



OrthoAdvice

Injectable dermal fillers help restore youthful appearance

By Derek Cody, MD, FACS

We are told that there are many things we can do to reverse or slow down the signs of aging. Exercise for 30 minutes every day. Eat healthy meals. Get seven hours of sleep each night. Drink plenty of water. And, while these lifestyle habits can help in many ways, they don't necessarily reverse the most apparent signs of aging: wrinkles and "laugh lines" that appear on our faces as we get older.

Fortunately, there are FDA-approved products, known as injectable dermal fillers, that can soften such signs of aging and restore volume to deflated areas of the face. The most common ones you may have heard of are Juvederm® and Restylane®. Made with hyaluronic acid, these HA fillers mimic a natural substance in the body and bind with the hyaluronic acid that is found within our tissues. This injected gel fills out wrinkles and results in a subtle rejuvenation of the face, as if you've had a really good night's rest.

These non-invasive treatments are effective for anyone who is starting to show signs of aging, including wrinkles between the eyes, at the corners of the eyes, or around the lips. Our typical patient is mid-forties or older, but could be someone who is younger with more advanced facial aging.

Results are temporary and typically last for four to 12 months. Some newer products, like Volbella®, which is used for fine lines around the lips, have an extended life for up to two years.

One of the advantages of using HA fillers is that they address your facial changes as you continue to age. They

are also reversible, in the event that your results are not to your satisfaction. Other benefits include low adverse side effects and a strong safety history.

As with any kind of procedure, there are some risks. The most common ones are pain and bruising at the injection site and temporary lumpiness. These usually go away in 30 days or less. If the injections are not administered properly, then risk of infection and tissue damage can occur.

To minimize the more severe risks of infection and tissue damage, it is important that you see a provider who is well trained in the use of fillers. Every one of our physicians at Crystal Clinic Plastic Surgeons is certified in the latest fillers and has detailed knowledge of the specific nature of the facial region where they are best used. The American Society of Plastic Surgeons encourages all patients to "Do Your Homework" prior to any cosmetic procedure, including fillers, to ensure your surgeon has met the rigorous training requirements for the safe and effective use of these products.

If you are interested in exploring the different products that are available to help regain your youthful appearance, the best way to start is by scheduling an appointment with one of our Crystal Clinic Plastic Surgeon physicians. During that initial appointment, your doctor will get your medical history, talk to you about your expectations, and explain the various products that are available. Together, we can help you achieve your goals for looking younger.



Dr. Cody is certified by the American Board of Plastic Surgery. He is a native of Cleveland and obtained his medical training at The Ohio State University College of Medicine and Cleveland Clinic. He completed his plastic surgery training at Summa Health Systems. Dr. Cody specializes in aesthetic surgery of the face and body as well as complex reconstructive procedures, including microsurgical breast reconstruction and facial reanimation. Dr. Cody is a member of the American Society of Plastic Surgery, the American College of Surgeons and the California Society of Plastic Surgery.

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