy!

1. Lifestyle changes
2. Skin care routine
3. Sun protection
4. Healthy diet
5. Plenty of sleep

1. Lifestyle Changes

This number one thing for anti-ageing is not very dramatic, but its importance is often understated and overlooked. Living a happy, healthy lifestyle is the absolute best thing you can do to slow down the ageing process.





2. Skin Care Routine

When it comes to developing a skin care routine that optimises the health of your skin, there are many variables to consider with products for every type of skin and this can be difficult to identify which one is right for you.

The first step in formulating your individual skin care routine is to identify what kind of skin you have. Is it dry or oily, light or dark, wrinkled or smooth, or somewhere in between?

Ingredients in each skin care product should be tailored to meet the needs of your particular skin type by face mapping the skin.



Cleanse. The trick is finding a cleanser that works well for you. Once you have found one you love, stick with it as they can be tough to find.

Never wash the face with hot or cold water Luke warm is best. Drastic temperatures can lead to broken capillaries.

Exfoliate. Many people miss this step out in their skin care routine but it is one of the most important steps in refreshing the skin, as dead skin cells are removed stopping pore clogging, dry skin and even acne. Exfoliation only needs to be done once or twice a week.

Moisturise. Find an excellent moisturiser that helps to hydrate your skin. Using thicker creams that replenish your skin like moisturisers with B vitamins to hydrate your thirsty aging skin. Maintain elasticity,

promote cell turnover and create a moisture barrier between your face and the environment for the greatest benefit.

No matter what your skin type, it should be moisturised. Even oily skin can benefit from an oil-free moisturiser, this traps water in the skin.

3. Sun Protection

Sun damage happens when the sun's ultraviolet (UV) rays penetrate into the skin and damage cells. You can't feel this happening and it can occur even when the sun doesn't feel very hot. This can lead to premature ageing.

Therefore it is advisable to incorporate a sun protection of SPF15 (with both UVA and UVB protection) or more into your daily routine.

THERE'S NO EXCUSE wear your face with protection!

Avoid moisturisers with sunscreen built in at night, as the ingredients are not meant to be used 24/7.

4. Healthy Diet

You are what you eat! What you eat often affects the way your skin looks. A healthy diet results in skin which is smooth, youthful and glows with vitality. Likewise, a poor diet shows in pasty looking skin which has a dull tone or is greasy and contains spots.

Eat a well-balanced diet, aim for a good mix of foods rich in vitamins and minerals, combined with protein, carbohydrates and a small amount of fat.

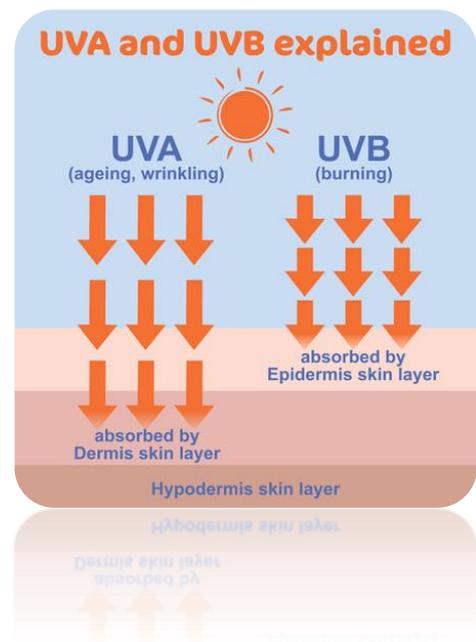
Limit your consumption of refined sugars, salt and saturated fats as these age your skin.

Hydrate your body by drinking at least 2 liters of water a day to help flush built up toxins.

5. Plenty of sleep

(We don't call it beauty sleep for no reason)

A good night's sleep is vital for healthy skin. A disrupted sleep pattern or a failure to get enough sleep shows in the condition of your skin. Dark circles under the eyes, pale coloured skin or a drawn appearance are all signs of not enough sleep.





What next?

How would you feel if we could help you smile more confidently?

At **Elizabeth Street Dentist** we are passionate about helping our patients feel confident by enhancing their natural look.

What do we offer?

We provide a wide selection of solutions for:

- ✓ frown lines
- ✓ forehead lines
- ✓ crow's feet
- ✓ nose or mouth lines
- ✓ marionette lines
- ✓ lip volumisation
- ✓ jowl reduction

And most importantly

You will find our team will warm and welcoming. You will experience:

- ✓ A wonderful practice where patients come back from miles around even after they've moved away from the area.
- ✓ No pressure, everything is taken at your own pace.
- ✓ A dentist you can trust. We always perform **"The daughter test"**- Would we want our young daughter to experience this? If the answer is no, then neither will you!

So as a thank you for downloading this guide we would like to offer you a **complimentary consultation**, this is a brief consultation with myself, Dr Monica Amin. I will listen to your concerns and give you a brief overview of what's possible, what the costs are and what the next steps will be.

Please do book your complimentary assessment today by clicking [here](#) there is never any pressure to proceed and you will leave knowing the different treatments possible based on cost, speed and convenience. **Alternatively, please call us on 020 7730 6160 to find out more about facial rejuvenation**

I look forward to seeing you soon,

Monica