

Cosmetic and dermal fillers can help you get younger looking skin without surgery



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In today's world of aesthetic medicine, minimally invasive, non-surgical procedures to enhance facial appearance are becoming increasingly popular. Historically, Botox led the charge as the most popular treatment, followed by fillers, lasers, chemical peels, and microdermabrasion. Today, a vast array of non-surgical options improves volume loss, skin texture, wrinkle appearance, and facial shape with minimal downtime and risk.



Deciding on whether or not you are a good candidate for cosmetic fillers, and deciding on the most appropriate filler treatment for you, takes some careful consideration. Below is some helpful advice when considering cosmetic and dermal fillers.

Do



- research who is a good candidate for fillers
- realize there is no ideal filler
- anticipate what to expect during treatment
- take age into consideration when choosing a treatment
- resume normal activity right away
- keep watch for new fillers on the horizon

Don't



- forget that all fillers are not the same
- expect all fillers to last forever
- automatically opt for a permanent solution
- forget that there are a few side effects
- limit treatments to the mouth area

Do

Do research who is a good candidate for fillers

If you have lost facial volume or have deepening furrows, creases, and lines typical of the aging process, you would benefit from fillers. Younger patients who desire fuller lips, more prominent cheeks, or a more defined chin can also benefit from this treatment.

Do realize there is no ideal filler

The ideal filler would be safe, painless, always non-animal, long-lasting, natural, and cost effective. Unfortunately, this product currently does not exist. However, plastic surgeons and researchers are constantly in search of trying to develop a perfect filler for people.

Do anticipate what to expect during treatment

Treatment, which typically takes 10 to 30 minutes depending on the areas being corrected, is performed in the office. You will be seated upright in a comfortable exam chair. Makeup and debris will be removed, usually with an alcohol pad. Although the filler agent is mixed with a local anesthetic, a topical anesthetic cream is often used to reduce any discomfort associated with the injection.

Ice compresses are used immediately before the injection to “desensitize” the skin, and immediately after to minimize any bruising or swelling from the treatment itself. Arnica Montana and other herbal medicines to reduce swelling can also be taken immediately before and after the treatment to help keep from bruising.

To further reduce your risk of bruising, it is advisable to refrain from ingesting certain substances for one week prior to treatment, including aspirin, vitamin E, ginkgo, or non-steroidal anti-inflammatories such as Motrin, Advil, or ibuprofen. Check with your doctor to make sure about any medications or substances you take regularly to see if you should stop taking them before getting any sort of filler.

Do take age into consideration when choosing a treatment

Patients over 40 years of age who are seeking a permanent solution for the hollowness over their entire face are the best candidates for fat injections. In contrast to injectable fillers, fat injections typically require a deeper anesthetic in an operative suite. A greater volume of material is required for correction, along with some downtime for recovery. Since fat is placed into a deeper soft tissue plane, it may have less of an effect on superficial folds and creases. In some cases, these areas may need to be “topped off” with other fillers.

Do resume normal activity right away

Skin tones are blended, facial hollows are filled, wrinkles are reduced, and scars are improved—all in the same time it takes to eat lunch. Most people return to their routines immediately, looking and feeling refreshed and rejuvenated. The possibilities are simply astounding.

Do keep watch for new fillers on the horizon

More robust versions of filler agents are in constant development, intended for deeper placement in facial areas with thicker soft tissue, such as the cheeks. They will have the potential to last longer. Voluma, a larger particle formulation Juvéderm is being used in Canada & Europe, and Restylane SubQ will be available in the US upon approval by the FDA. These fillers add volume in the cheeks and chin and offer a longer lasting alternative for facial reshaping in these regions. Belotero may prove to be a superior hyaluronic acid for treating the tear trough with less chance of developing a noticeable bluish hue in this region.

Don't

Do not forget that all fillers are not the same

Fillers differ based upon duration of effect and specific areas to be treated. Some fillers are biodegradable. The source of fillers may be natural, derived from an animal, or synthetic. Some simply provide volume replacement while others stimulate the production of collagen, allowing more augmentation with time.

Do not expect all fillers to last forever

Fillers are considered temporary, semi-permanent, or permanent. Collagen replacement therapy was a very popular temporary filler agent over 20 years ago. It is hardly used anymore because today's temporary fillers last much longer and do not require skin testing.

Hyaluronic acid is a substance found naturally in the human body (joints and soft tissue). Synthetic hyaluronic acids are the most popular types of temporary fillers in use today; they can be used for all skin types and colors, and do not require prior testing. They include the Juvéderm (Refine / Ultra / Ultra-Plus) and the Restylane (Perlane) families of products. The results are natural and long lasting, with the effect remaining for six months to a year or more. In less mobile areas of the face such as the cheek, jaw line, earlobes, and temples, the correction seems to last even longer, particularly if early re-treatment is given

Radiesse (made of bone-like material) and Sculptra® are popular semi-permanent filler agents that last 12-18 months. The latter requires preparation a few days before treatment; a series of treatments are required to provide gradual, diffuse persistence.

Artefill and liquid silicone are examples of permanent filler agents. Artefill contains collagen and will require a skin test one month before treatment. Silicone is available in the US in its FDA approved ophthalmic formulation.

Do not automatically opt for a permanent solution

One must recognize that while facial aging occurs in somewhat of a predictable manner in most people, the rate at which it occurs varies from patient to patient. Therefore, with

continued soft tissue and bony changes of the face, an excellent result today does not necessarily mean it would be desirable by future standards. After all, today's standard of beauty may be different than what will be acceptable 10 or 15 years from now. A long-lasting correction may often be a more practical and realistic solution than a permanent one.

Do not forget that there are a few side effects

Some patients may experience redness or swelling at the injection site which resolves in a few days. Complications such as hypersensitivity reactions, infection, and vascular compromise with tissue necrosis are rare.

Bruising is uncommon, and can be camouflaged with make-up. Work and other activities can be resumed right after treatment. A two-week follow-up will determine if additional correction is needed for optimal results.

In the unlikely event of over correction or misplaced hyaluronic acid, an enzyme can be injected to "erase" the filler. This feature makes the hyaluronic acid group of filler agents the most popular in use today.

Do not limit treatments to the mouth area

Traditionally, fillers have been used to correct aging changes around the mouth. Advanced techniques are now used to address the temples, pre-jowl sulcus (jaw line), tear trough (junction of the lower eyes and cheeks), and cheekbones. Emphasis is now placed on "framing the eyes" by correcting lower lid contour deficiencies, raising the cheek-lid pedestal, and rejuvenating the brows. Using fillers to highlight the lips and avoiding "over-filling" of the lower third of the face will help achieve results that are immediate, remarkable, and natural.

Summary



Every face is different and so is every patient's goal for using injectable fillers or Botox for facial rejuvenation. Depending on your age and many factors such as your skin's condition, facial contours, severity and location of wrinkles, and your relative rate of aging, there are many products your facial plastic surgeon will be able to recommend.