



KATARZYNA MACKENZIE

PLASTIC SURGEON

Derma! Fillers

Time leaves its mark on all of us. Injectable fillers are becoming an increasingly popular non-surgical intervention to correct a variety of signs of aging. Hyaluronic Acid, a compound found in all living things, can provide a long-lasting way to reverse this process and enjoy a healthier, more appealing look. The clear gel, when injected with a fine needle under the skin, provides a volume that can act to smooth wrinkles or folds, shape facial contours or enhance the definition of lips, in a natural way. Injectable fillers may be used alone or in combination with other procedures such as botulinum toxin or surgical procedures such as facelifts to complement and enhance facial rejuvenation.

Introduction

Derma! fillers provide an effective strategy for diminishing early signs of aging. The passage of time, exposure to the sun, and heredity all contribute to a loss of fullness in our faces. As a result, fine lines and wrinkles become more visible and other areas appear sunken.

Hyaluronic Acid (HA) is a clear gel that is injected in small amounts underneath or into the skin to plump out the area. There are numerous HAs on the market but some examples of those that Dr Mackenzie uses are the Juvéderm™ and Restylane™ ranges.

The results are temporary, lasting 4 to 12 months or longer before the body gradually and naturally absorbs the particles. Dr Mackenzie never uses permanent fillers for the face as the body's response to them can sometimes be unpredictable and removing them can be difficult if not impossible.

What areas can be treated?

HA fillers are used to fill out wrinkles or lines in the face and to add volume or more definition to areas of the face e.g. lips, cheeks, around the eyes, nasolabial folds. They can also be used to gently reshape noses in some people. HA fillers can give a very natural rejuvenating effect to the face and they can also be used to augment or enhance areas such as the lips. Suitable areas for HA fillers include:

- Lips
- Nasolabial lines (lines between nose and corners of the mouth)
- Marionette lines (lines from corners of the mouth to chin)
- Cheeks-derma! fillers add volume to the cheeks
- Jawline – fillers can be used to enhance and augment the shape of the jaw

KATARZYNA MACKENZIE

PLASTIC SURGEON

- Under eye area
- 8 point/liquid facelift – this is when 8 specific points on each side of the face are treated with tailored amounts of HA filler to achieve a subtle rejuvenating effect on the entire face
- Nose-the contour of the nose can be modified with dermal fillers
- Hands-restores volume to hands to decrease the signs of aging
- Scars – fillers are used to diminish the appearance of depressed scars
- Deeper wrinkles that have failed to respond to botulinum toxin (Botox®) treatments

Who is a good candidate for dermal fillers?

The following are some common reasons why you may want to consider dermal fillers:

- Diminish the appearance of wrinkles and folds on the face
- Enhance your look
- Add fullness to areas of their face and/or hands
- Improve facial features without undergoing cosmetic surgery

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

- Are physically healthy
- Don't smoke
- Have realistic goals in mind for the improvement of your appearance
- Are committed to maintaining good skin health

Are there any reasons for a patient to not have dermal fillers?

You should not have dermal fillers in the following situations:

- You are pregnant or breastfeeding
- You have skin conditions which may result in infections
- You have an allergy to any of the ingredients
- Your skin is very thin (eg. immunosuppressed patients)
- If you take medication or supplements that thin your blood you will be more at risk of bruising or bleeding after the procedure. Please inform Dr Mackenzie of all products taken
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another cold sore eruption. You may need to take a course of antiviral medication prior to treatment to prevent reactivating the cold sores

KATARZYNA MACKENZIE

PLASTIC SURGEON

What are the limitations of dermal fillers?

Dermal fillers Dr Mackenzie uses are not permanent. HA is a natural substance which dissolves over time, the benefit does not last forever. Most people choose to be treated again within 4 -18 months of the original treatment.

There's no guarantee the desired effect will be achieved. The ageing process will still happen elsewhere – fillers will not, for example, fix a sagging jawline.

What to expect from dermal filler consultation?

Dermal filler is a nonsurgical injection that's given in Dr Mackenzie's consulting suit.

