



Under the Needle

Facial cosmetic injectable options

BY ANNETTE BROOKS

Want to achieve a more youthful, rested, refreshed appearance without surgery? Go under the needle instead. Injectable aesthetic procedures typically require little to no downtime, yet can deliver noticeable, natural-looking results when performed by a well-trained and experienced professional—preferably a doctor or nurse. With a growing variety of injectables available today, it can be confusing to keep track of what’s what. We’ve pulled together information on some of the most popular injectable products to help you make sense of it all by area.

THE UPPER FACE

Softening the appearance of wrinkles between the brows (glabella), crows-feet around the eyes, and horizontal forehead creases is accomplished by relaxing the muscles with neurotoxins. These are the most commonly treated areas by women and men. Men are the fastest growing demographic in this segment. They work by locking signals from the nerves to the muscles so the injected muscles will relax and contract less. Botulinum Toxin Type A injections usually take effect within five to seven days of treatment, with final results occurring around two weeks. Visible results last from two to six months based on the product used. These products are reconstituted on site and may be over-

diluted causing you to buy more units with shorter results. Ask questions.

There are several types of neurotoxins; the most commonly used by experienced injectors are Botox and Dysport. These products have protective proteins clustered around the active part of the molecule. Compared to Botox, the Dysport protein is slightly smaller, so it may work more quickly than Botox. Xeomin—sometimes referred to as “naked Botox”—is the least used product on the market due to the length of time the product is effective (2 months or less).

What’s the bottom line with these three competitors? It appears to depend on the treated patient’s anatomy and the amount of time you want the results to last.

“WHEN LOOKING INTO THE APPROPRIATE COSMETIC INJECTIONS TO TREAT YOUR AREAS OF CONCERN, TRY TO BE INFORMED. DON’T BE AFRAID TO ASK YOUR QUALIFIED NURSE INJECTOR QUESTIONS ABOUT THE TECHNIQUES USED, SIDE EFFECTS, OR AFTERCARE. INVEST IN YOUR APPEARANCE—IT IS THE CROWN YOU NEVER TAKE OFF.”

—KARA EVELETH, CERTIFIED NURSE INJECTOR, MED SPA OF FLOWER MOUND

AESTHETICS

Discover which product you prefer by seeking out a provider who offers more than one option. He or she can recommend a brand based on your specific goals and needs. You may also try different options over time, then determine for yourself which brand you personally prefer.

CHEEKS

There are two areas of concern in the cheek area, with the first being plumpness or volume on the cheek bone itself. Fillers are used to plump the area to give you back that “apple” you once had in your youth. Voluma and Restylane Lyft (hyaluronic acid dermal fillers) can show results for up to 12 months and are the only FDA approved treatments for this area. The second is the hollowness below the cheek bone. This area can be treated with the above products, however the most long lasting product for this area is Sculptra Aesthetic (poly-L-lactic acid) which is not intended to fill the area but to replace your own collagen. Sculptra is designed to last up to two years. Other dermal fillers are used for these areas but are not FDA approved for these areas.

LOWER FACE

The lower face has generally two areas of concern. The nasal labials (the lines that run from the nose to the lips) and marionette lines (the lines from the lips to the lower chin). These areas are treated in the same manner utilizing FDA-cleared hyaluronic acid (HA) dermal fillers injected at the point of the wrinkle, depression, or fold to minimize the lines. HA fillers come in a variety of different consistencies and all vary in length of results. They come under the following names; Juvéderm Ultra and Juvéderm Ultra Plus, Restylane, Restylane Defyne, Restylane Refyne, and Boletero. Radiesse comprised of Calcium Hydroxylapatite (CaHA) is a non-HA dermal filler and is used in the same manner.

Each comes with its own unique characteristics, designed to target different needs, and they often come in versions with an incorporated numbing agent, such as lidocaine.

So, which brand and variety of dermal filler will work best for you? Your doctor will likely make recommendations based on his or her experience with the various products, and the areas you wish to treat. If the treatment will include different areas of your face, chances are more than one type of filler will be used.

LIPS

Lips are treated by utilizing the above dermal fillers for increased volume. There are two products that have been developed to specifically target the lines in the lip, Restylane Silk and Volbella. These products have a thinner consistency to achieve better results. Lips take an artistic eye. Ask to see before and after photos and discuss what you want your outcome to look like before beginning the procedure.

DOUBLE CHIN

Kybella is currently the only FDA-cleared injectable treatment that destroys fat cells under the chin to reduce fullness in the treated area and thus help improve your profile. Once destroyed, these cells can no longer store or accumulate fat.

Injectables don't require surgery, but there is still a lot at stake. Make sure you put yourself in the hands of only the most qualified and highly-trained expert available. Also, remember to ask your provider about the risks, then determine if an injectable is right for you. 🍷

