



## **DANIELLE LANDZINSKI OF RADIANCE MEDSPA DC ON HAND REJUVENATION WITH DERMAL FILLERS**

**Background:** Danielle is a board-certified Physician Assistant with experience in pain management/physical medicine with a concentration in the areas of back and neck pain. Danielle received a Master of Science from Philadelphia College of Osteopathic Medicine as well as a Bachelor of Science from the University of the Sciences in Philadelphia. Danielle has been certified and trained in laser and IPL techniques, Microdermabrasion, Botox<sup>®</sup>, and Dermal fillers by Radiance University in Scottsdale, Arizona. She is certified and trained in sclerotherapy treatment by the Esthetic Skin Institute. Danielle's dedication to providing quality services that promote strong self image makes her a great asset to the Radiance Medspa team as Lead Clinician.

### **INTERVIEW**

**Q: Most of us think of using dermal fillers in our face but I understand they are being used to rejuvenate the hands too--what kind of conditions in our hands can be improved with them?**

A: Candidates for hand rejuvenation with dermal fillers are patients with loss of subcutaneous fullness of the dorsum (top) of the hand and thinning or wrinkling of the skin on the hands.

**Q: Are the results immediate and do you only need one treatment or a series of treatments?**

A: Results are immediate. Usually only 1 treatment is necessary but more treatments can be done if the client wants to add more volume to their hands.

**Q: Is there any bruising or swelling right after the treatment?**

A: Mild edema (swelling) and mild erythema (redness) are the most common issues post-treatment. The degree of swelling varies with each patient. Patients should use ice packs and elevate their hands as tolerated, in order to minimize swelling.

**Q: How many syringes are normally needed for optimal results?**

A: About 1-2 syringes per hand will give optimal results. The amount varies depending on the severity of volume loss. I usually start with 1 syringe per hand, wait 1-2 weeks and then add more if necessary.

**Q: Is there any pain or risk of complications from this treatment?**

A: Pain is minimal since the product is mixed with an anesthetic (Lidocaine 2%). Complications are rare but can be minimized with proper technique. It is also important to get a full medical history prior to any injectable treatment, since certain conditions and medications can increase the risk of complications (ex. bruising, swelling).

**Q: Have your clients been pleased with the results?**

A: Clients are pleased with the results because it makes their hands look more youthful and the results are immediate. The procedure takes less than an hour.



**Q: How long will the results last?**

A: The results last about 1 year but vary depending on the product being used. Radiesse lasts about 1 year. Juvederm about 6-9 months.

**Q: What is the approximate cost to treat the hands?**

A: The cost per syringe ranges between \$550 - \$750 depending on the product.

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