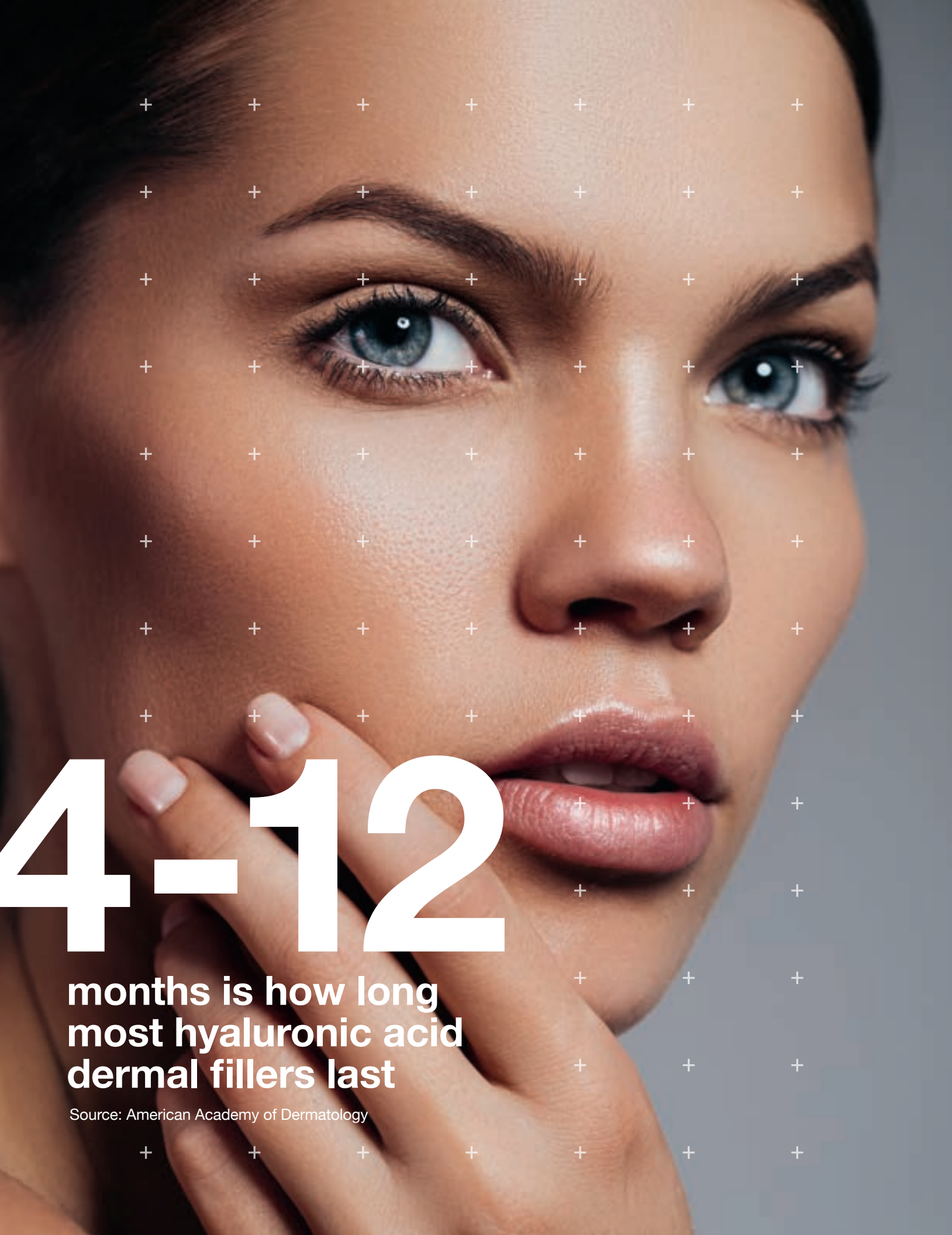


A close-up, profile view of a woman with dark, sleek hair pulled back into a low, rounded bun. She is looking down and to the right. The background is a neutral, light beige color.

