



DERMAL FILLERS

- Introduction
- Candidate
- Consultation
- Question to Ask
- Types of Dermal Fillers
- Fat Injection as Dermal Fillers
- Risk & Safety
- Preparation
- Procedure Steps
- Recovery
- Result
- Before & After Photo
- Visual Animation



Introduction

As we age, our taut, firm, plump contours lost, as the collagen, elastin of the body decrease, hence the skin loose its youth.

Volume loss in the face, wrinkles, creases are the signs of ageing.

Facial contouring can be achieved by use of dermal fillers.

Fillers can act as synthetic fat

What Are Dermal Fillers?

Dermal fillers help to diminish facial lines and restore volume and fullness in the face.

As we age, our faces naturally lose subcutaneous fat. The facial muscles are then working closer to the skin surface, so smile lines and crow's feet become more apparent.

The facial skin also stretches a bit, adding to this loss of facial volume. Other factors that affect the facial skin include sun exposure, heredity and lifestyle.

What Dermal Fillers Can Do

- Plump thin lips
- Enhance shallow contours
- Soften facial creases and wrinkles
- Improve the appearance of recessed scars

- Reconstruct contour deformities in the face
- Decrease or remove the shadow of the lower lids

Dermal fillers can be very helpful in those with early signs of aging, or as a value-added part of facial rejuvenation surgery.

Who Is A Good Candidate For Dermal Fillers?

You may be a **good candidate for dermal fillers** if you:

- Are physically healthy
- Have a positive outlook and realistic goals in mind for the improvement of your appearance
- Are committed to maintaining good skin health

What Should I Expect During A Consultation For Dermal Fillers?

During your **dermal fillers consultation** be prepared to discuss:

- Your goals
- Medical conditions, drug allergies, and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Any past treatment with soft tissue fillers, botulinum toxin therapy, laser or other minimally invasive facial procedures, as well as any prior facial surgery

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Discuss your available options
- Examine and measure your face
- Take photographs
- Recommend a course of treatment
- Discuss likely outcomes of using soft tissue fillers and any risks or potential complications

Your plastic surgeon will carefully explain:

- Your course of treatment
- The type of filler recommended in your case and why
- Expected results
- The longevity of the result

What Questions Should I Ask My Plastic Surgeon About Dermal Fillers?

Use this checklist as a guide during your **dermal fillers consultation**:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- How long of a recovery period can I expect and what kind of help will I need during my recovery?
- What are the risks and complications associated with dermal fillers?
- How can I expect my skin to look overtime?
- Do you have before-and-after photos I can look at for each procedure and what results are reasonable for me?

What Types Of Dermal Fillers Are Available?

There are several different **types of dermal fillers**. The most common types are:

Calcium hydroxylapatite

Brand names include: Radiesse

Calcium hydroxylapatite is found naturally in human bones and is a mineral-like compound. It's often used to:

- Moderate-to-severe creases such as nasolabial folds, marionette lines and frown lines
- Enhance fullness of the cheeks and other facial contours
- Improve volume in areas of facial wasting

Hyaluronic acid

Brand names include: Captique, Esthélis, Elevess, Hylaform, Juvederm, Perlane, Prevelle, Puragen, Restylane

Hyaluronic acid injections can be used to improve the skin's contour and reduce depressions in the skin due to scars, injury or lines. You can see potentially dramatic improvements for:

- Acne scars
- Cheek depressions
- Crow's feet at the corner of your eyes
- Deep smile lines that run from the side of the nose to corners of the mouth (also known as nasolabial furrows)
- Frown lines between the eyebrows
- Marionette lines at the corners of the mouth
- Redefining lip border

- Scars including burns, acne and those caused by wounds
- Smoker's lines; vertical lines on the mouth
- Some facial scars
- Worry lines that run across your forehead

Hyaluronic acid is a natural substance found in your body. High concentrations are found in soft connective tissues and in the fluid surrounding your eyes. It's also in some cartilage and joint fluids, as well as skin tissue. It is extracted and reformulated and now has become one of the most popular kinds of injectable fillers.

Polyalkylimide

Brand names include: *Aquamid*

Polyalkylimide is a semi-permanent dermal filler and is often used by plastic surgeons to:

- Treat deeper wrinkles such as nasolabial folds or depressed scars
- Plump thin lips
- Enhance cheekbones and the jawline, and to replace facial volume lost due to age
- Treat facial wasting

Polylactic acid

Brand names include: *Sculptra*

Polylactic acid is a synthetic dermal filler that is injected into your face, causing your body's own production of collagen. This type of dermal filler is known as a stimulator. This non-toxic, biodegradable substance has been used for more than 40 years as suture material.

Polylactic acid is known to work particularly well in the lower half of your face, and is used to:

- Fill the lines caused by laughing
- Plump thin lips
- Treat deep nasolabial folds

This substance is unlike other dermal fillers because it doesn't produce immediate results. Instead, it stimulates your own body's collagen production, so results appear gradually over a period of a few months.

