

Dermal fillers (also called soft tissue fillers) are a non-surgical injectable treatment used to restore facial volume, create youthful facial contours, add volume to lips, and smooth out and reduce the appearance of fine lines, wrinkles, and folds. According to the American Society of Plastic Surgeons (ASAPS), dermal fillers are the most common non-surgical procedure after BOTOX®, and are typically used as part of an ongoing skin maintenance routine.

There are currently many dermal filler products available on the market, the most popular of which are based on Hyaluronic Acid (HA), a substance that naturally exists in the human body, lubricating soft connective tissues, the skin, the eyes, and certain joints. The Hyaluronic Acid found in popular dermal fillers such as Juvederm®, Restylane® and VOLUMA™ is a synthetic compound that acts similarly to the natural substance. It attracts water molecules and therefore acts like a cushion, propping up existing facial structures that have lost volume and elasticity as part of normal aging. By increasing the skin's supply of Hyaluronic Acid, dermal fillers revitalize and add volume to the skin, smooth out wrinkles and lines, fill in hollowed out areas, and impart a softer, more youthful appearance.

### What Kind Of Improvements Can Be Made With Dermal Fillers?

Dermal fillers are used in the following ways to treat a variety of issues:

#### To Reverse the Effects of Aging

1. **Loss Of Facial Volume:**  
As we age, the fullness of youth is lost, which is most evident in areas such as the lips, cheeks, and eyelids. By restoring volume, fillers are able to directly improve a gaunt appearance by filling in hollowed or sunken areas.
2. **Tissue Sagging:**  
As skin ages, it atrophies, which affects the appearance of skin under the eyes, around the lips, the chin, jowls, and the area between the nose and the mouth.
3. **Deepening Of Facial Folds And Wrinkles:**  
With age, wrinkles and facial folds become more pronounced. Fillers are able to erase moderate to severe wrinkles, and folds such as:
  - *Nasolabial Folds (Laugh Lines):* Lines from the nose to the corners of the mouth.
  - *Marionette Lines:* Lines from the lips down to the sides of the chin.
  - *Lipstick Lines:* Lines on the upper lip created when the lip is pouting, such as during lipstick application, cigarette smoking, etc.
  - *Corners Of The Mouth:* Downward pointing lines emanating from the corners of the lips, which give the appearance of a grimace.
4. **Fine Lines:**  
Fine facial lines become more problematic with the passage of time – in particular, tiny lines below the eyes, and around the lips.

## To Improve Your Appearance

Dermal fillers can also be used to address a host of issues unrelated to aging. The following improvements can be made to your appearance using dermal fillers:

1. ***Lip Augmentation:*** Fillers can be used to plump up thin lips, rendering them more voluminous and attractive.
2. ***Augmenting The Cheeks:*** A gaunt, sunken in look can be improved by the administration of fillers.
3. ***Improving The Shape Of The Nose:*** By strategically injecting dermal fillers in the right location, a crooked or disproportionate nose can be drastically improved without surgery.
4. ***Narrowing The Appearance Of The Jaw Line:*** A wide jaw line is not considered to be feminine. Strategic injection of dermal fillers to the Masseter muscle can make the face appear narrower and more attractive.

## Benefits Of Dermal Fillers

- Immediate and long-lasting results
- Non-surgical
- No downtime for recovery
- Highly Effective at improving appearance
- Performed during one visit (20 minutes in and out)
- No anesthesia is required
- Natural-looking results that don't affect the ability to make facial expressions
- Results can be reversed or corrected
- Soft compound which can be molded to suit your unique facial features
- Proven safety track record, approved by the FDA
- Corrects the signs of aging by lifting and filling the skin, and smoothing out wrinkles
- Contours the jaw line by correcting jowls and sagging features

## What to Expect At Your Dermal Filler Procedure?

The dermal filler that is selected as being the most appropriate for you is eased into your skin using a very fine needle. Depending on the improvement you are trying to achieve, the filler will be injected along wrinkles and deep facial folds, or into hollowed out areas of the face that have lost volume due to age. The procedure itself should take approximately 15 minutes.

## How Long Will It Take Me To See Results After Dermal Filler Injections?

After getting dermal filler injections, you will be able to immediately see some results, however, it will take about 48 hours to see the full effect. The results will typically last up to six months. After this period of time, you will need to receive fillers again to maintain your rejuvenated appearance. If you opt to stop getting injections at any time, your appearance will just revert to its original state.

## How Long Will The Results From Dermal Fillers Last?

Dermal fillers fade very slowly and gradually, so for the vast majority of patients, results should last between 6

and 9 months. After approximately 6 to 12 months, the effects of the dermal filler gradually weaken, until your skin returns to its natural state. The specific amount of time dermal fillers last varies depending on the patient's skin, the treatment area, and the type of product used.

As treatment with dermal fillers is temporary, they require touch-up injections for maintenance, and eventually repeat injections. Our experienced health care practitioners will determine the ideal time interval for your follow-up treatments, and develop the optimal injectable regimen to suit your needs. Alternatively, if you decide not to maintain your new appearance, the results will gradually disappear over time.

### How Long Is The Recovery From Dermal Filler Injections?

After receiving your dermal injections, you might experience some mild redness, swelling, tenderness, bruising, or itching. These effects should clear up in less than 7 days (or 14 days for lips). Redness can be concealed using foundation or concealer. In general, most patients experience little or no downtime – which means you can return to work and continue with your usual daily activities.

### How Much Do Dermal Filler Injections Cost?

The cost of dermal filler injections depends primarily on the amount of dermal filler injected, which in turn depends on the amount of product you require to achieve a significant result. At your, your unique facial features will be assessed, your concerns will be taken into account, and a treatment plan will be developed. At this point, you will be told the exact amount of filler you will require.

