



WHAT IS SKIN DETERIORATION & VOLUME LOSS?

Skin deterioration is what many people refer to as the signs of ageing, however they are really signs that our skin is losing its health and vitality. Skin deterioration is a reflection of the dynamic, cumulative effects of various internal and external factors, unique to each individual, over time, that lead to physical changes in the skin, soft tissues and deep structural components of the face.

While some degree of skin deterioration is inevitable as we age and while genetics do play a role, various factors can increase the onset and severity of the physical and visible changes seen as skin ages and becomes unhealthy. These include smoking, medication, sun exposure, stress, poor nutrition, and the pattern of facial muscle activity.

However, one aspect of facial deterioration that is predictable for everyone is referred to as "Deflation". Deflation is the progressive loss of volume in the face over time, just as a grape turns in to a raisin! As underlying facial fat, muscle and bone lose volume, the overlying skin lacks support, becoming loose and irregular, developing creases, folds and irregular contours. This is made worse by the loss of elasticity of the skin itself.

HOW CAN SKIN BE REJUVENATED & VOLUME RESTORED?

Because Facial Ageing and skin deterioration is a multi-factorial, 3-dimensional and ever-changing process, it often requires a multi-pronged approach to treatment which involves several different types of therapies used in unison- there is no single treatment that can be used in isolation to achieve the best results.

As there are several options to consider, these should be discussed in consultation with your Dentist as they are among the only people qualified to assess all aspects of your condition and to help you determine the most appropriate choices for your individual circumstances. Available treatment options address different aspects of the deterioration process, depending on the cause, and they vary in cost, complexity and the expected results, including how long they last and potential complications. Options include:

- Use of scientifically proven home skincare products
- Active skin resurfacing & reconditioning therapies, eg Chemical Peels & micro-needling
- Anti-wrinkle injections, eg. Botox
- Skin tightening devices, eg Radiofrequency (RF), High Intensity Focused Ultrasound (HIFU) & PDO Threads
- Surgical repositioning of the skin & underlying structures, eg. Surgical Face-Lift & Bletheroplasty
- Use of autologous blood concentrates (PRP/CGF)
- Volume adding injections, eg. Facial Dermal Fillers.



WHAT ARE FACIAL DERMAL FILLERS & WHAT CAN THEY DO?

A vital component of skin and lip tissue is called Hyaluronic Acid (HA). Essentially HA is a naturally occurring sugar, produced by your body, which is present in abundance in structures like your joints, eyes, skin and lips, possessing a vital role in hydration, lubrication, moisturisation, elasticity and volume/plumpness of the tissue. It attracts and binds water in the skin, supporting collagen and elastin fibres and providing a medium, or carrier, for chemical messages between the cells.

As we age, the level of HA in the skin and lips dramatically decreases, as does the rate of new production of HA. This decrease in a vital tissue preserving component contributes to loss of volume, vibrancy and protective ability of tissues like the skin, with an increased dryness and deterioration leading to the development of lines, wrinkles and folds around the face.

Facial dermal fillers are manufactured by binding molecules of HA together to create sterile, pharmaceutical-grade gels which are injected directly into the skin and lips, by specially trained Dentists, to provide instant improvement in tissue health, quality and appearance. Injection of HA gels are able to restore structure, definition, natural and youthful character, together with enhanced volume, depending on your needs and desired appearance.

Different brands of gel exist and within each brand there is a range of different gel types/consistencies designed to cater to a variety of indications and offer differing degrees of longevity and clinical characteristics. Your Dentist will recommend the most appropriate type of gel to achieve the best results for your individual condition.

HA Dermal Fillers are commonly used in areas such as the lips, naso-labial folds, marionette lines, cheeks, under-eyes, temples, chins and jawlines.



WHAT CAN I EXPECT DURING THE PROCEDURE?

After diagnosing the need for HA Dermal Filler treatment, your Dentist will determine the most appropriate type and amount of HA gel required in your case and administer local anaesthetic to the areas of your skin or lips that will be treated.

Treatment time varies depending on the condition and area being treated but generally is between 30-60 minutes, with the gel being delivered to the tissue via a series of injections, after which you will be able to resume your everyday activities. Thanks to the use of local anaesthetic, most people experience no pain or discomfort with these procedures.

Your Dentist will apply a soothing and hydrating gel and/or mask to the skin at the end of the appointment to enhance the results of treatment.

WHAT CAN I EXPECT AFTER THE TREATMENT?

Immediately after treatment, the area will still be numb for some time. Some swelling, redness, bruising, itching, tenderness and a tightness of the skin are all normal from the injections and this may last several days. Mild analgesics like paracetamol can be used if needed.

Do not schedule any major events on the day of, or for two weeks following treatment, to allow for any bruising or swelling to subside.

Do not touch the skin for a couple of hours, after which time the face can be washed as usual. Do not apply products or make-up for 24 hours, after which you can resume using your regular skincare products/make-up and you should use a sunscreen containing at least SPF15, everyday.

A full list of post-treatment care instructions will be provided by your Dentist in order to minimise potential side effects and maximise results in your individual case. You should schedule a review appointment with your Dentist two weeks after receiving treatment to review results and discuss any further treatment and alternative therapies that may be required.

