Dermal Fillers

Dermal fillers are a popular cosmetic treatment used to add volume, smooth wrinkles, and enhance facial contours. They are often considered a non-surgical alternative to procedures like facelifts. Results are immediate and can last from several months to years, depending on the type of filler used. While they are generally safe, choosing an experienced Aesthetic Doctor is key to minimizing risks and achieving natural-looking results.

### 1. ****What Dermal Fillers Are****

* **Substances Used**: Dermal fillers are injectable substances that restore volume, enhance facial features, and reduce the appearance of wrinkles.
* **Types of Fillers**:
  + **Hyaluronic Acid (HA) Fillers**: The most common type, hyaluronic acid is a natural substance found in the skin that retains moisture, keeping it plump and hydrated.
  + **Calcium Hydroxylapatite (CaHA) Fillers**: These fillers stimulate collagen production and are typically used for deeper wrinkles and folds.
  + **Poly-L-lactic Acid Fillers**: Known by the brand name Sculptra, these fillers stimulate the skin’s natural collagen production for gradual, long-lasting results.

### 2. ****How Dermal Fillers Work****

* **Filling Wrinkles and Folds**: Dermal fillers are injected beneath the skin to plump up areas where volume has been lost, smoothing out wrinkles and fine lines.
* **Enhancing Contours**: Fillers can add volume to areas like the cheeks, lips, chin, and jawline, creating a more defined and youthful appearance.
* **Hydration and Collagen Stimulation**: Some fillers (especially hyaluronic acid) help hydrate the skin, while others, like calcium hydroxylapatite and poly-L-lactic acid, stimulate collagen production for longer-lasting effects.

### 3. ****Common Treatment Areas****

* **Cheeks**: To restore volume and lift sagging skin.
* **Lips**: For augmentation or to smooth lip lines (commonly known as smoker’s lines).
* **Nasolabial Folds**: The lines that run from the nose to the corners of the mouth (smile lines).
* **Marionette Lines**: The lines that run from the corners of the mouth down to the chin.
* **Under-Eye Hollows**: To reduce the appearance of dark circles and bags.
* **Chin and Jawline**: To improve contour and reduce the appearance of jowls.
* **Liquid Rhinoplasty**: To improve the profile of the nose making it look straighter and leaner.

### 4. ****Procedure****

* **Consultation**: Before the procedure, you will have a consultation with an Aesthetic Doctor to discuss your goals, medical history, and concerns.
* **Injections**: The practitioner uses a fine needle or cannula to inject the filler into the targeted areas.
* **Duration**: The procedure typically takes 10 to 30 minutes, depending on the number of areas being treated.
* **Downtime**: There is little to no downtime after filler injections. Mild swelling, redness, or bruising at the injection site is normal and usually resolves within a few days.

### 5. ****Results****

* **Immediate Effects**: Most fillers provide immediate or near-immediate results, with the full effect visible after any initial swelling subsides.
* **Longevity**: The results can last anywhere from 6 months to 2 years, depending on the type of filler used and the area treated. Hyaluronic acid fillers tend to last between 6 to 18 months, while other fillers, like calcium hydroxylapatite or poly-L-lactic acid, may last longer.
* **Gradual Dissipation**: Over time, the body naturally absorbs the filler, and touch-up treatments are needed to maintain results.

### 6. ****Benefits of Dermal Fillers****

* **Non-Surgical and Minimally Invasive**: No surgery, incisions, or long recovery periods.
* **Customizable**: Fillers can be tailored to meet specific needs, whether that’s adding volume, enhancing features, or smoothing wrinkles.
* **Natural-Looking Results**: When administered by a skilled Aesthetic Doctor, fillers can provide subtle and natural-looking enhancements.
* **Instant Gratification**: Most fillers offer immediate results with minimal downtime.

### 7. ****Risks and Side Effects****

* **Common Side Effects**: Swelling, redness, bruising, tenderness, and temporary lumps or bumps at the injection site. These usually resolve within a few days.
* **Rare but Serious Complications**:
  + **Infection**: While rare, there is a risk of infection at the injection site.
  + **Vascular Occlusion**: If filler is accidentally injected into a blood vessel, it can block blood flow, leading to tissue damage, skin necrosis, or blindness (in very rare cases). This is why it’s crucial to choose an experienced practitioner.
  + **Asymmetry**: Uneven results can occur, though they can often be corrected with adjustments.
  + **Allergic Reactions**: While extremely rare with most modern fillers, some people may have an allergic reaction to the filler substance.

### 8. ****Who Should Avoid Dermal Fillers****

* **Pregnant or Breastfeeding Women**: Fillers are generally not recommended during pregnancy or breastfeeding.
* **Certain Medical Conditions**: People with severe allergies, autoimmune diseases, or active skin infections in the treatment area should avoid fillers.
* **Previous Reactions**: Those who have had allergic reactions to filler ingredients should avoid them.

### 9. ****Cost****

* **Price**: The cost of dermal fillers varies based on the type of filler, the amount needed, and the area being treated. Prices can range from €225 and €250 per syringe.
* **Not Covered by Insurance**: Cosmetic fillers are usually not covered by insurance.

### 10. ****Choosing a Practitioner****

* **Experienced Professional**: Ensure that your practitioner is licensed and experienced in administering dermal fillers. At RevivEstetik treatments are done by fully qualified Aesthetic Doctors with up to 18 years of experience.
* **Reputation and Safety**: Always prioritize safety over cost. Poorly administered fillers can lead to complications, asymmetry, or unsatisfactory results.

### 11. ****Reversibility****

* **Hyaluronic Acid Fillers**: These fillers can be reversed using an enzyme called hyaluronidase, which dissolves the filler if needed.
* **Other Fillers**: Non-hyaluronic fillers, like calcium hydroxylapatite and poly-L-lactic acid, cannot be dissolved and will need to naturally degrade over time.