



Comprehensive Guide to

DERMAL FILLERS

RAVAL ●●●

FACIAL AESTHETICS AND ENT, PC

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INTRODUCTION

According to the [American Society of Plastic Surgeons](#), 2.6 million dermal filler injections were administered to patients throughout the US in 2018. Fillers are the second-most requested minimally invasive cosmetic procedure – only Botox ranks higher.

And it's really no wonder. Dermal fillers are very effective at smoothing facial wrinkles and creases, plumping facial contours, and more. They are increasingly popular with men as well as women. Treatments are quick and convenient, performed right here at Raval Facial Aesthetics. No downtime required!

We all want to look as young as we feel, right? Dermal fillers can serve as your first line of defense against aging when you're younger, and they can visually turn back the clock if you're older. Imagine your face looking and feeling as youthful as you are at heart.

On this page is everything you need to know to decide if fillers are for you – how they work, which treatment options we offer here at Raval Facial Aesthetics, the benefits and risks, results you can expect, and how to make sure those results are not only great-looking but safe.



WHAT IS A DERMAL FILLER?

A dermal filler is an injectable substance, much like a gel, that provides a simple, effective, non-surgical alternative to more invasive or extensive skin rejuvenation treatment options. Just as their name implies, fillers are designed to fill in spaces beneath the skin's surface, either to reduce or remove signs of aging or to add fullness, especially to the lips or cheeks.

Fillers make ideal companions to [Botox injections](#) and many other rejuvenation treatments. In fact, Dr. Jeffrey R.

Raval sometimes uses dermal fillers to put the finishing touches on surgical and non-surgical procedures.

When you choose an experienced medical provider for your injections, you can be sure the dermal filler you receive is a quality, FDA-approved product. And you can be confident your injections will be performed skillfully and safely, with just the right artistic touch to achieve the look you want.





HOW DO DERMAL FILLERS WORK?

Dermal fillers have a gel-like consistency - thin enough to inject comfortably with a fine needle but thick enough to provide the volumizing effect desired. That said, there are different types of fillers, created with varied formulas, giving them different thicknesses and textures, depending on their intended purpose.

Most fillers are made from hyaluronic acid, a type of sugar that is produced naturally in the body. Hyaluronic acid molecules bind to water, helping to keep skin tissue hydrated and plump. As we age, the body produces less of this natural moisturizer, causing skin to become dull-looking and lax. Fillers replace that lost volume and hydration, so skin looks smoother, firmer, and more youthful. We can also use them to augment natural contours, for example if you want plumper lips than Mother Nature bestowed on you, fillers can help.

Injectables that are made from natural ingredients such as hyaluronic acid or vitamin A will be absorbed gradually by the body, which is perfectly safe. And to bust a common myth, [fillers do not “sink”](#) after they are injected. Depending on the specific product, amount and location, fillers typically last several months to 2 years. You can schedule regular refresher treatments or come in whenever you notice the need to maintain your more youthful look.

WHAT DO DERMAL FILLERS TREAT?

Most often, we use fillers to treat signs of aging. Our skilled injectors can help to:

- Reduce or even erase facial wrinkles and folds such as marionette lines, smile lines and parentheses around the mouth and nose
- Plump lips to minimize vertical lines and improve definition
- Add volume to enlarge both lips, or just one to create better balance
- Smooth a chin crease
- Replenish volume in the cheeks for rounder, more youthful contours
- Improve overall facial symmetry
- Improve the appearance of facial scars
- Restore lost volume and reduce appearance of veins in the back of the hands

But fillers can do more than that. At Raval Facial Aesthetics, we also use certain dermal fillers in a couple of ways that might surprise you.

NOSE CONTOURING

This non-surgical rhinoplasty procedure is often called a [liquid nose job](#). While Dr. Jeff Raval is a highly accomplished rhinoplasty surgeon, he is the first to tell patients that sometimes the change you want to make doesn't necessarily require surgery. He's talking about non-structural modifications such as lifting the tip, balancing to create a more symmetrical appearance, or raising the bridge a bit. Fillers may be all you need to achieve the amount of change you desire. If you're considering surgery, fillers can also allow you to "test drive" your new look to see how you like it, depending on your ultimate goal.





