

WRINKLE TREATMENT • PATIENT GUIDE

Wrinkle Treatment Planning Guide

A plain-language comparison of your options, without the marketing language. Bring this with you to your consultation.

Your Options, Side by Side

Neuromodulators

Botox Cosmetic, Dysport, Xeomin, Nuceiva

WHAT IT DOES Temporarily reduces contraction in specific muscles, softening lines caused by movement. Frown lines, forehead lines, crow's feet.

WHAT IT CANNOT DO Cannot replace lost volume, lift sagging skin, or improve skin texture and tone.

ONSET 3 to 7 days. Full effect around 2 weeks.

HOW LONG RESULTS LAST Typically 3 to 4 months. Varies with dose, area, muscle strength, and individual response.

Hyaluronic Acid Fillers

Juvederm, Restylane, Belotero

WHAT IT DOES Replaces lost volume and supports the skin above it. Tear troughs, cheeks, nasolabial folds, lips, jawline.

WHAT IT CANNOT DO Cannot stop muscle movement, resurface skin, or substitute for a facelift when laxity is significant.

ONSET Immediate, with swelling settling over 1 to 2 weeks.

HOW LONG RESULTS LAST Several months up to about 2 years, depending on product and area. Dissolvable if needed.

Biostimulators

Sculptra, Radiesse

WHAT IT DOES Prompts your own collagen production over a series of treatments for gradual volume and firmness.

WHAT IT CANNOT DO Cannot deliver an instant result, and cannot be dissolved the way hyaluronic acid can.

ONSET Builds gradually over 6 to 12 weeks, across a series.

HOW LONG RESULTS LAST Often up to 2 years or more once the series is complete.

Resurfacing & Microneedling

HALO, BBL, SkinPen, clinical peels, Sofwave

WHAT IT DOES Improves skin quality: texture, fine lines, tone, pigment, and mild laxity by triggering collagen remodelling.

WHAT IT CANNOT DO Cannot replace volume or relax muscles. Will not resolve significant skin excess.

ONSET Days to weeks. Collagen change builds over 3 to 6 months.

HOW LONG RESULTS LAST Months to years with maintenance. Usually a series rather than one visit.

Topical Skincare

SPF, retinoids, medical-grade actives

WHAT IT DOES Protects against further damage and improves fine lines, texture, and pigment over time. The foundation of every plan.

WHAT IT CANNOT DO Cannot replace volume or erase a deep, established wrinkle. No cream does.

ONSET Months. Retinoid results typically show at 12 weeks or beyond.

HOW LONG RESULTS LAST Only while you keep using it. Benefits fade when treatment stops.

Surgery

Facelift, neck lift, brow lift, eyelid surgery

WHAT IT DOES Repositions and removes excess tissue. The only option that truly addresses significant laxity and jowling.

WHAT IT CANNOT DO Cannot stop aging, and does not improve skin surface quality on its own.

ONSET Weeks of recovery. Final result over several months.

HOW LONG RESULTS LAST Years. Longest-lasting option, though the face continues to age.

Timelines are typical ranges, not guarantees. The number of treatments recommended and individual outcomes vary based on your anatomy, medical history, and circumstances.

Red Flags: When to Seek Urgent Care

Go to an emergency department or call 911 immediately if you experience:

- Sudden facial drooping, one-sided weakness, slurred speech, or a sudden severe headache
- Any vision change after a facial injection, including blurred or double vision, vision loss, or severe eye pain
- Severe pain, skin blanching to white, or dusky, mottled, net-like discoloration during or after filler injection
- Difficulty swallowing or breathing, slurred speech, or generalized muscle weakness after a botulinum toxin treatment
- Spreading redness, heat, swelling, fever, or pus at a treatment site

Book a prompt medical assessment, though not emergently, for:

- A new mole or spot, or one that changes in size, shape, colour, or border
- A lesion that bleeds, crusts, itches, or does not heal within a few weeks
- Lumps or nodules appearing weeks to months after an injectable
- Persistent eyelid or brow drooping after a neuromodulator

Cosmetic clinics are not a substitute for skin cancer screening. No reputable provider will treat a lesion cosmetically before ruling out what it is.

Ten Questions Worth Asking Any Provider

A clinic that treats these as an inconvenience has already answered them.

- 1 **What are your credentials, and who is supervising this treatment?** Cosmetic injectables are regulated health procedures in Ontario. The CPSO public register is searchable by anyone.
- 2 **Which specific product are you using, and how much of it?** You are entitled to the brand name and the dose, in writing, every time.
- 3 **Is this product authorized by Health Canada for this use?** Ask directly. It is a fair question and there is a factual answer.
- 4 **Are my lines dynamic or static, and how does that change the plan?** If a provider cannot explain this distinction, keep looking.
- 5 **What will this realistically achieve, and what will it not achieve?** The second half of that question is the important one.
- 6 **What are the risks, including the rare serious ones?** You should hear about bruising and swelling, and about vascular occlusion and vision loss with fillers.
- 7 **What happens if I am unhappy, or if something goes wrong?** Ask who you call after hours, and whether hyaluronidase is kept on site.
- 8 **Would surgery serve my goals better than injectables?** If injectables have reached their ceiling for your anatomy, you deserve to hear it.
- 9 **What is the total cost, and what does maintenance cost over a year?** Cosmetic procedures are not covered by OHIP. Ask about payment plans.
- 10 **Can I take this home and think about it?** Any pressure to decide today, or an offer that expires today, is a reason to leave.

Before Your Appointment: Your Notes

The first thing we do is hand you a mirror and ask you to point. Use this space so nothing gets forgotten in the room.

What bothers me most, in my own words:

What I am hoping for, and what I would consider a poor outcome:

My medications, supplements, and past treatments:

Questions I want answered before I decide:

Book Your Complimentary Consultation

About an hour. No pressure, no expiring offers. If the honest answer is that you do not need anything, we will tell you that too.

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SCAN TO BOOK