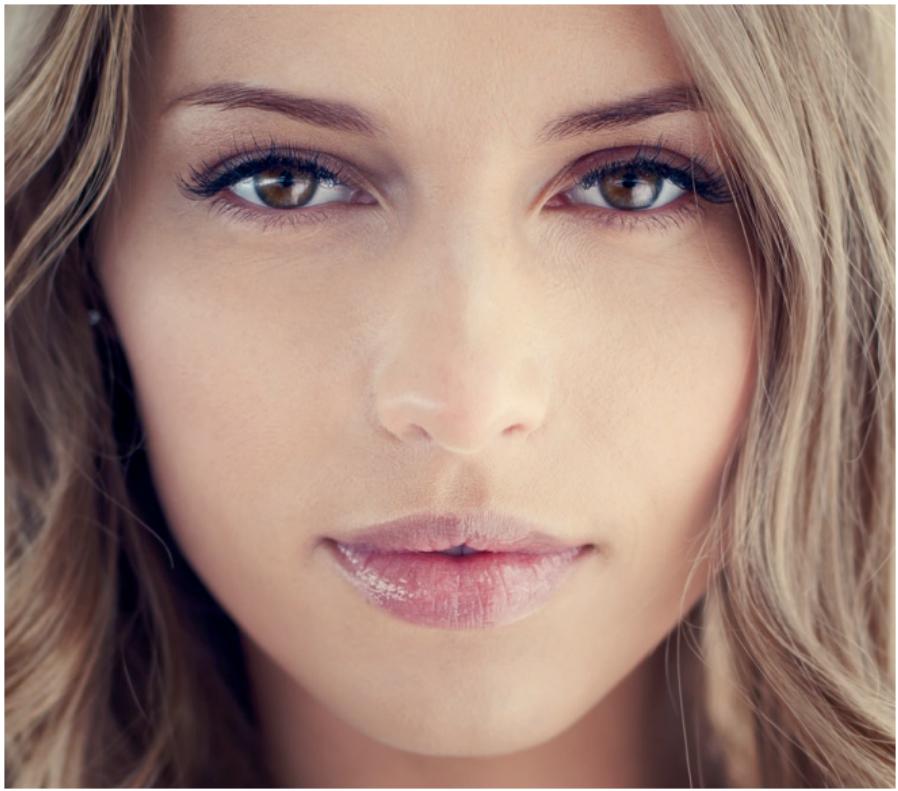


A close-up, profile photograph of a woman's face. Her eyes are closed or looking down, and her lips are slightly parted, showing a glossy texture. Two hands are visible, one on each side, gently holding her chin to stabilize it.

DR MATTEO  
**VIGO**  
PLASTIC SURGERY

GUIDE TO **DERMAL  
FILLERS** FOR FACIAL  
REJUVENATION



Although no one likes the thought of aging, we can be thankful that we are living in this modern age when there are more facial cosmetic procedures than ever before to aid in the battle against time. Injectable fillers are not only effective, they are a completely safe method of rejuvenating the face.

Even in the past 10 years, there have been advancements in the science of fillers, and I can offer several different approved brands. The most popular are Juvéderm, Restylane, Radiesse, Teosyal and Neauvia. The area of the face that requires filling determines the type of filler that the doctor will choose. Some fillers have a thicker consistency than others and are more suited to areas where more substance is needed to achieve the desired lift. It is possible to fill nasolabial folds (lines between the nose and mouth), cheekbones, noses, chins, tear troughs, jowls, and lips.

### **CONTOURING AND REFINING FEATURES**

When injected by an experienced professional, fillers also have the ability to contour and refine features. Lips can be augmented to reduce the lines that appear with aging, and humpy noses can be straightened so that they balance nicely with other facial features. A flat chin can be injected with filler to provide a symmetrical profile. Cheek bones can be injected to provide a natural-looking lift to the face. Although amazing results can be achieved with injectable fillers, it is the artist in control of the needle who determines the final outcome. It takes artistry, not just a licence, to sculpt the face in perfect harmony and proportions.

Not only can fillers be injected in a short period of time, but there is also little discomfort for the patient. Local anaesthetic can be administered prior to the injections, and some brands even have the anaesthetic combined with the filler. Slight swelling or redness at the injection site may be experienced, but this is minimal, eliminating the need to take a few days off of work to heal. Another major benefit of injectable fillers is that they are affordable. Great results can be accomplished without breaking your pocket book.

## THINGS TO KNOW IF YOU'RE CONSIDERING DERMAL FILLERS

Whether you are considering getting dermal fillers to smooth out wrinkles or enhance facial contours, a quick look at some criteria and facts will help you know you have come to the right place for your treatment.