HAND REJUVENATION

You might think that hands don't quite fit under our facial aesthetics umbrella here at RFA, but your hands are a very visible part of your body. They can give away your age even faster than your face, especially if you get facial rejuvenation treatments that help you look younger from the neck up. Youthful hands complete the healthier-you picture, and dermal fillers can do wonders to re-plump the backs of your hands.

TYPES OF DERMAL FILLERS

As dermal fillers have become increasingly popular, medical researchers have created an ever-increasing array of options. Many of today's fillers are formulated to treat a specific type of wrinkle or add volume in a specific area of the face. This makes it easier for us to personalize your treatment, but it can also be confusing for patients. Which filler should you choose? Fortunately, you don't have to figure that out for yourself, our team of filler experts is here to help.

Some injectable fillers are made from synthetic ingredients. Some providers also offer fat transfer as a natural means of adding volume. However, fat transfer is a much more extensive procedure that involves harvesting the fat cells from some area of the body using liposuction, then processing the fat before it can be inserted in the new location.

Most dermal fillers feature hyaluronic acid (HA) as their primary ingredient. This works so well as a filler because it is naturally occurring in the body. It supports hydration in the skin and other parts of the body, but as we age, production decreases. Even among HA-based fillers

there are numerous choices. Based on our experience and our desire to provide patients with the highest quality treatment options, Raval Facial Aesthetics offers the following dermal fillers. All are HA-based, but all are somewhat different.





THE JUVÉDERM® FAMILY

Juvéderm® is one of the leading names in dermal fillers. These products have been around for many years, so their safety and effectiveness have been proven millions of times over. In clinical studies, Juvéderm has produced higher quality results than collagen-based fillers. It was the first injectable filler approved by the FDA for use on people with darker skin tones. This filler is valuable for smoothing the appearance of wrinkles, deeper folds and smile lines.

VOLBELLA® XC - Raval Facial Aesthetics was one of a handful of practices around the country invited to help launch this new addition to the Juvéderm family when it was first introduced. Volbella is super-smooth for delicate areas, specially formulated to fill fine lines on the lips and around the mouth. It is the only filler of its type on the market.

VOLUMA® XC - this member of the Juvéderm family is a thicker gel specifically designed to address moderate to severe wrinkles and folds and restore fullness to the cheeks. We also find it useful for rejuvenating the mouth area. Voluma is particularly long-lasting - up to 2 years in some patients.

VOLLURE® XC - this is the Juvéderm® product created to address nasolabial folds – the creases that run from the sides of your nose to your mouth. We also use it to re-plump deeper lines and wrinkles elsewhere on the face.

THE RESTYLANE® FAMILY

Restylane® is another well-known line of fillers that, like Juvéderm, has been used successfully around the world for two decades. These products contain Non-Animal, Stabilized Hyaluronic Acid (NASHA), so they are entirely non-allergenic. We like Restylane for replenishing volume in the lips and to re-plump nasolabial folds.

Restylane Lyft®

This filler is the only FDA-approved injectable made to restore volume in the mid-face area (cheeks and smile lines). Restylane Lyft is also long-lasting – up to 12 months.

Restylane Kysse

This advanced filler is just for lips. It's more flexible, for more natural appearance and movement as well as kissable softness. Results last up to 12 months.



WHO IS A GOOD CANDIDATE FOR DERMAL FILLERS?

Almost anyone is a good candidate for dermal filler treatment, although injections may not be advisable for pregnant or breast-feeding women. As noted previously, Restylane even eliminates the possibility of allergic reaction. What matters most is realistic expectations. We can precisely tailor filler injections to achieve the desired results you have described to us, but every person's skin and facial structure are different, so your results may vary compared to someone else's. Your goal should be improvement, not perfection.

If you have recently had another type of skin rejuvenation procedure, ask us about that – in some cases it may be best to wait a few weeks until you are completely healed before getting filler injections. We also recommend waiting if you currently have an active skin condition in the desired injection area.



