Advanced Dermatology Care

Advanced Esthetics

Dermal Fillers

Dermal fillers are injectable gels made from a highly purified form of hyaluronic acid and/or calcium based microspheres. They are injected below the surface of the skin to replace volume that is naturally lost with the aging process, and to improve the appearance of depressed areas in the skin. Dermal fillers add volume to the skin, restoring this lost volume to smooth unwanted lines and wrinkles, and depressed areas. There are multiple brands and different kinds of fillers available, and are used in different areas throughout the face. Multiple syringes are usually needed depending on the area(s) being injected, and the amount of volume loss in the area(s), etc.

All dermal fillers have a general length of time that they last, based on medical studies of dermal fillers in the nasolabial folds (the lines between the nose and the upper corners of the mouth.) The amount of time each filler lasts varies depends on the area the filler is placed, the filler type, as well as each person's unique metabolisms and movement patterns, and their medical history. Personal variation depends on how quickly your body metabolizes it, facial movement patterns (areas with more movement tend to break it down more quickly), etc. Depending on the above factors, filler may last for a longer or shorter amount of time. Receiving 'booster' doses of filler (adding additional filler 1-3 months before the expected date of usual filler disappearance) has been shown to enhance the effectiveness and longevity of both the previously place and new filler. Your cosmetic care specialist will help you determine the appropriate filler type to use, and number of syringes that will be needed.

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Types of Filler : At Advanced Esthetics, several mid-length to long lasting dermal fillers are offered. Short acting fillers, lasting 1-4 months are no longer utilized, as the newer fillers offer the same soft natural look with longer results. Extremely long lasting or permanent fillers are also not utilized due to the high rate of complications that occur many years later. The following are the fillers recommended by AE.

Juvederm Ultra is a soft, injectable gel that replaces some of the lost naturally hydrating substance in one's skin called hyaluronic acid, restoring volume to and correcting moderate to severe facial wrinkles and folds. It can be used in multiple areas throughout the mid and lower face, including the lips. It generally lasts up to 6 - 9 months.

Restylane is a soft, injectable particulate gel that replaces some of the lost naturally hydrating substance in one's skin called hyaluronic acid, restoring volume to and correcting moderate to severe facial wrinkles and folds. It can be used in multiple areas throughout the mid and lower face, including the lips. It generally lasts up to 6 - 9 months.

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Perlane is a slightly more firm, injectable particulate gel that uses hyaluronic acid restoring volume to and correcting moderate to severe facial wrinkles and folds throughout the face. This filler is not used in the lips. The effects typically last 9 – 12 months.

Juvaderm Ultra Plus is a slightly more firm, smooth injectable gel that also uses hyaluronic acid restoring volume to and correcting moderate to severe facial wrinkles and folds throughout the face. This filler is not used in the lips. The effects typically last 9 – 12 months.
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Radiesse is a firm, injectable gel composed of both calcium hydroxylapatite and hyaluronic acid in calcium-based microspheres that once injected, begins to stimulate the production of your own collagen helping correct moderate to severe facial wrinkles and folds. This product is great for

restoring volume to cheeks, deep nasolabial folds and marionette lines. This filler is not used in the lips. The effects typically last 12 - 18 months.

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Dermal fillers may be used in the following areas:

Studies done in order to obtain FDA approval have been done in the nasolabial folds only. These studies are time-consuming and expensive for the companies to do, but are performed to prove the qualities claimed about the filler; once FDA approval is obtained, further studies investigating the use of these fillers in other areas are not performed. Therefore, use of fillers in any other area besides the nasolabial folds is considered to be ‘off-label’ use. Use of fillers in other areas is commonly performed, and routinely found to be very useful.

Mid-Face: Loss of volume in the mid-face area is very common. This presents as flattening of the ‘apple’ of the cheeks, accentuating bags under the eye, creating a ‘tired’ look, and contributing to the appearance of nasolabial folds. Injecting this area helps restore mid face volume to the face, restoring the “apple” of your cheeks.
Mid-face volume loss is closely tied to the appearance of nasolabial folds. Filling the mid-face area prior to treating nasolabila folds is recommended for several reasons. Firstly, addressing the needs of the whole face will produce the most natural look. Replacing lost mid-face volume avoids a ‘stuffed’ look if just the nasolabial folds are filled. By replacing lost mid-face volume, the nasolablial folds are slightly lifted and softenend, thus requiring less filler needed in those folds. Mid-face volume replacement generally produced longevity of results, so the effect here and in the nasolabial folds is prolonged.

Tear Troughs: These are the hollow area below the eyes, extending diagonally down into the cheek, contributing to the effect of bags under the eyes.

Lateral Cheeks: Filler may be used to build up around the cheekbones, to give them more definition and shape, and help to lift sagging skin of developing mild jowls.

Nasolabial Folds: These are the lines/creases from the corners of the nose down to the corners of the mouth.

Marionette Lines: These are the lines /creases from the corners of the mouth down to the jawline, contributing to a ‘frowning’ appearance.

Vertical lip lines (‘Pursed lips’ or ‘Smoker’s Lip Lines”)**:** Fillers can be replace the lost volume around the mouth to minimize perioral lines and creases. This is a difficult area to treat alone, and is often combined with some filler placed in the lip itself. Deep wrinkles may be only softened with filler, and may need other types of treatment as well.

Lips: With increasing age, lips flatten out and lose their natural volume. Fillers can be used to enhance the lips, creating fullness and replacing the lost lip structure found with aging.

Pre-Jowl Sulcus: This is the area between the chin and the sagging skin of the cheeks, producing the appearance of jowls. Filling this area minimizes the appearance of mild to moderate jowls.

Temporal wasting: The thinning of the face in the lower forehead area lateral to the eyes may be treated with filler volume replacement.

Eyebrow lift: Injecting under the eyebrows will replace the lost volume under the eyebrows and can produce a mild lift. This produces a younger eyebrow, as well as slightly lifting the upper eyelid.

Hands: Filler can be used to replace the lost volume in the top (dorsum) of the hand, relieving the 'bony' look of older hands.

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Common Side effects:
Bruising, swelling, redness, irritation at or around the injection site, temporary numbness, firmness, lumps/bumps, etc.

Preparing for dermal filler treatment:
For 7-14 days prior to injection, avoid any medications that increase bleeding such as Aspirin, Ibuprofen, Aleve, Advil, Fish Oil, Vitamin E, St. John's Wart, etc., as well as alcoholic beverages. This will decrease the amount of bleeding and bruising you will experience.

After treatment: Common side effects include: bruising in the injection areas, swelling, redness, firmness, itching, tenderness/discomfort at the injection site.

Who should not have Dermal Fillers: These injections are not used in: pregnant or breastfeeding women; those with systemic malignancies; poorly controlled diabetes; poor healing process; or a history of keloid scarring, or abnormal blood clotting disorders, or a rash at the injection site, or use of Isotretinoin within the last 6 months..

Treatment Frequency: Depending on the filler used, your individual metabolism and movement patterns, re-treatment is recommended prior to dissipation of the filler. Reinjection "booster" 1-3 months prior to the expected end of the filler longevity will provide continuity of results as well as a synergistic continuation of collagen stimulation, resulting in longer lasting results. Consult your AE Cosmetic Specialist regarding your individual needs.

To determine if you would benefit from Dermal Fillers, please call 651-484-2724 to schedule a consultation at Advanced Esthetics.

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