



Beauty Refresher

COSMETIC INJECTABLES SUCH AS RESTYLANE, PERLANE AND DYSPORT HAVE CHANGED THE WAY IN WHICH WE LOOK AT AGEING. **LIZZY WOOD** REPORTS.

Not so long ago, we were turning to anti-ageing creams in our late 20s and early 30s to help prevent and reverse the lines and wrinkles that tend to go hand-in-hand with age. Today, however, our anti-ageing armoury has expanded, and an increasing number of us are turning to cosmetic injectables in order to help smooth foreheads, fill marionette lines and plump the lips and cheeks.

As frown lines become ingrained and volume disappears from areas of the face such as the cheeks and tear troughs, the face can appear tired and aged.

'A few things happen to the face as we age,' says Dr Lee Lua from Queensland. 'Ligaments loosen, the deep fat pads in the face lose volume and the facial bones begin to shrink. However, a combination of anti-wrinkle injections and dermal fillers can be used to waylay this timeworn appearance and help refresh and rejuvenate the face.'

Anti wrinkle injections

Dysport is one such tool. Containing botulinum toxin type A – a known muscle relaxant – Dysport can be injected into certain areas of the face in order to prevent muscles from contracting, therefore reducing the appearance of fine lines such as those on the forehead and around the eyes.

Dysport is most commonly used to relax the crows feet, the frown lines and the horizontal forehead lines,' says Sydney cosmetic physician Dr Naomi McCullum. 'It can be used in many areas to reduce lines and to reshape the face.'

Dr Lua agrees. 'In Australia in particular sun damage leads to a loss of elasticity, and our expression lines help form

wrinkles,' he says. 'Dysport can alleviate these expression lines and help create a more youthful-looking appearance.'

However, fine lines and wrinkles are just one of the characteristics of an aged appearance. As natural fat dissipates with age, often a face will not appear fully rejuvenated without restoring the volume that has been lost in the cheeks and other areas of the face.

Dermal fillers

In this instance, it's not uncommon for dermal fillers such as Restylane and Perlane to be used in conjunction with anti-wrinkle injections in order to give a three-dimensional improvement. 'As we age, we lose volume which can be replaced with dermal fillers,' explains Dr McCullum. 'Perlane and Restylane are dermal fillers which can be used to disguise deeper wrinkles and folds and for replacing lost volume in the face.'

According to Dr McCullum, some of the best results can be achieved when using a combination of dermal fillers and anti-wrinkle injections.

'Dysport and dermal fillers such as Restylane and Perlane have different uses and achieve different effects. I therefore use them in combination depending on the individual needs of each patient to give cumulative and complementary results.'

There are a number of different fillers available, each varying in their viscosity, longevity and composition. Many fillers, including Perlane and Restylane, are made from Hyaluronic Acid (HA), which is a substance that naturally

occurs in the human body – in fact it's HA that gives babies their soft, plump skin. HA attracts and retains moisture within the epidermis, yet over the course of a lifetime, the levels in the body become depleted, leading to a reduction in the skin's volume and elasticity.

Both Restylane and Perlane are used to add volume and fullness to the skin, and to correct moderate to severe facial wrinkles such as those running from the nose to the mouth. Like Restylane, Perlane is a clear gel formulation of hyaluronic acid that is specifically formulated to add volume like your body's own hyaluronic acid.

What makes Perlane different is the average size of the particles and the depth of injection. On average, the gel particles in Perlane are larger than those in Restylane, which makes Perlane a good choice for wrinkles that benefit from a deeper injection into the skin.

Dr Lua typically uses Perlane for areas of the face where longer-lasting volume are needed. 'Perlane is much more effective for the cheek,' he says.

'I commonly use Perlane for its lifting capability, its longevity and its support,' adds Dr McCullum who uses a variety of dermal filler products depending on the needs of each patient. 'It can be used for everything from fine lines to lip augmentation to cheek volumising and in my experience achieves outstanding results. It attracts a low amount of water, so it is great for tear trough treatment.'

Not everyone has the same ageing characteristics, and therefore a thorough consultation before treatment is imperative for the surgeon to decide what treatment might suit a patient best. 'The first thing I do when I meet a new patient is get their opinion on what they think would make them happy if I improved it,' explains Dr McCullum. 'Then we will discuss an objective view about what we could do to improve their attractiveness and their age appearance.'

Cosmetic injectables are a relatively fast method of restoring a youthful appearance. 'The Dysport procedure is very quick – the procedure itself will take five minutes, but the consultation, photos and consent can take around 25 minutes,' says Dr McCullum. Typically well tolerated, Dr McCullum says patients don't tend to need anything more than numbing cream or ice before injecting the botulinum toxin into the treatment area.

'Following treatment with Dysport, the patient might have tiny areas of swelling and little red dots at the injection sites,' says Dr McCullum. 'Bruises do occur, but aren't usually too concerning as they are quite small. Many people do have Dysport treatment in their lunch break and go back to work straight after.'

The injection of dermal fillers will take slightly longer. 'Restylane and Perlane have anaesthetic in the product to ease any level of discomfort during the procedure,' says Dr

McCullum. 'Also, the recent introduction of cannulas has helped make dermal filler procedures more comfortable for the patient and minimise bruising.'

During the procedure, Dr McCullum typically injects a small amount of local anaesthetic into the treatment area, before introducing a cannula. 'By using a cannula, you can reduce the number of injection sites, reducing any risk of bruising,' she says.

Results of anti-wrinkle injections become apparent within two to eight days post-injection, whereas the results of dermal fillers are evident immediately. The results don't last forever and Dr McCullum says anti-wrinkle injections will tend to last for around 16 weeks, with re-treatment recommended every three to four months.

'With Restylane and Perlane. I usually tell patients they should do the treatment today, then in six months, then in another six months and then yearly,' she says. 'However, this is dependent on the patient and their skin concerns.'

According to Dr McCullum, skin boosters are particularly popular with her clients. 'Restylane Vital is so popular in my clinic,' she says, and recommends it for skin rejuvenation over more traditional treatments such as laser. 'Restylane Vital is injected under the skin all over the face to create a fine layer of HA,' explains Dr McCullum. 'It is used to stimulate collagen and to "moisturise the skin from the inside".'

Dr McCullum typically injects between 3 and 5 ml all over the face using cannulas. 'After a few days the skin just looks more fresh and glowing,' she concludes. 'It's great for patients who are happy with their structure, but who just want their skin to look younger.' **csbm**



BEFORE

AFTER facial rejuvenation with Dysport, Perlane and Restylane by Dr McCullum

BEFORE

AFTER lip augmentation with Restylane by Dr McCullum