WHAT TO EXPECT BEFORE AND AFTER TREATMENT

Unlike more complex procedures, there is nothing you must do to prepare for your filler injections. Just show up on time, ready to look new-and-improved (however you define that) when you leave. It takes just a few minutes to get dermal filler injections, but it is still a medical procedure and fillers are not a one-and-done rejuvenation solution. We will follow certain steps to ensure your safety and comfort and to create the best possible results.

Step 1

We start with a personal consultation. We will ask about your medical history that might be relevant, we'll discuss your concerns and aesthetic goals, answer any questions you may have and of course, examine your face to assess your skin condition. These things allow us to recommend a personalized treatment plan using one or more fillers.

We can treat multiple areas in a single session initially. However, if we use different products to treat different areas of your face, their future renewal timing may differ. This is not a big deal, but it is something to keep in mind.

Step 2

Your injector may draw marks on your face to indicate where filler will go. (No worries, we'll wash them off before you leave!) And we may take photographs. It's easy to forget how you looked before, so we want a record of that - you will, too! With your permission, we may consider using your before and after pictures as examples to show future RFA clients. If you've already checked out our photo gallery of procedure results, you know how helpful that can be.





Step 3

Your injector will cleanse the injection site and may apply a local anesthetic cream. We use a very fine needle so injections are not painful, but they can sometimes be uncomfortable. If you're having your lips enhanced, we will numb them using a dental bloc, which is something like novocaine.

Dr. Raval adds lidocaine and epinephrine to the fillers he uses, a unique approach that improves comfort with continuous numbing and reduces post-injection swelling. Because this formula makes for a thinner viscosity, it allows us to create even smoother, more uniform results. And although the mixture is thinner, each patient still receives the expected amount of filler.

Step 4

The injections themselves take just moments, but your injector will carefully monitor progress as they work so the result is just right.

Step 5

You can see the changes immediately. So exciting! We will clean your face again, as needed, and we may offer you an ice pack to reduce initial tenderness, swelling or bruising.

You're good to go – literally. Start to finish, your appointment may take as little as 15 minutes or up to an hour, depending on where and how much filler you are getting. Afterward, you can return to your day. We do recommend you wait a couple of days if you're planning to get a facial, to give your face and filler a chance to relax.

DERMAL FILLER RESULTS

One of the many great things about dermal fillers is instant gratification - you can see results immediately, and they will look very natural (if you've chosen the right provider). That said, you may have to allow a couple of weeks to see final results, to give any swelling and bruising time to subside. Nonetheless, we think you'll be thrilled, but we also want to stress the importance of realistic expectations.

Fine wrinkles will show a difference more readily than deep wrinkles, perhaps disappearing altogether. On the other hand, we can achieve significant improvement. So, depending on your age, your skin type and condition and the injection location, you may look considerably smoother and younger, or you may look subtly more refreshed and energized. We'll discuss your goals during your consultation.

The best way to get a good mental picture of what dermal fillers can do is to check out our [before and after gallery](#). These are real patients of Raval Facial Aesthetics.





We've also noted that dermal fillers provide temporary improvement. Whether your results last 3-4 months or 2 years, the effect will eventually diminish. You can get repeat treatments to maintain your smoother, plumper contours, but you can also make changes if you like. Trends change, so you might want sensual but not bee-sting-plump lips this time around. Or, thanks to the inevitability of aging, you may want more filler to compensate for deepening wrinkles or flattening cheeks.

The bottom line on results is that you're in control with dermal fillers. You can adjust as you go. For that reason, we recommend that you get refresher injections before the effects of your initial treatment are obviously diminishing. In addition, maintaining a healthy lifestyle and a quality skin care regimen will help your fillers last longer and keep your skin and face healthy.

DERMAL FILLER BENEFITS

Using dermal fillers can help you look younger for longer. Man or woman, that's a pretty significant benefit. More specifically, the fillers we offer here at Raval Facial Aesthetics can:

- Plump wrinkles and deeper folds so they are less obvious
- Completely smooth away fine lines, in some cases
- Give your face a fuller, more lifted look if you have hollow cheeks
- Replenish volume and reduce visible lines in your lips
- Give you a non-surgical (though temporary) nose job



Fillers can create a more balanced, softer and rounder look for your face. They will help you look refreshed and more vibrant.