A Beginner's Guide to Injectables

Everything you need
to know before your
treatment



4-12

months is how long
most hyaluronic acid
dermal fillers last

Source: American Academy of Dermatology

Refresh your look

How to Smooth Lines and Add Volume with Injectables

The world of injectables and fillers is vast, and with so many different options to choose from, it can seem overwhelming. Injectable treatments are categorized by type, according to the concern they target and what they do. Today's injectable menu offers a wide array of products to address not only fine lines, but also the muscles that cause wrinkles. Injectable dermal fillers plump up wrinkles while neurotoxins prevent the muscle contractions that lead to etched-in lines. Your doctor can customize your treatment based on what is best suited for you so that you look and feel your absolute best.

3

Most Common Types of Injectables

- 01

Neurotoxins

These injectables temporarily block nerve receptors on your muscles, which soften the look of lines and wrinkles caused by repetitive facial movements. They can also be used to prevent lines and wrinkles from forming, extending a youthful look.
- 02

Hyaluronic Acid Fillers

By attracting water to areas that need to be plumped up, these fillers literally “fill in” the space between your skin’s collagen and elastin fibers, removing your lines by enhancing plumpness.
- 03

Calcium-Based and Poly-L-Lactic Acid Fillers

These fillers are also known as “collagen-stimulating fillers.” They give an immediate filling effect, but also continue to work overtime. Formulated in a gel or water base, they can stimulate the body’s own production of collagen, providing a longer-lasting effect.

Neurotoxins

Neurotoxins, such as Botox Cosmetic, Dysport, Jeuveau, Xeomin and DAXI, smooth out the lines and wrinkles that form from repetitive facial movements such as smiling, frowning and squinting. They can also be used on the brows, forehead, chin, tip of the nose, corners of the mouth, bunny lines, and above the eyebrows to lift a saggy brow line. They work by blocking the nerve receptors on muscles to smooth out wrinkles. While they do not provide the plumping effect of fillers, they can also be used for facial contouring. A topical anesthetic is typically applied to make the injections more comfortable, and then the product is strategically injected into the appropriate areas.

What to Expect

You may be red or bruised at the injection site for a few days. Results can be seen in one to seven days and typically last three to four months. Once the treatment is discontinued, frown lines, crow’s-feet and forehead lines will gradually return. However, after repeated regular injections, results may last up to six months.