Polymethyl-methacrylate microspheres (PMMA)

Brand names include: *Bellafill*

PMMA is considered a semi-permanent filler and is most often used to treat medium-to-deep wrinkles, folds and furrows, particularly nasolabial folds. It can also be used to fill out pitted scars and to augment thin lips.

Summary

Dermal fillers differ in chemical makeup, longevity and have varying degrees of softness. Softer fillers are used in the lips, for example, while sturdier fillers might be desired to enhance cheekbones.

Your surgeon will determine with you the best type and volume of filler needed for your particular areas of concern.

For many people, the use of "off-the-shelf" fillers can be a simple office-based procedure that can nicely enhance their appearance. These dermal fillers are very predictable and have relatively minimal risks and side effects.

How Can Fat Injections Be Used As Dermal Fillers?

Some patients may want to consider **fat injections**, which use fat harvested from the patient's own body which can then be re-injected to enhance facial fullness, fill creases or buildup shallow contours.

How Fat Injections Are Administered

Fat injection requires a more extensive procedure than "off-the-shelf" soft tissue fillers.

A "donor area" must be determined (such as the abdomen or buttocks) and liposuction is used to extract the fat. The suctioned fat can then be transferred to the face, as a graft.

The grafted fat then has to redevelop a blood supply in order to survive. About 50% of the fat injected will survive, and the surviving fat will last forever.

Fat Injection Results

In the face, most of the transferred fat usually survives, but the results can be a bit less predictable. Typically, multiple fat transfer procedures will be needed to achieve desired results.

The use of fat transfer involves additional discomfort in the donor area. This is a minor surgical

procedure that can be performed in the surgeon's treatment room or in an operating room.

What Are The Risks Of Dermal Fillers?

The decision to use fillers is extremely personal. You will have to decide if the benefits will achieve your goals and if the **risks and potential complications of dermal fillers** are acceptable.

Your plastic surgeon will explain, in detail, any risks.

You will be asked to sign consent forms to ensure that you fully understand the procedure, as well as the risks and potential complications.

It is important that you address all your questions directly with your plastic surgeon, including those complications requiring urgent care.

In some situations, it may not be possible to achieve optimal results with a single procedure. Most fillers do dissipate over time. To maintain your correction, you will need to consider repeating the injection process at intervals.

What Are The Steps Of A Dermal Fillers Procedure?

A **dermal fillers** procedure includes the following steps:

Step 1 – Facial assessment & mapping

If you choose to utilize packaged soft tissue fillers, the plastic surgeon will evaluate your facial appearance and skin tone and examine the areas of your face to be augmented.

Strategic points on your face may be marked as the appropriate injection sites for the filler. Photographs may be taken of the areas to be treated.

Step 2 – Cleansing & anesthetizing

The injection sites will be cleansed with an antibacterial agent.

Pain at the injection site may be ameliorated by use of a very cold instrument to chill the skin, anesthetic ointment to numb the skin or injection of local anesthesia.

Step 3 – The injection

Injection usually takes only a few moments per site. The process of injecting, massaging, and evaluating the result is performed, and additional filler added as needed.

Depending on the number of areas to be treated, the whole process may be as short as 15 minutes, or as long as an hour.

Step 4 – Recovery

Once the results are deemed satisfactory, any markings will be cleansed off.

You may be offered an ice pack to reduce swelling and alleviate discomfort. Although the area may feel a bit tender for a day or two, it is usually not painful enough to require any medication.

What Should I Expect During My Dermal Fillers Recovery?

Recovery time varies for each patient and for each type of filler injected. You can resume most activities right away, but it is generally recommended that you avoid intense physical activity for the first 24-48 hours to minimize swelling and bruising.

Your initial appearance after treatment with any dermal filler may include:

- An "overfilled" appearance to treated areas
- Swelling or bruising ranging from mild to severe
- Temporary numbness or redness
- Palpable lumps or hard areas at the injection sites
- Hypersensitivity reaction that can seem like an allergic reaction with hives and swelling

Most conditions can be alleviated with topical icing and massage and will improve within a matter of hours or just a few days. Some reactions may require more aggressive treatment with medications or injections.

When your own fat is the injected filler, the healing process is longer and may take a few weeks. Get more information about fat injections.

What Results Should I Expect After Dermal Fillers?

The results of soft tissue augmentation using dermal fillers are apparent immediately and will last from several months to several years depending on the filler used and the patient injected. Maintaining good overall health and maintaining healthy and strong skin with appropriate products and skin treatments will improve the results and longevity.

Before & After Photo



Visual Animation  [Adi care 007](#)

FOR APPOINTMENT

Adi Care
Cosmetic & Anti-Ageing Centre
E-7/32 Arera Colony Ashoka Housing
Society Near Sai Board Square Bhopal

Dr Anand Gautam
Mch (Plastic Surgery)
0755-3145063, 9406523611
7987979675