The fact that fillers are a temporary solution makes them adjustable, and that means you can achieve personally tailored results, both now and later. Not quite sure how much change you want? Start with a small amount of filler and after the initial swelling has subsided you can decide if you love the new look as is or you want a bit more.

Over time, fillers can help you keep up with (or stay ahead of) the natural aging process, increasing the amount of filler as needed to maintain your results. Or you can simply change your mind. When it's time for a refresher treatment, you may decide - for aesthetic reasons - you want less or more filler next time. Trends and personal preferences do change. You could even just skip it and let your face age as it will.

DERMAL FILLER RISKS

Fortunately, there are minimal risks associated with dermal fillers, especially the products we use here at Raval Facial Aesthetics, which makes them an even more attractive treatment option. That doesn't mean there are no risks, of course, but they are most often minimal and temporary issues such as tenderness, mild bruising or bleeding at the injection site. If you are taking NSAIDS (aspirin, ibuprofen or naproxen) or blood thinners, this could increase the risk of bruising. Lip enhancement can cause swelling that lasts for several days.

More severe side-effects or complications can occur, depending on the type of filler used, but in general they include problems such as:

- Swelling or lumps
- Drooping or asymmetrical appearance
- Infection at the injection site
- Redness or rash
- Allergic reaction



HOW MUCH DO DERMAL FILLERS COST?

Dermal fillers come in fluid “units,” which enables us to precisely control how much we use for each injection. Obviously this differs according to the product, location and each patient’s desired outcome, so we charge by the unit. For example:

- Re-plumping cheeks might require one to several syringes
- Nose contouring might require ½ to one syringe

We will discuss the cost with you during your consultation so that you will know before you decide to get the filler. You can also contact our office at any time to ask about dermal filler pricing.



RECOVERY AND DOWNTIME

Dermal filler injections are quick and convenient – one of those treatments our patients think of as “lunch hour” options. Whether your work involves a formal lunch hour or you’re simply like most people with busy lives, it’s great to know you can be in and out in only a matter of minutes. When your appointment is over, you can go on about your day since filler injections don’t require any downtime.

Still, it’s good to remember that your treatment may cause bruising, so you should plan accordingly. We recommend that you avoid strenuous exercise for a day or so. Heightened activity increases blood flow, which can increase bruising and swelling and delay recovery. Other common but temporary injection site issues you may notice immediately after treatment include:

- Tenderness or pain
- Itching
- Redness or numbness
- An “over-filled” appearance
- Lumps or hard areas

Post-treatment bruising, swelling and other issues will go away on their own, but you can use an ice pack to speed the process along and minimize any discomfort. If you have had lip enhancement, you can expect your lips to appear swollen or a bit uneven for a few days.

Exactly what your recovery will be like depends on the filler we use for your treatment, the amount, location and your own skin and face. Before you leave our office, we will explain the steps you can take to reduce any post-injection effects and ensure you get the best results possible.



HOW TO CHOOSE THE RIGHT PROVIDER

You want to be fully confident when you walk in the door to get your dermal filler injections!

One of the most important decisions you can make about any type of cosmetic enhancement procedure is who will perform the treatment. Dermal filler injections may seem simple, but are a medical procedure and they are not merely a matter of “getting a shot.” You want to look naturally more youthful - refreshed, not obviously “treated.”

It takes anatomical knowledge, product knowledge, skill, experience and a good aesthetic eye to precisely place just the right amount of filler that will effectively – and safely – achieve the result you desire.

So ask about the qualifications and credentials of the person who will be doing your injections. Are they certified? How much experience do they have? In some states almost anyone can perform injections. Here in Colorado, dermal fillers can only be injected by a Physician or a Registered Nurse, Nurse Practitioner, Physician’s Assistant or Medical Aesthetician working under a physician’s direct supervision.





