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# Fabulous fillers

Options abound; which is right for you?

by Eileen Slutsky, RN, BSN

HEALTH WATCH

**A**ging takes time, and the best anti-aging treatment is a gradual process for lasting results. The secret is in the expanding options of dermal fillers injected to lift, fill, plump and augment in order to erase these signs of aging. The ultimate goal should be to look like yourself, only rejuvenated.

Fillers have less risk, embarrassment and complications as they add more volume, youth, and softness. They also

offer a nonsurgical option with little to no downtime.

By using an experienced injector who's well-versed in fillers and has the ability to combine the science, artistic creation, and appropriate product, you can achieve the outcome you deserve. Men and women of all skin types now have the ability to turn back the clock.

The four main types of fillers include hyaluronic acids, collagen, collagen

stimulators and collagen producers; by contrast, there are 65 types of fillers available in Europe. Below is an overview of FDA-approved fillers.

## Juvéderm

Juvéderm injectable gel is made from hyaluronic acid — a natural, complex sugar — as well as the major components of the dermis connective tissue matrix. It allows for a soft, subtle look, retaining water and

### Brows/Frown Lines

Fillers can visibly smooth and soften moderate to severe frown lines between your brows.

### Eyes

Adding filler under eyes restores volume, improves dark circles and can help sunken eyes.

### Nose

Injections of the filler smooths out the nose to smooth bumps, build definition and add character.

### Hands

Adding volume back into the hands through injectable fillers can lessen the overall prominence of veins and give a more plump, youthful appearance.

### Lips

Restore and enhanced lip fullness and soften the perioral "smokers" or "bleed" lines with filler.

## Fillers

### Ears

Fill in lower lobes from pierced ears.

### Cheekbones & Nasolabial Folds

Injections of filler add definition to the cheekbones and plump nasolabial folds restoring youthful volume.

### Jawline

Filler adds definition to the jawline and addresses mildly sagging skin by restoring volume.

### Chin

Filler can plump the chin diminishing any unwanted lines and creases.



image: Davis Plastic Surgery/Aesthetics by Eileen

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hydrating the skin where natural hyaluronic acid is depleted. This is produced through Hylacross technology and creates a high degree of cross-linking, which can last up to six months or longer. No skin test is needed for Juvéderm, which is formulated for versatility in contouring and adding volume with instant results.

### Restylane/Perlane

Restylane/Perlane consists of hyaluronic acid comprised of hydrophilic, or water-loving, molecules that bind together many times, which helps provide fullness and elasticity. With aging, we lose our natural hyaluronic acid; over time, the skin has less volume, leading to more wrinkles. Perlane has a larger gel particle than Restylane and is intended

to inject deeper with longer results. Restylane typically lasts up to six months, with re-injection at between five and nine months; an 18-month longevity is possible as well. No skin test is needed for Restylane, which is the world's most studied cosmetic dermal filler and has a well-defined safety record. Both Restylane and Perlane give a natural-looking result by restoring the skin's fullness almost immediately.

### Evolence

Evolence is an advanced collagen dermal filler made from porcine collagen. Porcine, similar to human collagen, also is used to replace human heart valves. Evolence replaces lost collagen with naturally derived collagen and is used for the correction of moderate to deep lines and folds. According to various studies, it can last six months or more and does not require a skin test. As the newest generation of collagen fillers, Evolence replaces bovine collagen, which requires two skin tests prior to treatment.

### Radiesse

Radiesse wrinkle filler contains tiny, calcium-based microspheres. Once injected, it works with the body to stimulate natural collagen production. Over time, the body absorbs the microspheres and leaves behind natural collagen. Radiesse is biocompatible, which means that there's virtually no risk of an allergic reaction or rejection from the body. No skin test is needed for Radiesse, which recently was approved by the FDA to be mixed with lidocaine for pain reduction. According to

studies, Radiesse lasts at least one year and restores fullness and volume.

### Artefill

Artefill is the first and only microsphere-enhanced collagen fiber. It is a more permanent filler, and a temporary filler is recommended first. Artefill is not absorbed by the body, but provides support structure to the skin; the collagen gel used with it is absorbed by the body while the microsphere remains in place. A skin test is required because the temporary gel includes bovine collagen, and the procedure must be performed 28 days after a negative skin test result. The cost is higher per syringe than with temporary fillers, but the treatment lasts significantly longer.

### Sculptra

Sculptra, approved in August, is used to correct shallow to deep contour deficiencies. It is made from Poly-L-lactic acid, or the same material as a surgical suture, and is injected deeper to help stimulate natural collagen production. The process is aimed at regaining facial volume, though it's gradual and takes time. No skin test is needed for Sculptra, which typically includes three treatments spaced one month apart. While it's more expensive than temporary fillers, Sculptra is less obvious and the results can last at least two years. **WJL**

*Eileen M. Slutsky, RN, BSN, operates Aesthetics by Eileen at Davis Plastic Surgery in Raleigh. To learn more, call (919) 785-1220 or visit [www.aestheticsbyeileen.com](http://www.aestheticsbyeileen.com).*

## Keep in mind

All fillers come with potential side effects, including but not limited to redness at the site of injection, swelling, pain or tenderness, firmness, lumps and bumps, and bruising. Avoid scheduling an injection too close to an important event, and stop taking aspirin, non-steroidal anti-inflammatory drugs such as Advil and Motrin, vitamin E, and other herbal supplements 48 hours prior to treatment to prevent bruising. Most importantly, make sure that your specialist is well-versed on all types of fillers so that the appropriate treatment product is used in the right area. Experience counts.