



↑ Before Treatment
After Treatment →



Non-Surgical Options for Looking **YOUNGER**

By Robyn Siperstein MD, FAAD

Aging gracefully sounds good

until it actually happens to you. Neuromodulators such as Botox, Dysport, Xeomin as well as fillers such as Restylane, Juvederm, Belotero, Radiesse, Sculptra & Artefill offer the opportunity to look 5-10 years younger without using surgery or altering the natural appearance of your face.

Neuromuscular Modulators Botox, Dysport, and Xeomin are neuromuscular modulators that reduce the frown lines between the brows, wrinkles in the forehead, and wrinkles around the eyes. They are naturally occurring proteins which safely relax the muscles in which they are placed. This is done in a way to keep your natural expression and features, but reduce wrinkling. It takes just a few minutes and can last 3-4 months.

Injectable Collagen Stimulators “Fillers” Fillers are injectable collagen stimulators that are great for fine lines and moderate to severe wrinkles. However, in the last few years most cosmetic dermatologists have been getting away from just filling lines and heading more to volume restoration. When you put filler in the proper place on the cheek it can lift it up and decrease the smile lines below. If you fill in front of the ear, it can help lift the corner of the mouth and smooth the jawline.

There are three main types of fillers which are further outlined in the following paragraphs, and your cosmetic dermatologist will decide which

is right for you.

Hyaluronic Fillers: These include Juvederm, Restylane, Perlane, and Boletero. These fillers are composed of hyaluronic acid which is a substance found in normal skin, which our bodies produce to keep our tissue thick. It is processed in the lab and not derived from animals like its predecessor, collagen. The improvements can last 4-12 months depending on how much is injected and the location.

Radiesse: This filler is composed of calcium-based microspheres that can last 6-12 months depending on the location and the amount injected. This product is great for cheekbones, jawlines, the nose and hands.

Sculptra Aesthetic: This filler is composed of Poly-L-lactic acid, which stimulates the replacement of lost collagen. A series of three treatments are used over a few months and results can last over 2 years. This product is great to restore volume to the temples and cheeks.

Artefill: This is a longer-lasting filler composed of collagen and polymethylacrylate. A skin test is required one month before treatment, and once the desired results are achieved can last 2-5 years.

New Advances in Cosmetic Dermatology In the last few years almost all the companies started to add a numbing agent to the fillers that significantly reduces the need for additional pain relief, though topical numbing agents and dental blocks can also

be used.

Even more recently, a new tool for injection has come onto the market that causes less bruising. It is called a canulla, and though it looks like a needle, the tip actually has a blunt end and is not sharp. A needle is used to puncture the skin but then the canulla is inserted. Since the cannula has a blunt end it is much less likely to cut through blood vessels and cause bleeding under the skin which is what causes the bruising. {stb}

Dr Robyn Siperstein is a graduate of Yale University & Yale University School of Medicine. She has dermatology offices in both Boynton Beach and Boca Raton. Feel free to schedule a cosmetic consult in her office and call with any further questions 561-364-7774.



DR. ROBYN SIPERSTEIN