

Botulinum toxin (Botox), Juvderm and Restylane anti-wrinkle injections

There are various anti-wrinkle procedures to help fight the signs of ageing without resorting to surgical facelifts.

Why fillers?

As you age, you lose volume in all layers of your face: you lose bone, fat and skin thickness. The skin envelope of your face then sags and everything looks slightly out of place and flat.

The point of fillers is first to add volume in deep layers, thereby lifting the face to a better position. In addition some of the fillers can be injected just under the skin to hydrate the skin and make it look more youthful, or into the lips to make them plumper.

What type of fillers are used?

The fillers must last long enough but not be permanent (because of infections), not induce allergic reactions, not be too painful to inject and feel as natural as possible. There are numerous types of fillers.

I like the *Juvederm* range of fillers. They are synthetic hyaluronic acid fillers and come in different thicknesses to suit different skin types.

Hyaluronic acid is found naturally in skin and plays an important moisturising role, giving it elasticity and tone. It is the gradual reduction in this natural hyaluronic acid which contributes to skin aging.

How do you know which anti-ageing treatment to have?

You need to have a personalised free consultation and diagnosis to discuss what you wish to achieve. If you are over the age of 50 and/or have lost a lot of weight or a lot of facial volume, you may need more filler to restore your original volume.

After the consultation, another appointment will be made for the treatment itself. This involves injecting the *Juvederm* with a very fine needle. The process is usually painless, but for the lower face you may wish some local anaesthetic cream for increased comfort.

What happens after the injection?

You should refrain from going into a swimming pool or putting makeup for 12 hours in order to reduce the chance of infection.

After the injection, you may observe some swelling, particularly around the lips.

The results are visible immediately but over the next couple of weeks, they will gradually improve as the *Juvederm* hydrates the skin and returns volume and form.

Because hyaluronic acid is a normal skin constituent, the body will gradually break it down over the next year, and you may wish to come back for a top-up.