

## 9 Alternatives to Botox for Forehead Wrinkles

Forehead wrinkles are one of the most common types of facial lines that men and women complain about. Botox works like a miracle when it comes to smoothening these signs of anti-aging, but this wrinkle reduction treatment might not be the best option for everyone.

So what are the best Botox alternatives for erasing forehead wrinkles? A surgical facelift is one of the best procedures to smooth forehead wrinkles and other fine lines on the face. But if you're not ready for plastic surgery yet, it's better to opt for non-invasive treatments like Dysport, dermal fillers, microneedling, laser skin resurfacing, chemical peels, anti-aging skin care products, and wrinkle patches.

## 9 Anti-Aging Treatments for Forehead Wrinkles

Botox is one of the most popular treatments when it comes to erasing fine lines and wrinkles. According to the 2020 Plastic Surgery Statistics Report by the ASPS, about 4.4 million cosmetic treatments were performed using Botox and other similar anti wrinkle injections.

This miracle injectable introduced by Allergan works by relaxing the overused facial muscle underneath the forehead wrinkle. Botox treatment is also used for other medical conditions like excessive sweating, lazy eye, chronic migraine, cervical dystonia, and more.

While Botox cosmetic injections effectively erase forehead creases and glabellar lines for most people, there's still a chance for people to have a "frozen" look due to a bad Botox job. Here's a list of Botox alternatives to help you find the right treatment:

### 1. Dysport Injections

Like a Botox injection, Dysport uses botulinum toxin type A as its active ingredient for preventing muscle contraction and smoothing dynamic wrinkles. The neurotoxin used in both Botox and Dysport solutions is only injected in small amounts, making them safe for medical and cosmetic purposes.

Dysport injections are more diluted than Botox, making them thinner and easier to spread in large treatment areas like the forehead. The two injectables are also dosed differently – it takes about three units of Dysport to achieve the muscle relaxing strength of one Botox unit. One of the main reasons why some patients choose Dysport over Botox is because it's cheaper.

However, it's also important to remember that Dysport and Botox have similar side effects since they use the same active ingredient. It's still important to consult a board-certified dermatologist to find out which injectable works better for the patient's facial structure.

### 2. Dermal Filler

The dermal filler is another anti aging treatment that effectively erases facial wrinkles without surgery. But instead of using neurotoxin to relax the facial muscles underneath the skin, dermal

fillers restore the facial volume in the hollow parts of the skin to smooth smile lines and other facial creases.

Dermal fillers come in different types that work in different treatment areas. Here are some of the most common types of cosmetic fillers that doctors may recommend for eliminating forehead lines:

**Hyaluronic Acid Fillers** – Hyaluronic acid is a substance that naturally occurs in the body. HA fillers help hydrate the skin, retain its moisture, and add volume to the hollow areas. Some popular brands of HA fillers offered by most med spas and cosmetic clinics include Restylane, Belotero, and Juvederm.

**CaHA Fillers** – Calcium Hydroxylapatite is another naturally occurring substance in the body. CaHA fillers usually last longer than hyaluronic acid fillers because they add volume to the hollow areas and boost the body's collagen production. Radiesse is a popular example of CaHA fillers.

**PMMA Fillers** – Polymethylmethacrylate (PMMA) is a biocompatible substance used in many medical and cosmetic treatments. PMMA fillers usually appear as a tiny ball placed underneath the skin to give the sagging skin and hollow facial areas a better structure. It's a semi-permanent filler that works great for deep wrinkles and pitted scars. Bellafill is a well-known PMMA filler used by many dermatologists.

**Poly-L-lactic Acid Fillers** – Poly-L-lactic acid is another type of biodegradable and biosynthetic material that smooths facial lines and restores lost volume by increasing the body's collagen production. The results of Poly-L-lactic acid fillers are quite slow, but they look more natural than other wrinkle-reducing treatments. Sculptra Aesthetics creates one of the best Poly-L-lactic acid fillers in the market.

### 3. Microneedling with PRP Therapy

Microneedling is a facial rejuvenation procedure that utilizes a special device to create micro incisions on the skin and stimulate the body's collagen production. This treatment is proven effective in minimizing the appearance of different signs of aging like wrinkles and dark spots.

