

BETTER NOT BIGGER: DERMAL FILLERS & YOU PLUS ADVICE ON SKIN HEALTH

Welcome back readers. I hope you're enjoying your summer. In this issue we are going to talk about ageing and introduce you to how the wonderful world of dermal fillers can make us look naturally more youthful. Still hopeful of a 'heat wave', I'm going to throw in some need-to-know skin care tips.

Before I launch into the science of 'what are fillers?' (too early in the article to lose your interest), I want to talk about the 'why'. To understand the why, we must understand the ageing face and how and why our faces age. Yes, dermal fillers are great for fuller, plumper lips and beautifully contoured cheeks but this is just scratching the surface of what they can do.

So, what features make a face look old and tired?

SKIN: It's alive and it cares about you! Skin is our body's largest organ. It is hugely important. Skin protects us, regulates our body temperature and feeds our sense of touch. A healthy, clear complexion makes us look good and makes us look youthful. What do we do for our skin in return for all these benefits? Treat it mean, from the outside and in.

We subject it to abuse from the outside in the form of unprotected sun exposure (UVA, UVB, and infrared light), deliberate concentrated light (sunbeds = big NO NO), clog pores with poor make up choices and neglect to nourish our skin (I could go on, but I think you get the point). From the inside, we deny it essential ingredients needed to repair itself as a result of poor diet or even flood it with toxins from bad habits like smoking. Despite all this our skin continues to work for us, but with time and repeated sun exposure, skin loses important plumping and firming factors (collagen, elastin, hyaluronic acid (HA), just to name a few).

Ageed skin is therefore less hydrated and far less elastic. Enter, the dreaded sag and those hard to treat static lines (creases present in the skin from years of folding e.g. around the mouth and forehead), as well as concerns such as skin cancer. The most important step to helping the skin age well is wearing sunscreen, every day, indoors or out. A good sunscreen (SPF 50 that protects against UVA, UVB and infrared light) is therefore hugely important, if not THE MOST IMPORTANT step in skin care AND the best way to slow down the ageing process. Use it every day and use a lot of it.

VOLUME: The majority of us are always trying to lose weight, we've been convinced that fat is bad. It's not all bad. Within the

face, beneath our skin lives a layer of plump cushioning, yes fat. It helps give our face volume and shape. This layer of fat helps keep our skin supported higher up in the face. As we age, we lose this fatty volume. This can be seen in our cheeks, our temples, even our foreheads! Our lips become less luscious and a bit tired looking.



Let's think a bit about the mechanics of ageing. We start life with firm, elastic skin held up by a strong scaffold of plumping underlying fat. This gives us youthful facial contours all presented with a bright, clear complexion. What happens when that fat starts to disappear and head south, all the while our skin becomes less tight? That's right, our cheeks start to deflate, hollowing or bags under the eyes can be seen, jowls develop almost from nowhere, and before you know it, we're looking older and tired.

If only there was some way of putting that fatty tissue back. If only there was some way of firming up our skin.

BONE: Yes, not only has our skin started to pack it in, our fatty contouring cushions are disappearing, but now I'm telling you that even our bones start to say it's goodbyes. We can see this mostly along the jaw and chin in our late 40s and early 50s. Let's put an end to a myth right here. Our nose and ears don't grow bigger as we age. It's actually the rest of our face getting smaller. You can now see why our face changes so much with the years. Don't run for the hills just yet. Keep reading.

To illustrate most of what I've just said, have a look at Picture 1.



Picture 1

The wonderful world of fillers:

What are fillers?

Mainstream dermal fillers are non permanent gels injected into areas of volume loss. Permanent fillers should NEVER be used and in fact are no longer available in the UK. There are a whole host of non-permanent fillers. Broadly speaking there are ones such as hyaluronic acid (HA) and collagen which volumise the area injected. HA fillers are safe when injected correctly and can also be dissolved if needed. There are fillers which not only volumise, but also signal your body to produce more of its own tightening and plumping factors. Both kinds have their use.

Collagen fillers are used far less these days as they didn't last very long, and have been trumped by HA dermal fillers. HA is naturally

8 POINT DERMAL FILLER LIFT

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lost in areas like our temples, cheeks, and even chin. Thinner fillers are placed more superficially, just under skin, to help lift sagging skin, or replace what's been lost, like our lips.



By now you should have had your "ahhh" moment of "I lose volume, which makes me look older, so by putting dermal filler in precisely the right area, I can get back what the years have taken and look more youthful". If you haven't had this light bulb moment yet, read the sentence again. That was the punch line. Fillers can also be used to re-contour the shape of our nose, chin or jawline, making it more feminine, masculine, or just straighter.

Remember, we only want to replace what has been lost. It's when we want more and more to achieve something we never had that we get into scary looking results. I'm sure you've all seen pictures of the horrifying 'trout pout' and 'chipmunk cheeks'. This is not natural. This is not good. This is not why we use dermal fillers.

Lip augmentation is certainly one of the most popular treatments in our clinic. For women in their 20s the reason for presenting varies between "I hate my small lips" to "I want". For 30 years plus, lip enhancement is a great way to put a bit of plump, a bit of TLC back into your smile. We only ever offer a natural result. To achieve this we take into consideration the maths and proportions of beauty. Basically will bigger lips suite the rest of the face? Angelina Jolie has big, beautiful lips. They work for her because of the shape of her face. They don't work for everyone. So the



next time you are considering lip fillers, ask yourself, how big are you wanting to go, and will it look natural? A good practitioner will happily, responsibly tell you "no".

We've come to the end of the article. Hopefully I've not lost anyone along the way and been able to give you a 'not-too-intense' whistle stop tour of how and why we age, as well as the role dermal fillers play in making us look like fresher, more youthful versions of ourselves. Aim to look fantastic for your age, not 20 years younger. Leave that to those who don't know better.



If you have a question for Dr Nestor about wrinkle relaxing treatments, dermal fillers, skin health, how to responsibly provide treatments by a Doctor, Nurse or dentist in your place of work, or anything else in Cosmetic Medicine send him an e-mail at contact@salonnv.co.uk.