Results will be immediate but will look their best as the the skin starts to rejuvenate and new collagen is stimulated by the procedure. Within two weeks you will notice a reduction in visible fine lines & wrinkles and an improvement in skin quality, hydration, tone, texture, volume and contour. The HA gel is temporary, being eliminated completely from your body within a few months and, while improvements in skin quality do last longer with proper care, to achieve the best long-term outcome, it is recommended to have repeat treatments at least twice a year in line with your regular dental appointments.

ARE THERE ANY POTENTIAL PROBLEMS?

The use of HA dermal filler gels has been shown to be very reliable and safe, yet all medical and dental procedures have the potential to cause unwanted side effects/complications and you should discuss these with your Dentist.

While problems are rare, the most common issues come from the injection process rather than the product itself and can include redness, swelling, itching, bruising, bleeding and skin infection.

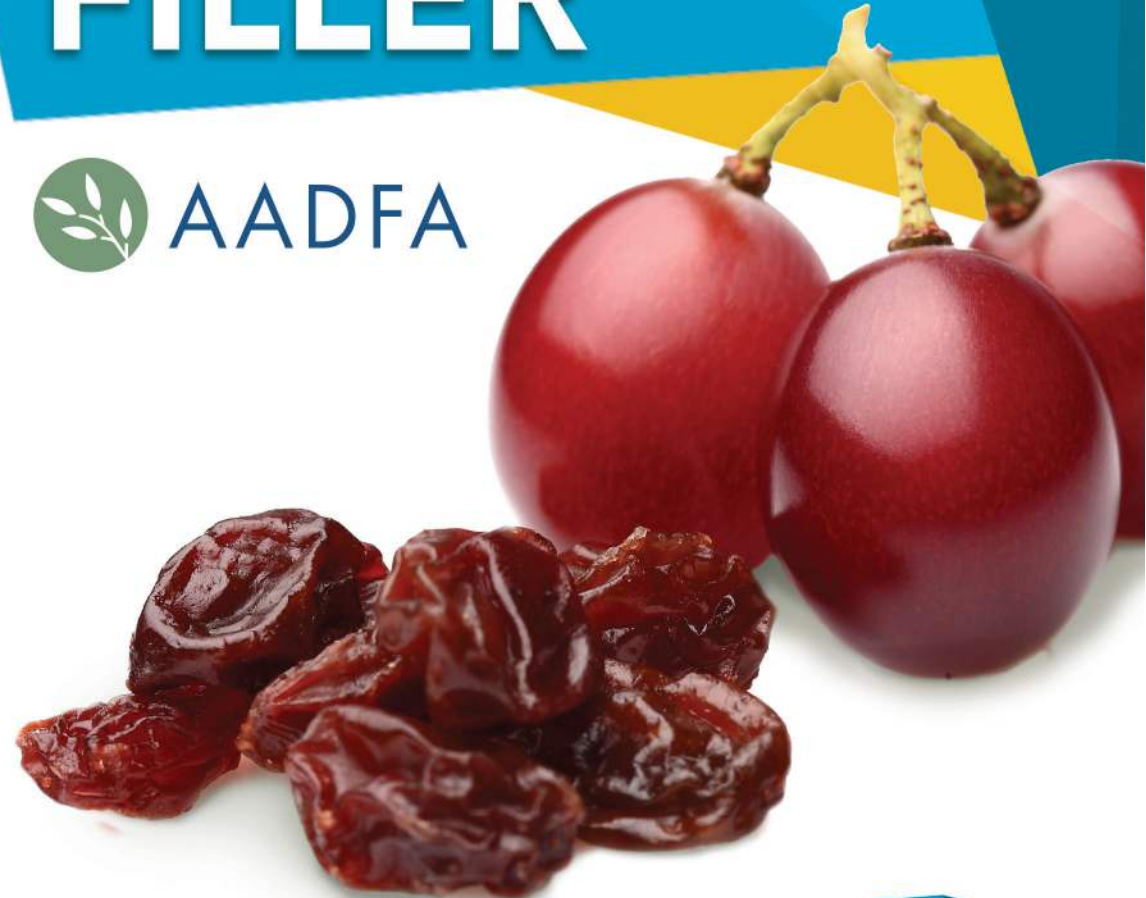
Though uncommon, the injection of HA dermal filler gel has been known to cause blockage of the blood supply to the skin or lip tissues which could create significant skin health and aesthetic issues if not treated promptly. Rarely, these blockages of blood vessels has also been linked to cases of vision impairment. For these reasons, it is vital to contact your treating Dentist immediately should you experience any pain, vision loss or skin discoloration at anytime following the treatment and to attend your scheduled review appointment.

Patients prone to cold sores may experience an outbreak and while exceptionally rare, life-threatening allergic reactions are possible.

Rest assured that your Dentist will conduct a thorough review of your health and medical history prior to delivering treatment to ensure that you are safe to undergo therapy and unlikely to encounter problems. Pregnant or breast-feeding women should not undergo these procedures.



FACIAL DERMAL FILLER



YOUR AADFA CERTIFIED DENTIST IS:

RESTORING SKIN HEALTH,
VITALITY, VOLUME & CONTOUR