Know Before You Go

Brand Names: Botox Cosmetic, Dysport, Jeuveau, Xeomin, DAXI

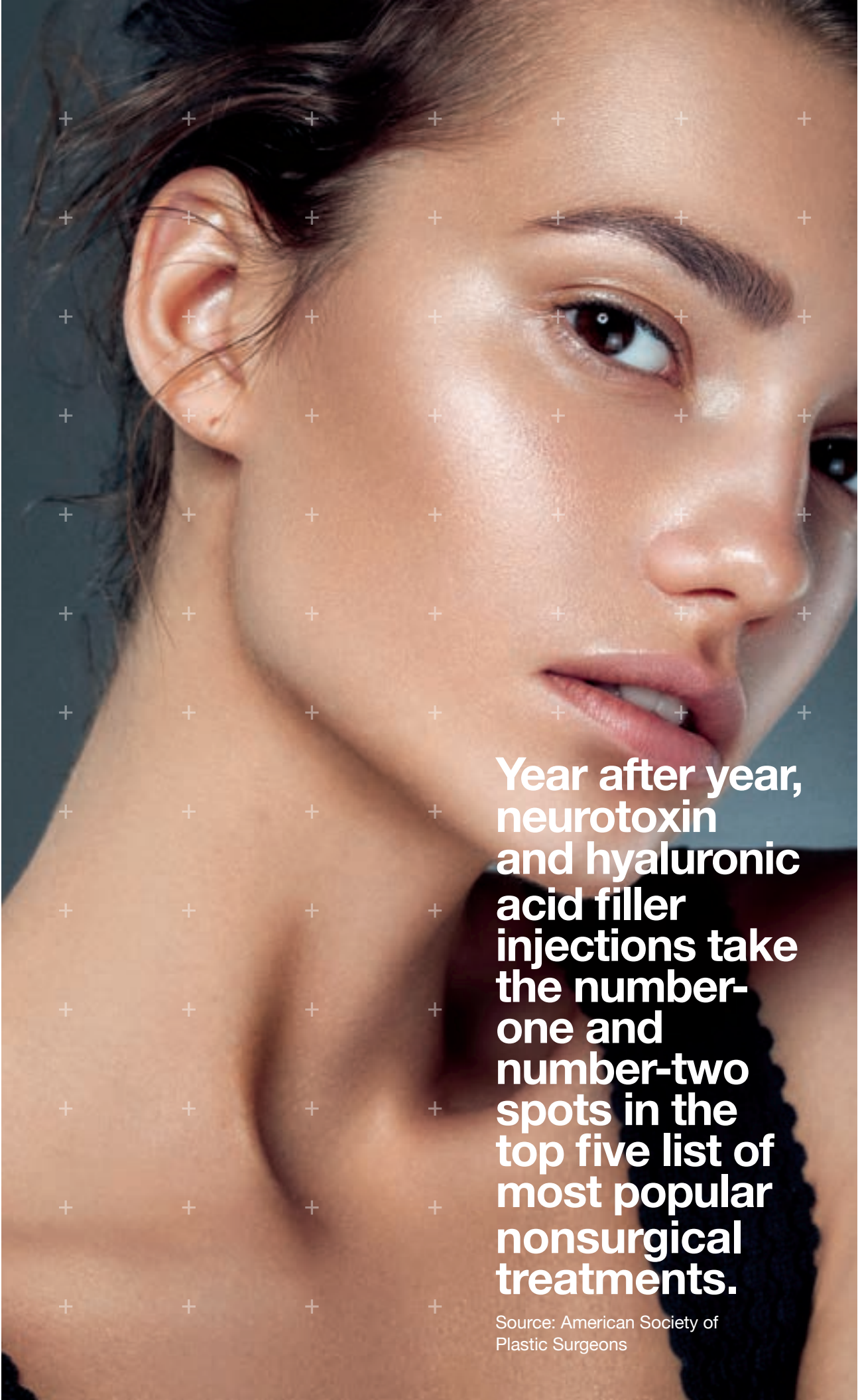
Treatment Areas: A saggy brow line, crow’s-feet, forehead wrinkles, and lines between the eyebrows

Procedure Time: About 10 to 15 minutes, depending on how many areas are being treated

Recovery: A few hours to a few days

How Long They Last: Generally three to four months and in some cases up to six months

Other Uses: Treating excessive sweating; and off-label uses like lessening a gummy smile; eliminating neck bands and chest wrinkles; creating wider-looking eyes; treating migraines and TMJ; and reducing pore size



Year after year, neurotoxin and hyaluronic acid filler injections take the number-one and number-two spots in the top five list of most popular nonsurgical treatments.

Source: American Society of Plastic Surgeons

FAQs

Who should consider injectables and fillers?

The best candidates are men and women who are physically healthy, psychologically stable and have realistic expectations. A typical neurotoxin patient may once have been over the age of 30, but more patients are deciding to have this treatment at a younger age to prevent premature wrinkles from forming.

Who should not consider injectable treatments?

Those suffering from severe signs of aging, like extreme skin laxity. In these cases, a traditional facelift procedure is likely a better alternative.

Are there medications that should be avoided before treatment?

Avoid vitamin E, St. John’s Wort, ibuprofen, aspirin and other anti-inflammatory medications for 10 days to two weeks before your injections. This will reduce the potential for bleeding, swelling and bruising.

expert advice

Be Thorough

It’s important to let your doctor know if you’ve previously had injections of any type, as well as specifically where they were injected and when they were last done. Not all injectables mix well, so be thorough with your doctor during your consultation so they have a complete history before injecting.

Timing Is Everything

You may want to avoid planning your treatment a few days before an important event. Everyone responds to injectables differently, but you may have visible swelling and bruising, even with the help of a great concealer. Always make sure to give yourself enough time to heal and results to settle—a few weeks is best.

Ask About New Ways to Inject

Some injectables can be placed in the lower-third of the face under the muscle, as opposed to just in the skin. This deeper injection extends the life of the filler because the body does not metabolize it as quickly. Although it creates a longer-lasting effect, this may increase your chances of bruising.

