

## COSMETIC INJECTABLE FILLERS

As we age, our face shows the effects of gravity, sun exposure and years of facial muscle movement. As you get older, the type of collagen in your skin changes and the elasticity of the skin lessens, resulting in wrinkles and lines especially about the eyes and mouth. Laugh lines, crow's feet, frown lines and deep lines between the nose and the lips appear.

Soft tissue fillers can be used to fill out these lines and creases, temporarily creating a smoother facial contour in the problem areas giving a more youthful appearance. You can smooth the lines of crow's feet and wrinkles about the eyes and mouth, and fill out facial hollows such as those in the cheek. You can also create fuller lips giving more definition and sensuality to the lips and mouth.

Injectable fillers can be used alone, or in conjunction with other cosmetic procedures such as Facelift, Eyelid reduction, Browlift or laser facial resurfacing. Some fillers are temporary, which means that if you don't like the look then you need not worry, as they will dissipate with time. Others are permanent. Permanent fillers are often used for scarring or to assist in the correction of cosmetic deformity.

This information brochure will give you a basic understanding of the use of injectable fillers and similar procedures used in cosmetic surgery. It cannot answer all of your questions as a lot depends on individual needs and preferences. Please ask one of our team or your Plastic Surgeon about anything that you are unsure about.

It is important to be realistic in your expectations and realise that although injectable fillers may enhance your appearance, the effects may not alter the way people treat you or change your appearance to match your ideal. Understand that perfect facial symmetry is not the norm and that subtle differences between the left and right sides of your face are usual and give you your unique facial character. These subtle differences may be corrected through injectables or they may be made more obvious. It is very important that you understand completely all aspects of the filler that you intend to use, and that you are aware of its risks and limitations prior to proceeding.

This clinic cannot treat patients under the age of 18.

The following pages give a brief overview of current substances available through our clinic and their uses and merits. Chrysalis Skin Technology do not use permanent injectable fillers due to the natural effects of the ageing process that occur in the human face over time.

### Types of Injectable Fillers

1. Muscle Relaxants
2. Hyaluronic Acids (Restylane or Juvederm)
3. Radiesse

These substances are used to improve the appearance of the skin's texture. Lines or wrinkles in the skin are caused by a reduction of collagen and elastin in the skin. This is a natural part of ageing and despite all efforts to help reverse this action; there is no way to stop it. Diet and skin treatments are very important factors in assisting the slowing down of the ageing process, or prolonging the life and action of your own collagen and elastin.

The skin is the largest organ of the body and yet is the last organ to receive nutrients from the diet. Therefore it is extremely important to use products directly on the skin to maintain its youthfulness. Vitamins such as A and C are important, as are products that contain other proven anti-ageing ingredients such as green tea or soy. If you would like further information on what you should be putting onto your skin to help maintain its youthfulness for longer, please ask one of our Skin Technicians who will provide information for you.



Wrinkles on your skin can be dynamic or passive. Dynamic wrinkles are those produced by muscle action; such as deep frown lines when we frown, or deep laugh lines when we laugh. Passive wrinkles are those that are present when the underlying muscles are at rest, such as finer wrinkles about the eye or on the forehead. Different injectable fillers target both of these wrinkle types through different actions.

## 1. Muscle Relaxants

Muscle Relaxants are used to target dynamic wrinkles. These are the emotional lines on your face – the ones that show every time that you laugh or frown. The more emotion that you show, the deeper these lines are likely to be. For example if you are a chronic frowner, then you are likely to have deep lines about the brow. These wrinkles are brought about by chronic overuse of the underlying muscle. To put it simply, the muscle is contracted so many times that the collagen and elastin is used up and the skin stretches with time. Injection of muscle relaxants into these overactive muscles reduces their efficiency, resulting in reduction of the dynamic lines.

Muscle Relaxants are a substance obtained from the bacterium clostridium Botulinum. It has been used safely and effectively for many years to treat ophthalmological and neurological disorders and more recently urinary conditions. Each year, thousands of patients receive treatments every day for a variety of conditions. Today it is an extremely popular treatment in the cosmetic industry.

Botulinum toxin works by temporarily weakening overactive muscles. It is injected in small amounts directly into the muscle with the effect lasting approximately three months. The injection is given with a micro-needle at a precise location. It is normal to feel a sting during application however no local anaesthetic or sedation is required. On occasion, a small degree of bruising may occur at the injection site. The effect will not occur for 24 – 72 hours. In some cases, effects may not be felt for up to two weeks.

Muscle Relaxants are ideal for treating both younger and older patients with overactive frown lines or lines about the eyes. It is not uncommon for the younger patient to have this treatment to prevent the early development of frown lines.

Excessive sweating or hyperhidrosis is also effectively treated with Botulinum toxin. Once injected by the technician, the product enters the specific glands in the area responsible for the excessive sweating, usually the underarms. The product blocks the release of a chemical that stimulates perspiration.

