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NEWSLETTER

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DERMAL FILLERS

Dermal Fillers are at the forefront of aesthetic innovation and understandably their demand has increased exponentially.

A dermal filler is a gel formulation that is composed of hyaluronic acid, a compound which is produced naturally in the body and decreases with age. Hyaluronic acid is of non-animal origin and attracts water. As the hyaluronic acid levels in the body decrease, the skin loses its “plumpness” causing skin to sag and fine lines or wrinkles to form.

Fillers are injected into a layer of the skin called the dermis, and are used to “fill” wrinkles, acne scars and areas of volume loss in the face which results from ageing. The molecules draw water into the skin which helps to hydrate the skin, allowing skin to appear more youthful. Hyaluronic acid is completely broken down in the skin over a period of months, eventually leaving no trace of the filler.

Many people are opting for fillers as a non-surgical option to rhinoplasty (a “nose job”) as well as chin and jaw reconstruction. Lip enhancement with fillers has also become popular; more so following the recent “Kylie Jenner” craze. Fillers are also used to correct facial asymmetry. Well known actress, Sharon Stone, has recently come forward, admitting to having filler injected on one side of her face following a stroke 5 years ago. Good candidates for fillers include people with naturally thin lips who are looking for a fuller appearance, patients with deep wrinkles around the mouth and nose and older people who have lost some of the volume in the cheeks.



Dr Musarrath Raboobee is a female GP with an interest in aesthetics. She obtained her certificate in Aesthetic Medicine from the American Academy of Aesthetic Medicine.

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FILLERS

Only a qualified Aesthetic practitioner, Dermatologist or Plastic surgeon may inject dermal fillers.

There are numerous fillers on the market at the moment as they are being produced by many different companies. Some fillers have a local anaesthetic/numbing agent, called lignocaine, included in the serum to allow a less painful injection. There are also certain techniques of injecting the filler, which are used to reduce the number of injections required, further reducing pain sensation. A topical anaesthetic or numbing cream is also usually used prior to injection, therefore, the procedure is mostly pain free.

Myths and misconceptions

The aim of injecting fillers into the skin and lips is to correct asymmetry and give a youthful look. The result, when administered correctly, should be subtle and enhance ones natural features. The surge in TV shows highlighting adverse effects of fillers is not a true reflection of these products. The fillers on these programmes are commonly permanent fillers and often they have been overused at the request of patients concerned with facial perfection. In many countries, permanent fillers have been banned and temporary fillers are used, which are resorbed into the skin over time and last upto 12 months on average.



Facial fillers can improve a variety of lines in the upper and lower face.

What to expect from the procedure

Once your doctor understands your desired outcome, he/she will explain the risks and benefits to you and you will be asked to sign a consent form. This is routine for aesthetic procedures. "Before and after" photographs should be taken as this will aid in comparison. The numbing cream can then be applied to the skin and will remain on for 20-30 minutes. Thereafter the face is cleaned thoroughly. The filler comes in a sterile pack with its own sterile needle, which reduces risk of skin infection. You will be asked to recheck the expiration date on the box to reassure you that the product is acceptable for use. The doctor will mark the proposed injection sites on your face and will then inject the filler with his/her preferred technique. You may feel the pinch of the needle or feel nothing at all.

You may feel a pinch or nothing at all

FILLERS

What is the difference between Botox® and a dermal filler?

Botox® is a trademark name of a toxin called Botulinum toxin. It is produced by a specific bacterium called Clostridium botulinum. The toxin is usually injected in small doses into a muscle to weaken the muscle and reduce its ability to contract. In this way, Botox® can weaken the small muscles of the face preventing wrinkle formation.

Fillers are not injected into muscles, they are injected into the skin and they have no effect on muscle.

Side effects

Fillers may cause redness, tenderness or swelling at the site of injection as well as bruising that resolves spontaneously after a few days. However, patients on certain medications which thin the blood (e.g: aspirin, warfarin, heparin) should not opt for fillers in order to prevent uncontrolled bleeding. There is a risk of skin infection if there is any breach in sterile technique.

These items can be pricey and vary according to the different types. It would be best to discuss your needs with your doctor who will be able to select the filler that will give you your desired effect as well as suit your pocket!



Types of Fillers currently available

COMPANY	FILLER	CONSTITUENTS	USES
Allergan	Juvederm® Range	Hyaluronic acid based	Reduces wrinkles, Restores volume loss Redefines lips
Conquest	Teosyal® Range	Hyaluronic acid based	Wrinkles, lip augmentation, volume loss
Galderma	Emervel®	Hyaluronic acid based	
	Restylane®	Hyaluronic acid based	
Genop	Perfectha®	Hyaluronic acid based	Wrinkle correction and volume loss

FILLERS



Differences between Botox® and Fillers

	BOTOX®	FILLER
Constituent	Botulinum Toxin	Hyaluronic acid based
Site of injection	Muscle	Skin
Function	Weakens muscle to reduce wrinkles	Fills wrinkles, lips etc



Juvederm is a hyaluronic acid based filler.

It is used to reduce wrinkles
Restores volume loss and redefine the lips.

Before and after photographs of a patient who had Juvederm® injected around her nose, mouth, below her eyes and into the wrinkles of her forehead.

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Contact us

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Procedures offered

Botox

Fillers

Microneedling

Chemical Peeling