

# Dermal Fillers: Hyaluronic Acid

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## Minimally Invasive Procedure

Hyaluronic acid filler acts like an inflated cushion to support facial structures and tissues that may have lost volume or elasticity due to normal aging. It also brings water to the surface of skin to keep it looking fresh and supple.

## How does it work?

If you want to reduce facial wrinkles and lines, hyaluronic acid may be a good choice as a dermal filler because of its compatibility with the human body and integration within the tissues.

In fact, this substance is found in almost every single living thing. In humans, it acts as a network that transfers essential nutrients from the bloodstream to skin cells.

Hyaluronic acid is a natural substance found in your body. High concentrations are found in soft connective tissues and in the fluid surrounding your eyes. It's also in some cartilage and joint fluids, as well as skin tissue. It is extracted and reformulated and now has become one of the most popular kinds of injectable fillers. If the term sounds familiar, it's because the same substance is often injected into the aching joints of people with arthritis to ease pain and provide extra cushioning. Brand names include Juvéderm, Restylane, Belotero and Teosyal. Hyaluronic acid is not derived from animal sources.

When this gel is injected, it acts like an inflated cushion to support facial structures and tissues that may have lost volume or elasticity due to normal aging. It also brings water to the surface of skin to keep it looking fresh and supple.

In the last few decades, various synthetic forms of hyaluronic acid have been developed and used to correct disorders in the fields of rheumatology, ophthalmology, and wound repair. More recently, synthetic forms of hyaluronic acid are being manufactured for use in face augmentation.

## What happens during hyaluronic acid injections?

Tiny amounts of hyaluronic acid are injected into your face through very fine needles or blunt cannulas. The treatments typically take less than 30 minutes, depending on the size of the area treated. You can expect very little discomfort; subject to certain locations.

## Assess.

First, Dr Bela will listen to your desired results and then evaluate your facial appearance and skin tone, examining the areas of your face to be augmented with hyaluronic acid as a filler.

***Map a strategy.***

Next, he will mark strategic points on your face as guides to the appropriate injection sites for the filler as part of your volumizing treatment.

***Clean the area.***

Your injection sites will be cleansed with an antibacterial agent. In some cases, anaesthetic will be used to numb the area. The hyaluronic acid also includes an anaesthetic in the mixture, so let us know if you have any allergies for anaesthetic medication.

***Inject.***

The actual injections will take just a few minutes in total (depending on the number of syringes used), and just seconds per site.

***Clean up.***

The marks will be washed away and a massage will reduce minor and temporary discomfort. Do not apply make-up with 12 hours and be careful not to apply pressure to the treated areas, as doing so may result in movement of the hyaluronic acid.

**Special considerations, risks and recovery**

You can resume most activities immediately following injections with hyaluronic acid treatment. Just be careful not to rub the area.

Most people tolerate injectable hyaluronic acid therapy without irritation or complications. Right after your treatment, the area may be red, swollen and bruised. This tenderness should go away within a few days.

Almost everyone is a good candidate for hyaluronic therapy. Some people, however, may experience:

- An allergic reaction.
- Red and/or thickened nodules that arise in the injected sites. They can persist for several weeks or months.
- Infection. It is imperative not applying normal make up or touching the injection sites with dirty hands for 12 hours.
- There are some reported cases of vision loss after hyaluronic acid or fat. This risk can be significantly further decreased with appropriate injection technic.

***In the long term***

Before you consider having hyaluronic acid treatment, be aware that you might not achieve the results you want with just one treatment. Depending on the severity of volume loss and how your body reacts to the injections, you might need additional injections. Most people need at least three visits (2-4 syringes per visit) before they are completely satisfied with the results.

It's key to know that the injections last between 6 to 18 months, depending on your life style, body chemistry, area treated and the rate at which you are naturally aging. To maintain their youthful appearance, most people have new hyaluronic injections once a year.

If you decide not to re-treat, your appearance will return to its original condition. Wrinkles and scars will return, and plumped lips will lose volume.

### **Show me the results**

Hyaluronic acid injections can be used to improve the skin's contour, facial curves and reduce depressions in the skin due to scars, injury or lines. You can see potentially dramatic improvements for:

- Acne scars
- Cheek depressions
- Deep smile lines that run from the side of the nose to corners of the mouth (also known as nasolabial furrows)
- Frown lines between the eyebrows
- Marionette lines at the corners of the mouth
- Redefining lip border
- Scars including burns, acne and those caused by wounds
- Smoker's lines; vertical lines on the mouth
- Some facial scars
- Worry lines that run across your forehead

You can ask Dr Bela to show you before after pictures of his cases.

### **Disclaimer**

Dr Bela is certified to provide non-permanent soft tissue fillers and he uses solely FDA approved, original products from all the top brands: Juvederm and Belotero. He uses both needles and cannulas according to the area treated to maximise result and safety of his patients.