plastetik

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PATIENT INFORMATION

Wrinkle Treatment

Everything important about the treatment, preparation, the day of surgery and healing – to read at your leisure and as a basis for your consultation.

This patient information was translated with the help of AI. Translation errors are possible – the German version is authoritative.

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PART 1 · THE TREATMENT

FACE

Wrinkle treatment – a fresh expression without freezing your facial expressions

Expression lines between the eyebrows, on the forehead or around the eyes can be smoothed with a targeted injection treatment. Precise knowledge of anatomy and the right dosage are crucial.

DURATION	ONSET OF EFFECT	DURATION OF EFFECT	EVERYDAY LIFE
about 15 minutes	after 3–5 days	about 4–6 months	possible again immediately

Not every wrinkle needs surgery. Many lines on the face are caused by the movement of the facial muscles – when laughing, frowning or blinking. These expression lines can be smoothed effectively and gently with an injection treatment.

Which wrinkles are suitable

Whether treatment makes sense depends on the type of wrinkle. Expression lines are well suited, for example:

- the lines between the eyebrows (“frown lines”)
- horizontal forehead lines
- fine lines at the outer corner of the eye (“crow's feet”)
- certain expression lines around the mouth

For static wrinkles that are visible even at rest – such as pronounced nasolabial folds – I rely on other principles of action, for example fillers or, in the case of advanced tissue loss, a facelift.

How the treatment works

In the injection treatment, an active substance is injected in very small amounts specifically into individual muscles. It temporarily inhibits signal transmission from the nerve to the muscle; the muscle relaxes, and the skin above it smooths out.

For me, one effect is crucial: a refreshed, positive expression – without freezing your facial expressions or your personal look. This requires specialist knowledge. Only someone who knows anatomy and dosage precisely can achieve a pleasing, natural result. The treatment is considered low-risk, provided the doctor has sound knowledge of anatomy and is familiar with the specific mode of action of the preparation.

> The active substance used is a prescription-only medicine. Whether it is suitable for you is something I decide only after an examination and informed consent.

How safe is it?

The amounts used in aesthetics are small. When applied professionally, the active substance remains in the treated area and does not spread uncontrollably through the body. With regular treatment, the effect lasts somewhat longer over time in some people.

Where the limits lie

The treatment works on wrinkles caused by muscle movement. It hardly changes wrinkles caused by loss of volume or slack skin – injectables with hyaluronic acid or your own fat tend to help more here. Caution is advised on the lips, because speech can be affected. Deep, etched forehead lines often benefit from a combination of both methods.

More than wrinkles: excessive sweating

The same mechanism of action also helps with excessive sweating, especially in the armpits. The sweat glands are temporarily “shut down”; one treatment is often sufficient for many months.

Your appointment in brief

Duration	usually 10 to 30 minutes
Anesthesia	generally not necessary; topical anesthesia on request
Onset of effect	after a few days, full effect after about two weeks
Afterwards	socially presentable immediately; no sports, no sauna for 24 hours

The process

01 **Consultation**
I look at your facial expressions in motion and at rest and explain which wrinkles can be treated.

02 **Treatment**
The injection is given with very fine needles, is uncomplicated and largely painless. It takes about 15 minutes.

03 **Afterwards**
You can return to your everyday commitments immediately.

04 **Effect**
The smoothing effect begins after about three to five days.

05 **Follow-up**
If needed, we see each other for a check-up after about two weeks.

How long the effect lasts

The wrinkle-smoothing effect generally lasts between four and six months. After that, the body breaks down the active substance, and the muscles work as before again. There is nothing against treating again once the effect has worn off.

Risks and contraindications

Side effects are rare and usually temporary: small bruises at the injection site, mild headaches or – very rarely – a temporarily drooping eyelid or an asymmetry. Treatment is not given, among other cases, during pregnancy and breastfeeding or in certain neuromuscular disorders. In the preliminary consultation, we clarify your medical history and medications.

Frequently asked questions

Will I look stiff afterwards?
Not with the right dosage. The goal is a relaxed, fresh look in which your facial expressions are preserved.

Does the treatment hurt?
The needles are very fine. Most people feel only a brief prick.

Is there anything I need to keep in mind after the treatment?
For the first few hours, you should not massage the treated areas and should avoid sports, saunas and lying down. You will receive details in writing to take home.