Dermal fillers should be injected only by an experienced and qualified medical doctor. This procedure requires qualifications, experience, and an artistic edge, because 90% of the success of cosmetic procedures depends on who is doing them. For example, a bad haircut would indicate the level of experience of the stylist, not the scissors that were used. This is why it is extremely important to inquire about the credentials of your practitioner and ask to see before and after pictures. Getting a consultation first is advisable, as you would get a chance to see my facility and raise your questions or concerns with me.

## YOUR EXPECTATIONS

Bringing a picture of your younger self to your appointment is helpful. However, bringing a picture of your favorite celebrity is not conducive. While you may see one aspect or feature of your face, it is important to know that a face has to be analysed in whole and not in part. The aim of the injectable procedure is to look naturally enhanced. It is also important to understand that each face has its own asymmetry. A good doctor can help bring more symmetry while keeping the overall aesthetics of the face visually pleasing. So make the most of your consultation by being open to recommendations. Your doctor sees in three dimensions, and you would benefit from exploring all your options.





### **THE ACTUAL PRODUCT**

There are many types of dermal fillers on the market. But the most common of them are hyaluronic acid (HA) products. They have proven to produce natural and lasting results while maintaining fluidity to move with facial expressions. This line of dermal fillers also incorporates antioxidants, minerals, and vitamins to deliver further treatment benefits while filling and contouring the face.

### **HOW LONG THE RESULTS WILL LAST**

Hyaluronic acid in dermal fillers also naturally occurs in the body and therefore gets metabolized eventually. Depending on the dermal filler chosen and whether or not this is the first time you are having a filler injected, you can expect results to last anywhere from 6 to 12 months. If for some reason you are not satisfied with the results, which is very rare, HA fillers are also dissolvable at your request by injecting an enzyme called hyaluronidase.

### **WHAT TO DO BEFORE AND AFTER THE INJECTION**

It is always best to schedule your injectable appointments a couple of days to a week prior to any major event. With dermal filler injections, you will also need to take bruising and swelling into account. You can reduce this likelihood by stopping any supplements that can act like blood thinners such as fish oil and also some pain killers such as Aspirin, Aleve, Advil, etc., 2 weeks prior to your appointment.

After your dermal fillers treatment, follow the post-care instructions given, which include applying cold compresses, avoiding extremely cold or hot drinks, sun exposure, extreme temperatures, excess facial mimicry, and vigorous exercises. Being gentle is key.





## DERMAL FILLERS GLOSSARY OF TERMS

## **WHAT WORDS SHOULD I KNOW ABOUT DERMAL FILLERS?**

### **BOTOX**

There is 100% a difference between Botox and fillers. Botox stops the small muscles in your face from making the movements that cause wrinkles, whilst dermal fillers plump from below the wrinkle to smooth them out and promote the youthful look.

### **CALCIUM HYDROXYLAPATITE**

RADIESSE is comprised of Calcium Hydroxylapatite (CaHA) microspheres suspended in an aqueous gel carrier.

### **COLLAGEN**

Connective tissue component of skin.

### **DERMAL FILLER**

These are products which are injected into the skin (the dermis – that is the dermal part) to fill or plump up skin that may be wrinkled or lined. The effects are semi-permanent lasting up to 18 months.

### **GLABELLA**

The space between the eyebrows and above the nose, where muscle movement commonly results in vertical frown lines.

### **HYALURONIC ACID**

Also called Hyaluronan or Hyalronate, a chief component of cellular matter, particularly connective tissue in the human body. Synthetic hyaluronic acid is the chief component of many dermal fillers.

### **JUVEDERM**

The brand name for an injectable hyaluronic acid - based dermal filler.

### **LIDOCAINE**

A common anesthetic agent.

### **NUMBING CREAM**

A form of anesthetic by topical cream to numb tissue prior to injections or laser procedures.

### **NEAUVIA INTENSE**

Deep tissue restoration of volume & correction: Intense is suitable especially to deep filling of skin depression (included deep wrinkles and nasolabial folds), cheeks, chin and nose modelling, face contouring and temples, in moderate and strongly aged skin.

### **POLY-L-LACTIC ACID (PLLA)**

As a poly-L-lactic acid (PLLA) collagen stimulator, Sculptra Aesthetic is different. It works with your body within the deep dermis, rather than topically, to help revitalize collagen production and help restore your skin's inner structure and volume.

### **RADIESSE**

The brand name for an injectable calcium hydroxylapatite, - based dermal filler.

### **RESTYLANE**

The brand name for an injectable hyaluronic acid - based dermal filler.



## A BRIEF NOTE FROM DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



## FILLERS IN DUBAI

Click here to learn more about  
Dermal **Fillers in Dubai**.

To book a Dermal Fillers consultation with  
Dr Vigo, please contact us today.

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