### Are Dermal Filler Injections Painful?

Most patients only experience mild discomfort. As the needles used for dermal fillers are very fine, the amount of pain experienced by patients is minimal and the procedure does not require anesthesia. It should also be noted that many of the dermal filler products available today contain Lidocaine, a local anesthetic, to minimize your discomfort. Topical numbing creams can be used to further minimize discomfort when injecting sensitive areas.

### Are Dermal Fillers Reversible?

Fortunately, there is the option of completely reversing the results you obtain from Hyaluronic-Acid based fillers if you are not happy with the results. A solution called Hyaluronidase is simply injected into the treatment site which effectively dissolves the filler within approximately 24 hours.

### At what age should I Start Getting Dermal Filler Injections?

The age at which you start using dermal fillers depends entirely on the type of issue you'd like to address. While severe wrinkles and folds typically become evident well into middle age, fine lines appear much earlier. Moreover, there are a number of issues which dermal fillers are very effective at addressing, that are not always related to aging, such as a sunken appearance, thin lips, a wide jawbone, or a crooked nose. In general, however, dermal filler products should not be used in individuals under 18 years of age.

### Will I look natural after getting dermal filler injections?

Dermal injections, such as Juvederm®, are designed to smooth out lines, wrinkles, and folds, or create more youthful and attractive facial contours by adding volume in strategic areas.

### Are Dermal Filler Injections Safe?

Dermal fillers are approved by the FDA, and have an excellent safety track record. Since Restylane® is a synthetic substance produced through a biotechnical process, it contains no animal products, which limits the risk it may pose as an allergen or as a transmitter of animal-based pathogens. Additionally, the dermal fillers used are all Hyaluronic Acid-based, which is a substance that naturally occurs in our bodies, and has been used for over 20 years for arthritis treatment, wound repair, and eye surgery.

### Complications

Dermal fillers are very similar in composition to the Hyaluronic Acid that naturally exists in your body, as such it is very unlikely to induce an allergic reaction. To reduce the risk of complications and ensure your safety, your practitioner will review your medical history, including allergies and medications, at your initial consultation to determine whether you are an appropriate candidate for fillers.

The most common complications associated with fillers include receiving results other than you had intended, tiny lumps or irregularities under the skin, and prolonged redness. After receiving dermal filler injections, patients prone to cold sores may develop an outbreak. Those with HSV-1 should therefore be treated with a course of antiviral medication prior to the procedure. More serious complications such as infection and tissue necrosis are exceedingly rare.

### Filler Brands:

There are a plethora of hyaluronic-based dermal fillers available on the market, and while they are all comprised of the same substance, they differ in the way their molecules are packed together and stabilized. This has an effect on the consistency of the product (i.e. gel-like vs. granular), and how long it last, which in turn makes each one ideal for treating specific types of issues. At your consultation, your skin will be assessed and a recommendation will be made as to which filler product would be most suitable for you.

**JUVÉDERM® XC** is the first and only non-surgical hyaluronic acid (HA) filler FDA-approved to instantly smooth moderate to severe wrinkles around your nose and mouth for up to one year with optimal treatment.

**JUVÉDERM ULTRA PLUS XC** Juvederm comes in 2 main forms, Juvederm Ultra and Juvederm Ultra Plus. Both products now come in “XC” form as well, which means that lidocaine has been added to the product for an anesthetic effect with injection. Both products are similar in how they spread out into the tissue a little more than some other facial filler products.

**JUVÉDERM VOLUMA® XC** is the first FDA-approved injectable gel to instantly add volume to your cheek area to correct age-related volume loss in adults over the age of 21. It can give you contour and a subtle lift for up to two years with optimal treatment. This injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over 21. This injectable gel is for injection into the facial tissue for the correction of moderate to severe facial wrinkles and folds, such as nasolabial folds. Also JUVÉDERM® Ultra XC is ideal for injection into the lips and perioral area for lip augmentation.

**VOLBELLA® XC** is the most recent addition to the collection—tailored to add subtle volume to the lips and smooth the appearance of vertical lip lines. Volbella is designed to give you a plump in the lips that is smooth and natural with very little downtime and it is indicated for 1 year +.

**RESTITLANE** can be used to add volume and fullness to the skin to correct moderate to severe facial wrinkles and folds, such as the lines from your nose to the corners of your mouth (nasolabial folds).

Restylane, Restylane-L and Restylane Silk may also be used for lip enhancement.

**RESTYLANE LYFT®** with Lidocaine is indicated for implantation into the deep dermis to superficial subcutis for the correction of moderate to severe facial folds and wrinkles, such as nasolabial folds, and for subcutaneous to supraperiosteal implantation for cheek augmentation and correction of age-related midface contour deficiencies in patients over the age of 21.

**RESTYLANE SILK** is the first and only FDA-approved product specifically designed for lip enhancement and the smoothing of wrinkles around the mouth in patients 21 years of age and older. Get the lips you want and the lines you don't and achieve your ideal smile.

**Kybella** is used in adults to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called "double chin."

**Dysport®** Dysport is a prescription injection for temporary improvement in the look of moderate to severe frown lines between the eyebrows (glabellar lines), forehead wrinkles and crow's feet in adults 21+. I'm also attaching a before an after if you can use it.

### Facial Rejuvenation for Men

In today's high-pressure, fast-paced, and competitive workplace, men are under increasing pressure to look vital, young, and dynamic. Unfortunately, the passing years, and the endless demands begin to take their toll, leaving them looking tired, sluggish, and old. While injectables like BOTOX® and Fillers have long been popular with women for their effectiveness at facial rejuvenation, in recent years, a rapidly growing number of men have started to enjoy their benefits.