



## FILLERS (JUVEDERM, BELOTERO, REVANESSE)

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**Duration of results:** 8 – 10 months

**Recovery from treatment is:** 2 - 3 days

**Risks and Complications:** Low to medium

**Anesthetic:** Ice/numbing/none

**Procedure duration:** 10 – 30 minutes

**Specialist:** Dr. Zak

**Back to work:** The same day/The next day

### Why fillers?

As we age, we begin to lose collagen and elasticity in the skin. This means, it isn't as easy for our skin to repair itself, or snap back into place after years and years of facial expressions, sun damage, natural aging and hormonal changes, etc. Fillers are used to plump up the skin in various places adding volume where collagen and natural volume has been lost over time. This eliminates wrinkles in certain areas of the face. In other parts of the face (such as along the cheek bones), it is also used to shape and contour the face into a more desirable manner. Fillers are also commonly used in the hands, as our hands tend to give our age away quite quickly.

### Pre-treatment instructions:

- Avoid blood-thinning medications for two weeks before treatment if possible
- Avoid alcohol for 24 hours before the treatment if you are prone to bruising or swelling

### Post-treatment instructions:

- Do not lay down for at least 4 hours prior to your injections
- Do not bend over and lift heavy objects
- Wait 24 to 48 hours to engage in vigorous exercise
- Avoid alcohol and excess amounts of salt for 24 hours
- Avoid extensive sun and heat exposure for 72 hours
- It is best to avoid make up for several hours on the injection site
- Avoid massaging the area or applying intense pressure after treatment
- It is recommended that you sleep with your head slightly elevated if swelling in the area is experienced



## FAQ:

### What is the cost?

4.5k rand per 1 ml.

### What are dermal fillers?

Fillers are generally used to bring a youthful look to the face. They enhance volume, augment lips, induce collagen production, eliminate wrinkles, and help to restore a youthful and contoured appearance to the face.

### What parts of the face are dermal fillers used?

Typically, dermal fillers are used in the following areas:

- Cheeks
- Lips
- The nasolabial folds (the lines that trail from the end of the nose to the beginning of the lips)
- The under-eye area
- Marionette lines (the lines from the corners of the lips the jawline)
- The jaw lines

### What are dermal fillers made of?

Hyaluronic acid dermal fillers are made by human genes being placed into a bacterium for reproduction. This protein is naturally found in the human body, but its natural production decreases over time.

### When should someone start using dermal fillers?

Typically, as soon as wrinkles are seen, they should be treated. If the wrinkles are still young or new they can most easily be prevented from permanently forming. If the skin is treated sooner rather than later, the deep scar-like wrinkles can be avoided. Fillers also help the skin to naturally produce more collagen, which also aids in maintaining a youthful appearance over time.

### What wrinkles do dermal fillers treat?

To understand the wrinkles that dermal fillers treat one must first understand the different types of wrinkles. There are two different types of wrinkles in this case, there are static wrinkles and dynamic wrinkles. While dynamic wrinkles are those that are created with animation of the face, that then disappear after the facial expression does, static wrinkles stick around. Static wrinkles are those that are apparent even as the face is relaxed. While Botox only treats dynamic wrinkles, dermal fillers treat both dynamic and static wrinkles.



### **How do dermal fillers work?**

It's all about the hyaluronic acid, which is what the fillers are made of/imitate when injected. Hyaluronic acid is what gives a cushioned and volumized effect and look to the skin. As we get older, our bodies fail to produce this acid as they did when we were young. Dermal fillers work by replacing the loss of the hyaluronic acid which helps to plump the skin and also stimulate natural collagen production.

### **Can one use dermal fillers alongside other treatments?**

Dermal fillers are very often used alongside other treatments, and most often, Botox. Typically, Botox is used more in the upper region of the face while dermal fillers are used from the eyes down.

### **What should one expect after receiving dermal fillers?**

Dermal fillers treatment is a very easy and quick procedure. Most patients don't experience bruising or swelling or any soreness, although if you do notice any redness or swelling in the area that was injected then it is suggested that you use ice to soothe that region. Normal daily activities can be resumed the same day of treatment.

### **Are dermal fillers safe?**

Yes. Because dermal fillers are made of hyaluronic acid and are about 97% the same to that of our own body's chemistry, there is rarely ever any sort of allergic reaction.

### **Can dermal fillers treat all skin types?**

The answer is yes. All skin types are safe to treat and gain results from dermal fillers.