Ask to see before and after photos, too. Reviewing these images can help you get a good idea about results you might achieve. But before and after photos tell you more than what fillers can do, they reveal quality of work. Do patients look smooth and natural after their treatment? Do their features look well-balanced?

And don't forget to read reviews and testimonials as well. What do former patients think about their results? How was their overall experience? Filler injections are generally a quick procedure, but you still want to feel welcomed and comfortable when you enter the medspa. The staff should be friendly and very willing to answer all your questions, before and afterward. Comfort builds trust and confidence.

Here at Raval Facial Aesthetics, patient safety is our #1 concern. [Dr. Raval](#) performs filler injections himself for some patients, and we have an entire team of Registered Nurse Injectors and aesthetic injectors, all of whom are highly-qualified and experienced. You can meet them [here](#).

And here's something that should give you even more peace of mind: Dr. Raval doesn't only perform injections and oversee the other members of our injector team, he is a national injection trainer. Qualified medical professionals from all around the country have been traveling to our Cherry Creek clinic for 15 years to learn from Dr. Raval the aesthetic injection techniques that will ensure maximum safety, comfort and results for their own patients.

You are in good hands when you come to RFA. Our skill and experience and safety-first mindset allow us to personalize your treatment plan to match your aesthetic goals, lifestyle and budget. After all, personalization is so important because we all have different skin and facial structure, and we all age a bit differently. The wrinkles or hollows that are starting to drive you crazy may not exist at all on someone else's face. Whatever your facial rejuvenation desires, we will do everything we can to help you achieve your goals.

ABOUT RAVAL FACIAL AESTHETICS

We are one of Denver's leading facial plastic surgery practices, well-known to patients from our local area, other parts of Colorado and elsewhere around the country. We specialize in rhinoplasty, facelift procedures, Botox® and Dysport® injections and a variety of exceptional aesthetic dermal fillers. Whether you're considering facial plastic surgery or a medical-grade aesthetic procedure, our team at Raval Facial Aesthetics is here to help you achieve the look you've always wanted.

Jeffrey R. Raval, MD, MBA FACS is an experienced and renowned facial plastic surgeon. He founded Raval Facial Aesthetics 20 years ago, focusing on nose jobs and facial plastic surgery. He continues to serve as owner and medical director of both RFA and our companion medspa, Rocky Mountain Laser Aesthetics. Dr. Raval is board certified by the American Board of Facial Plastic and Reconstructive Surgery, the American Board of

Otolaryngology / Head and Neck Surgery and a fellow of both the American Academy of Cosmetic Surgery and the American College of Surgeons.

Dr. Raval has been honored with many awards -- the 5280 Top Doctor (again) in 2021, Plastic Surgery within the Head and Neck 2016-2019, 5280 Denver's Mile High Magazine; the Patients' Choice Award 2011-2016, Vitals; Most Compassionate Doctor 2013, Vitals; America's Top Physician 2007-2017, Consumer Research Council; Doctors Choice Award, 2015, Plastic Surgery in Denver; Talk of the Town: Excellence in Patient Satisfaction 2011, 2012; Denver 2012 Award Facial Skin Care & Treatments and many more.

When you choose Dr. Raval and his specialized team, you can be confident you will receive the highest quality of care along with the finest quality results. Just as important, you'll like us and feel comfortable in our care.

Conclusion

SO WHAT NOW?

Are dermal fillers right for you? If you want your face to look smoother or more youthfully rounded, fillers could be your winning ticket. They can't replace more extensive rejuvenation treatments or procedures, but they can augment them. As a stand-alone treatment, fillers help put you in control of the way your face appears to age. Younger men and women can head off signs of aging when they first start to appear. Older adults can correct visible tattle-tale lines and deeper wrinkles and restore plumpness where it has been lost.

With multiple product options to choose from, it can be difficult to decide which is best. But you can make it easy on yourself by scheduling a private consultation with one of our injector-experts here at Raval Facial Aesthetics. We will listen to your concerns and goals, answer all your questions, and recommend a treatment plan tailored just for you. We want you to smile big when you look in the mirror, so let's talk about how we can help.

