

ROZINA ALI

Facial Fillers Information Sheet

Hyaluronic Acid (HA)

Hyaluronic acid is a natural component of the human skin, it provides the volume and hydration of the skin. It is the main component surrounding the collagen and elastin fibres in the skin and is made by the same cells that produce collagen and elastin. From our 20's onwards, HA diminishes due to the skin's natural ageing process. The skin becomes dry due to increased transdermal water loss, facial volume decreases, structure is lost, and even gravity is against us, pulling the skin down, resulting in jowls, folds and sagging.

Dermal fillers are made from hyaluronic acid and act to return volume and moisture to the face, giving skin a plump, youthful and rejuvenated appearance. Different cohesive forces between the HA molecules allow for different elasticities of HA filler that can be used to enhance volume, give firm structure or allow gentle hydration. HA can be used both for prevention of wrinkles and for active rehydration, tightening and smoothing of the facial skin.

Facial areas that can be treated include:

- Deep glabella and frown lines
- Temples
- Cheek bones
- Posterior cheek
- Buccal area
- Piriform fossa (around nose)
- Nasolabial lines
- Lips
- Peri-oral area
- Chin
- Marionette lines
- Jawline/jowls

Non-facial areas that may be treated include:

- Soft tissue divots/depressed scars
- Deep lines
- Neck
- Décolletage
- Backs of hands

Rozina uses a range of HA fillers, most notably The JUVÉDERM® Vycross range of dermal fillers from Allergan. The technology of these HA fillers render a natural, soft feel and act to treat deep lines and wrinkles but can also be used to address facial volume loss, face lengthening/widening and effect a non-surgical, liquid face lift. The range includes:

Volux

An exciting new product designed to be placed deep on bone and restore and recreate volume of the chin and jawline. Can be used to lengthen or widen the face and restore symmetry and proportion after rhinoplasty surgery or peri-oral ageing

Volbella

Volbella is a soft HA filler designed specifically for the lip borders, peri-oral lines and tear trough area. The smooth gel is injected using a fine gauge needle or cannula and can be used to create a pout or simply fill in fine lines, wrinkles and soften and hydrate contours meaning results can last up to a year.

Voluma

Voluma is used to replenish lost skin volume, especially in cheek area and temples. It can be used to counteract the deleterious effects of ageing (volume loss) or enhance the shape of your face. Depending on the treatment site, the results may last as long as 18+ months.

Volift

Volift can be used on various areas, including the body of the lips, the nasolabial folds, around the nose and the brow to give lift and structure as well as deep skin depressions and wrinkles.

Volite

Volite is designed to enhance subdermal hydration and works as a deeper form of mesotherapy. It acts to improve skin quality attributes such as elasticity and hydration

Other fillers that have excellent properties and Rozina is delighted to use include the Merz Belotero® range, a hyaluronic acid filler that plumps up wrinkles by gently replacing the lost hyaluron and restoring support in the skin. The fillers are easy to use, have minimal complications profile and soft natural feeling results.

Mesotherapy

This is a very important additional dimension to enhancing facial volume and skin quality. Mesotherapy acts at the interface between deep structural fillers and the outer skin by adding soft, liquid HA in the subdermis.

StylageHydro

Mesotherapy utilises soft HAs designed specifically for use in the very superficial layers of the skin that acts to rehydrate skin and improve skin firmness, tone and elasticity.

What to expect

The treatment experience is not unpleasant and may be described as mild discomfort at the worst. The procedure itself is very quick and over in minutes. Many hyaluronic acid fillers contain integrated local anaesthetic for pain relief and our practice will offer you the added comfort of a topical numbing cream.

Pre-treatment

Let the doctor know if you are on any blood-thinning medication. Avoid aspirin, ibuprofen and cod liver oil in the week before your treatment as this can increase the risk of bruising. Caffeine can also contribute to increased bruising -so be aware. Please arrive with a clean, make-up free face and hair tied back.

The treatment

Please ensure complete removal of any make up before application of the topical numbing cream. The area to be treated will be sterilised and cleaned thoroughly. Depending on your treatment, you may be asked to frown, relax your facial muscles or purse your lips so the practitioner can identify the wrinkles or lines to be treated. Photographs may be taken. The practitioner then carefully and precisely injects the filler and taps or massages the area around it in order to mould the outcome.

Post treatment

The results of dermal fillers can be seen immediately and will continue to establish over the course of the first 2-3 weeks. You may experience some post treatment swelling which may take several days to resolve, especially following lip enhancement. Bruising can occasionally occur, but this is usually confined to the area treated and is temporary. Increased blood flow can increase the risk of bruising therefore sauna, strenuous exercise and alcohol should be strictly avoided for 24-48hrs post treatment to minimise the risk of bruising.

We would advise you avoid any make-up other than mineral makeup over the injection sites for up to 48 hours after treatment. You should therefore make provision for mineral based foundation and make up for post-procedure use if you need to wear make-up over the area within a couple of hours of treatment. Sleeping with your head slightly elevated for the first 1-2 days will help resolve any post treatment swelling or discomfort.

As Rozina always emphasizes, Ageing is multi-factorial, multi-layered and takes time. Anti-ageing or beautification protocols similarly take time, are multifactorial and must be directed at multiple layers. Each treatment plan will vary depending on each patient; therefore you may require one or multiple sessions to complete the full treatment plan discussed at consultation. If you require multiple treatments these will usually be carried out 2-6 weeks apart. Patients can expect to notice the effects as early as 3 weeks and for as long as 18 months after treatment.