Is wrinkle treatment an alternative to a facelift?
Only to a limited extent. It works on expression lines, not on sagging tissue. For sagging cheeks or a blurred jawline, a facelift tends to help more.

From what age does treatment make sense?

There is no fixed age limit. Treatment often begins when expression lines remain visible even at rest.

Why should I not exercise afterwards?

Strong blood flow and pressure on the treated areas could shift the active substance during the first few hours. A 24-hour break therefore makes sense.

Does the treatment also help against sweating?

Yes, especially in the armpits. One treatment is often sufficient for many months.

PART 2 · THE PROCESS STEP BY STEP

FACE · PROCESS

Wrinkle treatment – the process step by step

The treatment of expression lines takes only about 15 minutes. This is how it proceeds – from the preliminary consultation to the follow-up check.

DURATION	EFFECT	LASTS	AFTERWARDS
about 15 minutes	after 3–5 days	about 4–6 months	ready for everyday life immediately

The injection treatment of expression lines is short and uncomplicated. Nevertheless: a good, natural result comes from precise knowledge of anatomy and the right dosage – and from an honest preliminary consultation.

The process at a glance

01

BEFORE THE TREATMENT

Preliminary consultation

Looking at your facial expressions at rest and in motion, checking suitability, informed consent.

02

ABOUT 15 MINUTES

Treatment

fine injections into individual muscles; ready for everyday life immediately afterwards.

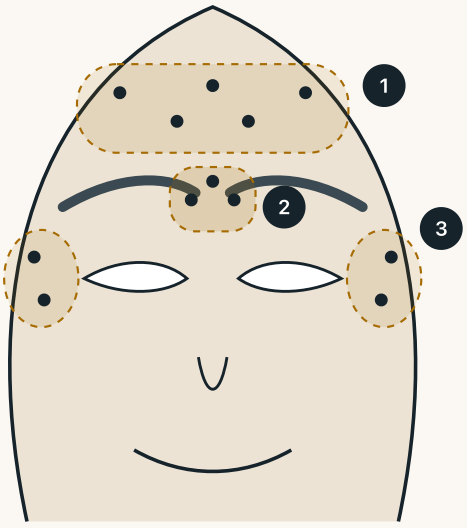
03

AFTER 3–5 DAYS

Effect & follow-up

the smoothing begins; if needed, a follow-up check after about two weeks.

Where treatment is given



TREATMENT ZONES

1 **Forehead**
horizontal forehead lines

2 **Frown lines**
between the eyebrows

3 **Crow's feet**
fine lines at the outer corner of the eye

4 **Dots = injection sites**
very fine needle, small amounts – site and dose individual

Schematic illustration · individual approach based on the findings

Schematic illustration. Injection sites and amounts are determined individually.

Phase 1: Preliminary consultation

01 **Analysis**
I look at your facial expressions at rest and in motion and explain which wrinkles are suitable – and which are not.

02 **Health**
Pre-existing conditions, medications, pregnancy and breastfeeding are asked about; in some cases, treatment is not given.

03 **Informed consent**
The effect, its duration and possible side effects are discussed.

Phase 2: The treatment

01 **Preparation**
Make-up is removed and the skin is disinfected.

02 **Marking**
The injection sites are determined.

03 **Injection**
Small amounts are given specifically into individual muscles using very fine needles. The treatment is largely painless and takes about 15 minutes.

04 **Afterwards**
You can return to your everyday commitments immediately.

Phase 3: Effect and aftercare

First hours
do not massage, do not lie down, avoid sports and sauna

Day 3–5
the smoothing effect begins

Week 2
full effect; follow-up appointment if needed

Month 4–6
the effect wears off; a new treatment is possible

Contact us if you experience unusual symptoms such as visual disturbances, difficulty swallowing or speaking, or a marked drooping of the eyelid.

Your checklist

- Bring a list of your medications
- If possible, come without make-up on the day of treatment
- Avoid sports and sauna for a few hours after the treatment

Your next step

Nothing can replace a personal consultation. There I answer your questions and together we clarify what makes sense for you.

Book online: www.plastetik.de/en/appointment/
Phone: +49 89 987855 · **Email:** info@dr-woerl.de
More information: www.plastetik.de/en/wrinkle-treatment/

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Important note: This information is for general education and does not replace a personal medical consultation and informed-consent discussion. Procedures, time frames and healing courses are typical values and may vary individually. A specific result cannot be promised.

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