While microneedling is already a great anti-aging treatment by itself, combining it with PRP therapy in a treatment called "vampire facial" produces even better results. Doctors derive PRP by processing the patient's blood in a centrifuge and separating the platelet-rich plasma layer from the rest of the sample. PRP is used as an injection or topical solution that improves the skin's healing process.

What's great about utilizing PRP is that there's less risk of infection or cross-contamination. Bruising, inflammation, swelling, and redness at the treatment site might still occur, but they usually subside after a few days. Make sure to contact a medical professional immediately if the symptoms worsen or persist.

### 4. Laser Skin Resurfacing

Laser technology is often utilized for several medical and cosmetic procedures. One of its most common applications is the laser skin resurfacing treatments that work on a multitude of skin problems including facial wrinkles and brown spots.

Laser skin resurfacing comes in the form of Erbium lasers, CO2 lasers, fractional lasers, and more. They're typically used to remove the dead skin cells at the topmost layer of the skin to reveal a smoother, healthier layer that's free of wrinkles and dark spots. The heat from these laser treatments also stimulates the body's collagen production, leading to better and long-lasting results.

## 5. Chemical Peel

Chemical peels are a staple treatment in both medical and day spas. It's a non-surgical facial rejuvenation treatment that involves applying a chemical solution to the skin to exfoliate its top layer. The chemical solution makes the skin blister and peel, revealing a smoother and healthier layer.

Chemical peels are used for reducing the appearance of acne scars, hyperpigmentation, and facial wrinkles caused by aging and sun damage. They're a safe facial treatment that works on any skin tone, type, and texture. They also come in different types depending on the strength of the exfoliation solution used:

**Light Peel** – This type of superficial peel only exfoliates the outer layer of skin (epidermis). Patients usually have light peels every two to four weeks to treat acne scars, skin dryness, uneven skin tone, and fine wrinkles.

**Medium Peel** – Medium peels eliminate dead skin cells on the epidermis down to the upper part of the dermis. This kind of peel also works on different skin problems, but it's performed less frequently than light peels to maintain optimal results.

**Deep Peel** – A deep chemical peel reaches even deeper into the skin. It's often used for scars, deep wrinkles, and precancerous growths. Most patients only require one session of a deep chemical peel to experience visible results.

## 6. Wrinkle Patches

Skin patches like the Frownies forehead patches are like little irons that smooth the wrinkles on the face within minutes after application. This stiff patch is a great instant solution for forehead wrinkles, but the effects start wearing off after a few hours. Aside from providing immediate results, a Frownies facial patch and other similar products also train the muscles to resist contraction.

Wrinkle patches come in different shapes depending on the facial area they're applied on. They're made of thin but stiff paper that reacts with water. These patches become hard as they dry, which helps restrain the movements of the facial muscles that cause fine lines and wrinkles.

## 7. Creams and Serums

There's a plethora of creams, serums, and other skincare products to choose from, but only a few of them effectively reduce the appearance of forehead lines and other facial wrinkles. Make sure to check if the topical contains retinol or retinoids.

Retinol is a vitamin-A derivative that's found in most anti-aging creams and serums. It eliminates wrinkles and fine lines by increasing the body's collagen production and thickening the skin's dermal layer. Retinoid or retinoic acid is another vitamin-A derivative that works quicker than retinol creams, but it usually requires a prescription from a dermatologist.

#### 8. Surgical Facelift

A surgical face or brow lift is another Botox alternative for erasing forehead lines. During the procedure, the facial tissues are surgically altered and the excess skin is removed. This treatment provides permanent results that last for up to 10 years, but it's often accompanied by serious complications and long downtime.

#### Erase Forehead Wrinkles with Expert Treatments by Ethos Spa

Looking for effective treatments to eliminate those pesky forehead lines? Ethos Spa is a trusted medical spa that provides non-surgical anti-aging solutions for patients in New Jersey and other nearby areas. Our team of board-certified plastic surgeons, dermatologists, and medical staff perform aesthetic procedures in a relaxing environment to make patients feel comfortable throughout their appointment.

Experience safe and effective forehead wrinkles treatments like no other here at Ethos Spa. Book an appointment with us today and restore your youthful glow.