Hyaluronic Acid Fillers

02

Our natural levels of hyaluronic acid (HA) decline with age due to exposure to free radicals and the aging process in general. With the ability to hold up to 1,000 times its own weight in water, HA (a sugar found naturally in human skin) is responsible for retaining moisture in the skin. It binds to water similarly to the way a sponge absorbs water. Because of this, it hydrates skin in the treated area and fills the space between collagen and elastin fibers, enhancing skin’s plumpness.

These agents also have the ability to promote collagen and elastin when injected into the skin, and are generally reversible. If a problem develops, it can usually be corrected by removing the filler with an injection of hyaluronidase. Hyaluronic acid fillers are used to fill in and plump up wrinkles and folds on the face and can also add to features that look flat or too sunken in, especially on the cheeks, lips, tear troughs/hollows, temples, and jawline. They are often injected into the smile lines, upper forehead, brow creases, eyelids, and chin.

Suspended in a gel formula, HA fillers work from the inside to attract water and plump up deficient areas. Each filler has a different molecular size, or density, allowing the injector to choose the right product for various applications, like the lips, cheeks, temples and fine lines.

Thicker gels are most appropriate for building volume, like in the cheeks, and because of their size, they are more likely to cause temporary visible needle marks

and some bruising. Less-dense fillers work well for fine wrinkles around the eyes, crow’s-feet and lines on the upper lip, and do not need to be injected as deeply as thicker formulations.

What to Expect

With most hyaluronic acid fillers, topical anesthesia will be applied to the treatment area(s) at least 15 minutes beforehand. Most formulas are now made with lidocaine to immediately numb the area for a faster, more pleasant experience. You may experience temporary bruising, swelling and lumpiness.

Know Before You Go

Brand Names: Belotero Balance, Juvéderm, Juvéderm Volbella, Juvéderm Vollure, Juvéderm Voluma, Juvéderm Ultra, Restylane, Restylane Kysse, Restylane Defyne, Restylane Lyft, Restylane Refyne, Restylane Silk, Revanesse Versa, RHA 2, RHA 3 and RHA 4

Treatment Areas: Nasolabial folds and wrinkles; volume loss in the cheeks, chin or jawline; thin lips and vertical lip lines; and under-eye hollows

Procedure Time: About 15 to 30 minutes

Recovery: A few hours to a few days

How Long They Last: Four to 12 months, depending on treatment areas

Other Uses: Off-label uses include correcting nose bumps; lessening droopy brows; reducing acne scars; lessening droopy earlobes; treating foot pain; and filling in sunken temples



FAQs

Can neurotoxins and fillers be injected during the same treatment?

Absolutely. Doctors can use a specific combination of injectables to personalize your treatment, commonly known as a “Liquid Lift.” Neurotoxins can relax frown lines and hyaluronic acids can lift the creases left behind. Studies have shown that the results of hyaluronic acid fillers may last longer when used in tandem with a neurotoxin.

What does a “liquid lift” procedure entail?

A “Liquid Lift” involves using a combination of injectables and fillers to address a variety of common aging concerns like wrinkles in the forehead and brow area, volume loss in the cheeks, a drooping jawline, under-eye hollows, and more without surgery or incisions.

When is the best time to start using injectables to preserve a youthful look?

The answer is different for every patient. Some patients feel that early intervention is advantageous because it enables periodic smoothing of fine lines before they become deeper lines and wrinkles. Other patients choose to start with neurotoxin injections as soon as any trace of fine lines appear between their eyebrows or around their eyes.

Longer-Lasting Fillers

Longer-lasting collagen-stimulating fillers, such as Radiesse, Bellafill and Sculptra Aesthetic, contain microscopic particles that prompt your body to make new collagen for smoother skin and volume in all the right areas. The boost in collagen is essentially an immune reaction to the injected material that helps plump the area from within. Rather than instantly filling lines, they are longer-lasting and add volume that lifts the soft tissues, ultimately diminishing lines.

