

Non-Surgical Skin Care Services: Injectables/Fillers

BOTOX

BOTOX® Cosmetic is a nonsurgical treatment that can minimize dynamic wrinkles, which most often appear as fine lines and wrinkles on the forehead and brow, or at the outer corners of the eyes. Made out of botulinum toxin Type A, which is a naturally occurring protein, BOTOX® Cosmetic relaxes the targeted muscles in the face that create eye and forehead creasing. Because these targeted muscles do not contract, the skin stays smooth and undisturbed, creating a younger-looking, more relaxed face.

BOTOX® is one of the most popular cosmetic procedures in the United States. The treatments can be done easily with virtually no downtime, and the results can be dramatic. BOTOX® Cosmetic has been used for more than 10 years to reduce facial lines and wrinkles without surgery.

WHAT IS TREATMENT LIKE?

BOTOX® Cosmetic treatments consist of a series of gentle, small injections into specific facial muscles, typically at the outer corners of your eyes or on your forehead and brow. The treatment takes place in our medical office, usually taking less than 30 minutes to complete, and you will not need anesthesia or medication.

AM I A GOOD CANDIDATE?

You're a good candidate for BOTOX® Cosmetic treatments if you aren't ready for a face or brow lift but want to smooth out dynamic wrinkles typically found around your eyes and on your forehead. BOTOX® Cosmetic also works well as an additional treatment if you are receiving other cosmetic procedures such as skin resurfacing.

WHAT CAN I EXPECT BEFORE AND AFTER TREATMENT?

Because BOTOX® Cosmetic treatments are performed so quickly, it is easy to squeeze a BOTOX® Cosmetic treatment into your busy schedule. There is no major preparation required before treatment and most people find that they can resume their normal, non-strenuous activities immediately afterward. The smoothing results will slowly begin to emerge a few days after treatment and are typically realized about a week after treatment. The first treatment usually lasts about three months, but subsequent treatments yield longer-lasting results.

ARE THERE ANY RISKS?

All medical procedures come with some level of inherent risks. Kaiser Permanente's qualified and trained providers will follow standard BOTOX® Cosmetic practices, using only approved BOTOX® Cosmetic serum. Complications are rare. However, some risks include temporary swelling or bruising from the injection, or rarely lid ptosis (which is sagging of the upper eyelid muscle due to migration of the serum from the injection site). This can be treated with a prescription eyedrop if it occurs. Even if this happens to you, BOTOX® Cosmetic treatments slowly wear off over time so you probably wouldn't experience any permanent complications.

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FILLERS

As you mature your face begins to lose its firmness, causing furrows, folds, and wrinkles. Cosmetic fillers can revitalize your appearance by adding volume to your facial structure, allowing your skin to lie smoothly over plump, youthful features.

Injectable implants, or fillers, have been used for many decades. There are many types of fillers, including collagen and synthetic fillers. Most fillers are injected below the skin's surface to add volume and stimulate the skin's natural collagen growth, visibly reducing wrinkles and lines, enhancing cheeks, plumping lips, and lifting and smoothing scar depressions. Treatments are done on an outpatient basis. A local anesthetic may be necessary for some procedures. The results can last from three months to years, depending on the type of filler used. You and your doctor can determine which filler best meets your needs during your consultation.

JUVÉDERM® ULTRA and JUVÉDERM® ULTRA PLUS Injectable Gels are injectable dermal fillers offered at Kaiser Permanente Cosmetic Services. JUVÉDERM® products offer a smooth consistency gel made of a higher concentration of cross-linked hyaluronic acid. JUVÉDERM® ULTRA is highly effective in offering volume and hydration to mild to moderate wrinkles and lips.

JUVÉDERM® ULTRA PLUS is recommended for smoothing away deeper wrinkles and smile lines. Visible results from treatments may last longer than other injectable fillers.

Restylane® and **Perlane®** are purified hyaluronic acids and offer a very soft natural look to the skin. They are both considered to be dramatic fillers for restoring volume and fullness to skin and lips. Restylane® and Perlane® produce visible results that usually last longer than those from collagen. Perlane® is injected deeper into the skin to smooth out more severe wrinkles. A skin test is not needed.

Sculptra® Aesthetic is an injectable filler made of polylactic acid and is highly effective for restoring facial volume. Sculptra® Aesthetic stimulates collagen growth to create facial contours and plump sunken or gaunt-looking features. Sculptra® Aesthetic requires injections into deeper tissues over many months. Your treatments will be administered on a monthly basis so your doctor can monitor how much Sculptra® Aesthetic stimulates your personal collagen production. The visible results of Sculptra® Aesthetic injections may last for years.

Radiesse® is an injectable calcium hydroxylapatite filler. Over time it promotes collagen formation to help restore volume loss. The injectable filler immediately smooths out areas of aging in patients with moderate to severe wrinkles. Radiesse® is used to treat volume loss in the face as well as smile lines and chin wrinkles. It is not used in the lips or forehead.