

## **The Benefits of Facial Injectables –**

*Look more like yourself again with the latest injectable treatments.*

Dr. Schacher performs injectable and microcannula based procedures. These can be broken down into 2 categories.

### **Botox**

Botox (BOTOX, Dysport and Xeomin) are the *only* approved treatment to temporarily improve the appearance of both moderate to severe frown lines between the brows and crow's feet lines in adults. Botox targets one of the underlying causes of frown lines and crow's feet—the repeated muscle contractions from frowning and squinting over the years. Your specialist will inject these muscles with Botox to temporarily reduce muscle activity. You will begin to notice a visible smoothing of your crow's feet lines and frown lines between your brows. You may begin to notice results within 2 to 3 days for moderate to severe frown lines, with results lasting up to 4 months. Researchers at the University of Ottawa have shown that treatments may actually tighten your skin and enhance its elasticity.

Botox based muscle relaxers can be used in 2 ways:

1. By relaxing the muscles that pull down on the face and letting the muscles that lift the face work unopposed, this can give a lift effect to the face.
2. By relaxing the muscles that through their movement, etch and cause lines and wrinkles to appear in the face, one can help lessen and in some cases, remove the appearance on those lines and wrinkles (ie. dynamic wrinkles).

### **Dermal Fillers**

Dermal Fillers are used to inject into and under the skin at different levels to add volume back to the face where it is needed and has deflated secondary to atrophy with age (such as a deflated cheek in our mid face or a deflated lip). They can also be used to specifically fill lines and wrinkles that are there with and without muscle movement (i.e. static wrinkles).

Hyaluronic acid fillers come in different size particles. Smaller particle size fillers such as Belotero and Restylane Silk work best in smoothing fine wrinkles, especially around your lips and fill tear troughs nicely under eyes. Larger particles fillers such as Juvederm, Restylane Lyft and Voluma are used to enhance cheeks, fill nasal labial folds, marionette lines, jowels as well as improve other areas. Hyaluronic acid is something your body produces naturally in the dermis of your skin, so injected, it tends to be exceptionally well tolerated. The most common side effects are temporary redness at the injection points and bruising. Typically, these kinds of facial fillers need touch-ups once or twice each year.

Calcium hydroxylapatite injectables such as Radiesse are made from the same substance you have in your bones. This filler contains minute particles of calcium in a thick gel suspension. It works well for plumping up deeper imperfections, and it lasts up to a year. It even stimulates your natural collagen production which enhances your younger look.

### **The Three D's of Aging: Descent, Deflation, and Deterioration**

- a. Descent is that effect that we all think of as we age. The fact that are face starts to fall in areas. It's what we mean when we say "gravity is having its effect on us".
- b. Deflation refers to the fact that as we age, we lose fat and volume in the face through a process called fat atrophy.
- c. Deterioration on the other hand refers to the fact that as our skin ages:
  1. It loses collagen and elastin that gives skin it's taughtness and elasticity.
  2. It loses subcutaneous fat and therefore some of it's fullness.
  3. It can become hyperpigmented (freckles, age spots, and less even tones).
  4. It has slower cell turnover and regenerative powers.

By taking a comprehensive approach to deal with the 3 D's of aging, you can attain your best results.

### **Treatments we offer to deal with these three D's of aging:**

#### **Descent**

1. Use the Botox category of muscle relaxants to weaken the muscles that pull down on the face and let the elevator muscles work unopposed to give a lift effect.
2. Use dermal filler in areas to give a lift effect while at the same time re-inflating areas of atrophy or loss of facial fullness.
3. Tighten the skin through procedures like microneedling with growth factors which build collagen and elastin as well as the Exilis which tightens, causes less loose skin to descend.
4. Finally, one can remove skin and surgically redrape the skin i.e. a facelift —> which of course is a lot more invasive, and has a lot more down time. We at Bella MedSpa specialize in non-surgical options.

#### **Deflation**

We reinflate those areas with dermal fillers to give back the volume and contour the face has lost with time.

## **Deterioration**

We use a lot of microneedling with growth factors to improve the quality of the skin by causing it to produce more collagen and elastin and cell turnover. We are also very big on the Environ line of medical grade skin care products.

## **Microcannulas and how they are used:**

Microcannulas are a tiny instrument like a needle, but instead of having a sharp end they have a rounded end and a hole near the end that allow the filler to flow out of. They allow dermal fillers to be injected into the face through a few spots without having to have all those needle pokes that used to be associated with these procedures, and in turn:

- Allow much less risk of bruising, swelling, and downtime.
- Are much less painful because they do not cut through sensitive nerves and blood vessels the way a sharp needle does.
- Are considered much safer as they are much less likely to injure surrounding blood vessels or cause an intravascular complication.

## **The best ways to obtain improvements with minimally invasive aesthetic facial procedures:**

Lots of subtle changes in a short period of time add up to a lot of change that looks very natural and is imperceptible to friends and family except that they notice you look great. I prefer to see patients make those small changes and improve different areas of their face in subtle yet beautiful ways. Some of today's dermal fillers are so long-lasting that you can now make dramatic changes to one's face in subtle increments and then maintain those changes with simple and less expensive touch ups without the expense and downtime of surgery.

Injectable fillers, also called dermal fillers, have become so popular in the last few years because they are less invasive than facial surgery, less expensive and require little or no recovery time. Although injectable facials cannot solve some problems such as excessively drooping skin, they do offer you some significant benefits over surgery, and your chances of infection are practically nil.

## **What Can Dermal Fillers Do?**

Dermal fillers are designed to replace subdermal facial tissue that you naturally lose as you age, according to the [American Board of Cosmetic Surgery](#). Your dermatologist injects the filler material, which plumps your wrinkled skin. Filler treatments tend to make you look more like your younger self whereas a surgical facelift can change your features slightly.

## Specific Filler Treatments

Botox, a purified protein with the active ingredient Botulinum Toxin A, disrupts nerve impulses that control your facial muscles, helping to erase the appearance of wrinkles. The main benefits of Botox are instant results and no down time. Also, researchers at the University of Ottawa have shown that treatments may actually tighten up your skin and enhance its elasticity. The downsides of Botox are that it only lasts a few months, and you can experience temporary redness and swelling.

Hyaluronic acid fillers such as Belotero work best in smoothing light wrinkles, especially around your lips. Hyaluronic acid is something you also produce naturally, so your body is likely to tolerate it well. The most common side effect is temporary redness at the injection points. Restylane and Juvederm are two other fillers containing hyaluronic acid. Typically, these kinds of facial fillers need touch-ups once or twice each year.

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Poly-L-Lactic and polymethylmethacrylate are longer-lasting injectable facial products. You can expect to go two years or more before you need a recharge. Both are synthetic substances that are biocompatible and relatively safe to use.

Another option in dermal fillers is your own excess fat. You may experience some discomfort in the donor region, typically your abdomen area. The big benefit is longevity. This injectable can be permanent.

## Fountain of Youth

You can look younger almost instantly with very little recovery time and no days away from work. At [Bella MedSpa](#) of Westfield, Mass., we offer several options in injectable facial products, and we can typically complete the procedure in less than an hour. Get in touch to find out more or to get started today.