Radiesse is a thicker, calcium-based filler that stimulates new collagen production in the injected area, while adding volume and some lift. Results last about a year. Bellafill is a collagen-based filler (it contains polymethyl methacrylate, or PMMA microspheres) used to correct both smile lines and acne scars by adding volume to them, bringing them to the level of the surrounding skin and keeping the skin like that for one year. It’s also the only filler that’s FDA-approved to treat acne scars. The injected microspheres stay in place to create smoother skin for up to 12 months; five years in smile lines. The poly-L-lactic acid filler Sculptra Aesthetic can also achieve notable volume with long-lasting results (one to two years). Most patients require an average of three treatments spaced three to four weeks apart to achieve optimum results.

What to Expect
A local anesthesia is first applied to skin, followed by a 10-minute treatment consisting of 10 to 20 injections. Unlike other types of dermal fillers, these are injected deeper to target volume-deficient areas. Soreness, puffiness, bruising, lumpiness, cysts, infection, and allergic reaction are all possible side effects. It’s important to note, these types of fillers cannot be dissolved with hyaluronidase.

Know Before You Go
Brand Names: Radiesse, Sculptra Aesthetic and Bellafill
Treatment Areas: Nasolabial folds and wrinkles; volume loss
Procedure Time: About 10 minutes
Recovery: A few days
How Long They Last: One to two years for Sculptra Aesthetic and Radiesse; up to five years for Bellafill
Other Uses: Add volume to bony hands (Radiesse); and off-lable uses like correcting nasal asymmetry; filling in nose depressions and sunken temples; and reducing acne scars



FAQs

Will injectables leave marks on the skin?
For patients prone to PIH (post-inflammatory hyperpigmentation), even a small needle puncture can pose a problem. Because different gauge needles (some are thicker than others) are sometimes required, anyone with a history of PIH may be better off sticking to formulas injected with thinner needles, such as hyaluronic acid fillers. Patients with darker skin may see better results with clear hyaluronic acid fillers, which won’t alter skin tone.

What are fat injections?
More permanent than most dermal fillers, fat injections (also known as autologous fat transfer or fat grafting) involve harvesting the fat, which has been removed via liposuction from a patient’s target area and strategically reinjected in areas like the face or hands. Often performed as a standalone procedure or in conjunction with a facelift or a blepharoplasty, today’s injection techniques allow doctors to place the fat in a manner that allows for a significant number of the fat cells to survive (typically 30 to 50 percent of the fat lasts permanently), providing long-term results. This is one of the safest ways to fill in skin depressions and recontour facial lines because the filler comes directly from the patient’s own body. Fat grafting can minimize lines and wrinkles on the forehead and between the nose and mouth, and correct skin depressions or indentations.



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ABOUT

Drawing on nearly 20 years of experience and more than 10,000 operations to his credit during that time, double board-certified Dr. Sean Simon applies his philosophy of treating the whole patient to every aspect of care.

From working closely with patients to determine the ideal treatment option to making sure they are at ease and comfortable after surgery, Dr. Simon is able to address their specific needs to ensure the optimal aesthetic results. Whether he is performing a body-contouring procedure with advanced, laser liposculpture techniques or a complicated breast enhancement or reconstruction, Dr. Simon utilizes his extensive experience, talent and skill to deliver consistently outstanding results.



This 29-year-old patient achieved a sculpted silhouette with Smartlipo power-assisted liposculpture.



This patient's transformation, shown from a side view, resulted in a flatter stomach and a sculpted look.

“Combining experience and innovation in plastic surgery.”



This patient, 31, had a natural-looking enhancement with liposculpture and fat grafting to the buttocks.



Dr. Simon performed a breast lift and reduction to give this 25-year-old patient lighter, perkier breasts.

SPECIALTIES

- Abdominoplasty
- Aesthetic Injectables
- Blepharoplasty
- Body Contouring
- Bodylift
- Breast Augmentation
- Breast Lift / Reconstruction
- Buttocks Augmentation
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University of Miami
- Board Certification**
American Board of Plastic Surgery
American Board of Surgery

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I created an AI-powered digital avatar through Delphi.ai that is trained on my expertise and approach to plastic surgery and aesthetics. By scanning the QR code, patients and readers can ask Dr. Simon questions and receive personalized answers about plastic surgery, aesthetics, and what may be right for them.

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