It is important that you tell your treating technician if you have any muscle disorders, are taking any antibiotic treatment, have any upcoming surgical treatment requiring a general anaesthetic, or if you have an infection in the area prior to treatment. If you are pregnant or lactating you are not a suitable candidate for Botox.

Muscle relaxant complications vary depending on the site of injection and include droopy eye or dropped eyebrow, but are usually temporary. Rarely, an infection may occur at the site of injection. In some cases, asymmetry can occur usually due to surrounding muscles trying to work harder to take over the action of those which have been weakened. You will be unable to exercise for 24-48 days following your treatment and the area is not to be massaged for a similar time. Facials or peels/IPL are not recommended for up to two weeks prior and post this treatment.

## 2. Hyaluronic Acids

The skin is made of two layers, with supporting columns holding them apart. The area in-between includes the clear-jelly like substance hyaluronic acid. While young, the Hyaluronic acid is in abundance. As you grow older, the acid between these layers diminishes, and the skin caves in, causing a wrinkle along the line. The wrinkle would be gone if you filled that area back up with the Hyaluronic Acid jelly-like substance. That's where hyaluronic acids (HA) fillers come in.



The HA is injected into the skin with a very thin needle. It restores the natural volume underneath the wrinkle. The wrinkle is now lifted up and smoothed out. All of this takes about 30 minutes, leaves no marks or scars, and the results can be seen immediately.

HA's are a temporary filler lasting from 6 – 9 months. Generally speaking, the more often you have top-ups, the longer the substance will last.

HA is used to treat passive lines and is injected directly into the site. A local anaesthetic is used firstly to numb the area. There is no skin or allergy test for HA and very few known allergic reactions. This substance can be used to fill lines about the eyes and the nasolabial folds or around the lips or to give more definition to the lines of the lips. It can also be injected directly into the lips to produce lip fullness.

HA's are now available in larger particle sizes and hence gives a fuller result. Due to the density of this product, it is usually slightly more painful during treatment, and immediately afterwards. These thicker HA's are also temporary and will last from 6 – 9 months. Perlane is commonly used in the deeper nasolabial folds or in those who wish for fuller lips. Sub Q is a product used to give a greater cheek definition and to treat volume loss in the mid-face.

HA's give immediate results, however for the first few days, the areas treated may remain slightly swollen. Bruising sometimes occurs at the injection site and may persist for several days. If you are looking to having your lines filled or lips injected with these fillers for a special event, it would be ideal to have the filler approximately one week prior to the event, giving adequate time for healing and settling in.

### 3. **Radiesse**

Radiesse is made up of Calcium Hydroxyapatite this is also found in bones and tissues. It usually lasts for at least 12 months and suits nasolabial folds and cheek volume loss.

### **In summary...**

Injectable fillers available today are becoming more versatile with respect to areas treated and mode of action. Treatment is available for fine and deeper lines, to improve fullness, to give definition or to fill scars. Options are also available to help slow down your ageing process through injectables, and also to promote your own natural collagen regrowth

It is important to remember that cosmetic injection is not without risk or adverse reaction and you should bear this in mind before proceeding, doing thorough investigation of your proposed treatment choice prior to proceeding.

Injection sites may become infected which may lead to scarring, the filler may cause asymmetry, which may be temporary or permanent, lumpiness can occur as can blanching of the skin over the areas treated. Bruising and swelling are not unusual and may persist for several weeks. Ice-packs used for the first 24 hours will assist in minimising this condition. Allergic reaction may develop causing lumpiness, itch, rash and redness. This reaction may persist for the life of the filler. Allergic reaction may also occur to the local anaesthetic used.

Although most adverse reactions are rare and temporary, you must realise that there is risk involved. In some instances, the product injected may be ineffective or results much more temporary than typical. It is impossible to predict the life of temporary fillers precisely as they vary between individuals. After several treatments of the product you will have some idea of your 'filler life span'. This life span usually extends as you undergo more treatments.

### **A FINAL NOTE**

Injectable fillers are today a very common cosmetic procedure. Temporary fillers remain most popular as you may change or finely tune the look that you wish to achieve with each top-up. The injectables available in today's market are much less prone to adverse reaction, and no longer require skin tests prior to proceeding so you may research into your proposed filler and then walk in off the street for your treatment, and walk out an hour later with your desired result.

When performed by qualified and specialty trained technicians the results that can be achieved by fillers today is remarkable.

The future of injectables is also bright, with the development of collagen cell stimulating injectables – substances that replace and stimulate your own fibroblasts to make more collagen thus prolonging the ageing process. The days of lines and wrinkles are gradually becoming rare!

Chrysalis SkinTechnology and Queensland Plastic Surgery offers a free consultation with a trained technician to provide information on any injectable filler. There is no obligation to proceed; it is simply an information session for your benefit. If you would like to schedule this free consultation, please call our rooms on 07 47714344 and ask for your free consultation for injectables with our qualified and experienced Cosmetic Nurse Injectors.