During your dermal filler consultation Dr Mackenzie will discuss:

- Your goals for your appearance
- Your complete medical history
- Your current prescription medications, including blood thinners, vitamins, herbal supplements, alcohol, tobacco and drug use, allergies

Dr Mackenzie will also:

- Evaluate your general health status and any risk factors
- Examine different parts of your face
- Evaluate elasticity of the skin
- Take photographs of your face
- Recommend a course of treatment
- Discuss likely outcomes and any potential risks or complications

What are the procedure details?

Dermal filler is given in an outpatient setting. Prior to injection, you will be asked to sign a consent form. The area to be treated will be cleaned with an antiseptic wipe. Then, using a very fine needle and disposable syringe, small amounts of selected dermal filler will be injected into several points in the area being treated. The number of injections you need will depend on your facial features and the extent of your wrinkles and folds.

An ice pack may be used to soothe the area prior to injection and help reduce bruising.

KATARZYNA MACKENZIE

PLASTIC SURGEON

Dermal filler treatment usually takes less than 60 minutes depending on how many areas are being treated. It may be uncomfortable, but should not be very painful.

Most patients find that the injections cause only a little discomfort, as the needles used are very fine and the treatment is quick. A few patients do, however, prefer to have a cream called EMLA applied half an hour or so prior to the treatment to help numb the skin.

Pre and post treatment photographs of the treated areas are taken.

What is the aftercare post treatment?

- Avoid touching, rubbing and make-up to the treated areas for 6 hours
- Avoid facial massage or any facial treatments for 24 hours. Do not massage the area of the injections for 24 hours
- Avoid extreme heat/cold for up to 1 week post treatment
- Abstain from alcohol, heavy exercise for 24 hours
- You can wash your face afterwards with soap and water
- The area will be swollen. Tender and red for 24 hours
- Stay out of sunlight/UV radiation until redness and swelling has resolved
- Treatment is immediate but can take up to 14 days to settle
- Dermal fillers can last anything between 4-18 months
- Do not lie down flat for approximately 4 – 6 hours after the injections. If you have had your injections in the evening use an extra pillow for the first part of the night
- Do not take aspirin for pain relief; if you have bruised, aspirin will make the bruise worse. Take simple paracetamol instead
- Some patients may experience a little redness and swelling which can be minimized with cover-up makeup. If you are conscious of some mild redness or swelling it may be as well to take the rest of the day off. If you have had the dental type injection of local anaesthetic then it will be better to rest until the next day as it does make your lips numb

Your initial appearance after treatment with any dermal fillers 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
- Following treatment to the lips, swelling may take up to a week to settle, and the lips can look somewhat uneven. The result directly after the treatment should not, therefore, be looked upon as the final result

KATARZYNA MACKENZIE

PLASTIC SURGEON

How long does the effect of dermal fillers last?

The results of soft tissue augmentation using dermal fillers are apparent immediately and will last between 4-18 months. This depends on the area treated and the amount and strength of filler used, it also depends on each patient.

Maintaining good overall health and maintaining healthy and strong skin with appropriate products and skin treatments will improve the results and longevity.

To maintain your results, Dr Mackenzie will simply repeat treatment, adjusting dosage and techniques as necessary to ensure optimal results.

What are the complications of dermal fillers?

The dermal fillers that demonstrate consistent safety for the last 20 years are the non-permanent dermal fillers. Dr Mackenzie only uses non-permanent dermal fillers.

As with any sort of injection there can be some bruising and minor swelling although this is not severe and usually settles within a couple of days. Other possible complications include:

- Hypersensitivity, allergic response, anaphylactic reaction (rare but can occur)
- Formation of nodules (lumps) around the treated area
- Slight visibility/palpability of the product under the skin
- Persistent bruising which may last up to several weeks
- Infection/abscess formation following treatment, eruption of cold sores
- Small/Rare possibility of filler being injected into a blood vessel which could lead to blockage of the blood flow to the area supplied by the blood vessel causing skin soreness, coldness, necrosis, numbing and discoloration. Please contact the clinic as soon as possible in this instance
- Perfect symmetry is not achievable
- Limited or non-response to treatment
- Extremely rare risk of blindness if filler is injected into certain anatomical sites, such as the glabella, nasolabial folds and the nose.