

Non-Surgical Options for **LOOKING YOUNGER**

BY ROBYN SIPERSTEIN, MD

Aging gracefully sounds good until it actually happens to you. Neuromodulators and fillers offer the opportunity to look 5-10 years younger without using surgery or altering the natural appearance of your face.



PHOTO BY RYAN MURPHY

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 filling just lines and instead using volume to restore the proportions of the face, creating a more youthful look. When you inject 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 lift the corner of the mouth and smooth the jawline.

There are three main types of fillers (which are further outlined below) and your cosmetic dermatologist will determine which is right for you. At Siperstein Dermatology Group we offer complimentary consultations with a computerized facial analysis system to provide a visual aid in highlighting our customized recommendations for you.

Hyaluronic Fillers: These include Juvederm, Restylane, Voluma, and Belotero. These fillers are composed of hyaluronic acid, a substance normally found in the skin. It is processed in the lab and not derived from animals like its predecessor collagen (therefore no prior allergy testing is needed). 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 and the hands.

Sculptra Aesthetic: This filler is composed of Poly-L lactic acid, which stimulates the replace-



PHOTOS BY ROBYN SIPERSTEIN MD

ment of lost collagen. It requires a series of three treatments spread out over a few months and results can last more than 2 years. This product is great to restore volume to the temples and cheeks.

Bellafill - This is a longer-lasting filler composed of collagen and polymethylacrylate. A skin test is required one month before treatment, and results can last 2-5 years.

NEW ADVANCES IN COSMETIC DERMATOLOGY

In the last few years almost all of the companies producing injectables started to add a numbing agent to the fillers that significantly reduces the need for additional pain relief, though topical numbing cream and dental blocks can also be used.

Additionally, over the past few years a new tool for injection has come onto the market that causes less bruising. It is called a cannula and it looks like a needle except the tip has a blunt end and is not sharp. A needle is used to puncture the skin but then the cannula 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.

The most recent non-surgical advances over the past year are fat dissolvers and dissolvable thread lifts. Kybella, an injectable fat dissolver, is FDA approved to reduce fat under the chin (also called a double chin). Multiple treatments are needed, however there is no downtime beyond possible minimal swelling and bruising.

Silhouette Lift and Nova PDO are both dissolvable thread lifts that are also collagen stimulating. They are inserted along the jawline, cheeks, and neck in order to lift areas of sagging skin. While they do not achieve the results of surgery, the benefits are very limited downtime with only the slight possibility of minimal bruising and swelling. The results last for 6-18 months.

About the Author: 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 complimentary cosmetic consultation in her office and call with any further questions (561)364-7774.