

Skin Deep

Dr. Reza Mia reports on the uses of fillers and chemical peels as an alternative solution to facial ageing.



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Looking for a solution to facial ageing but want to delay surgery as long as possible? Fillers and chemical peels are options worth investigating. These treatments are a wonderful alternative if you currently cannot justify the cost, risk or time that is associated with surgical intervention.

Fillers

There are generally two classifications of fillers: first, your temporary Hyaluronic Acid (HA) fillers, that are made from a naturally occurring sugar in the body. This is

the most natural option. Second, the more permanent fillers that are made from materials such as calcium hydroxylapatite or polymethylmethacrylate.

Important questions to ask your physician are:

- What is the filler made from?
- Is there any clinical data to support the safety and efficacy of the product?
- How many years has the product been on the market?
- Are there any reported adverse reactions and what is the frequency of such events?
- Has the physician been trained by an accredited trainer?
- NB: Ask your physician to see the packaging of the product you are being injected with.

Reputable HA fillers contain lidocaine. This means that there is no need for local anesthetic, except maybe in the lip area due to the sensitivity of the region. Fillers can also be administered through a blunt micro-

cannula to make the procedure tolerable for the patient.

Areas that can be treated with fillers are virtually endless: your facial lines, wrinkles and folds are just the beginning. Fillers can now be used to treat your tear-trough region (under your eye), reduce dark circles around your eyes, lift your eyebrows, replace lost volume in your cheek bones and most impressively fillers can now be used to reshape your nose and chin, This could only be achieved surgically, in the past.

Chemical Peels

Chemical peels are a treatment option to rejuvenate your skin or treat specific problems like pigmentation or acne. It is important to remember that medical peels are completely different to any peels that you would have done at a beauty salon. Medical chemical peels will achieve a more significant result and be able to treat a host of problems.

The purpose of a chemical peel is to remedy skin ageing, pigmentation marks, and acne scarring. After a chemical peel the skin's texture will be refined and your complexion will become clearer and brighter. There are generally three types of peels: light, medium or deep, depending on what you would like to achieve.

Now there really is a non-surgical option for almost everything! However, keep in mind that there are still many indications that can only be treated surgically. A good and reputable plastic surgeon will be the first to tell you when your desired outcome can only be achieved with a visit to your plastic surgeon.

