



## **Dermatologist Dr. Pantea Tamjidi Explains Everything You Need To Know About Dermal Fillers**

**Q: Dr. Tamjidi we hear a lot about Botox but not as much about some of the other dermal fillers--what are the fillers you work with in your practice?**

**A: Botox Cosmetic and dermal fillers are both injectables that are used to correct wrinkles in two different ways.**

**Botox cosmetic is an injectable solution that relaxes muscles that create lines by their movement; for example, muscles in between the brows that create the frown lines or as we all know them as the "11's".**

**Dermal fillers are usually injectable products that are injected into the skin to add volume to smooth out wrinkles and lines; these are the lines that are usually created by normal daily expressions and chronic wear and tear of the skin throughout the years. It is normal for all of us to lose facial volume as we get older. Dermal fillers are there to replace that lost volume and to create a softer and more natural appearance. We use mainly FDA approved dermal fillers including collagen, Restylane, Juvaderm, Perlane and Radiesse.**

**Q: What "problems" would each one be used to correct?**

**A; All of the above mentioned fillers can be used to replace lost volume and restore and create a more youthful contour to the facial area. I use a variety of dermal fillers in patients to treat and smooth away moderate to severe lines and folds in areas such as in between the brows, line from the nose to the corners of the mouth, fine lines around the lips and lines from the corners of the mouth down to the chin area. Not only lines can they be filled, but also facial structures including the nose, lips, chin and cheeks can be reshaped and restructured using fillers. And exciting news is that most of these fillers, especially Radiesse have been shown to go beyond just filling lines and wrinkles. Not only can they immediately enhance the appearance of the patient, but they also work with your body to stimulate new collagen production, making the final results and the product last longer.**

**Q: Is it possible to get fairly dramatic results just from fillers or does someone need surgery to achieve those kinds of results?**

**A: Results can be immediate and amazing with minimal amount of down time. The majority of the patients will benefit from a dermal filler, but there are some patients that are truly surgical candidates. But this is where a consultation and true communication and evaluation between a patient and physician is really important.**

**Q: How important is the skill of the person administering the filler--does it take much training?**

**A: The skill of the individual performing the procedure is of utmost importance. If the injector is not adequately trained the patients will not get desirable results and the patient will have increased down time from the procedure. It takes adequate training and expertise to be able to pick the right filler for the right area and to inject the right filler in the right area for the patient to achieve desirable results.**

**Q: Are fillers generally "safe" and are they FDA approved?**

**A: The fillers that I mentioned above all have FDA approval for use in correction of different areas of the face. In general these fillers, in order to obtain FDA approval for use in the US, had to go through years of clinical trials and research to be able to be proven safe and effective.**

**Q: Is there any downtime with fillers and any risk of developing an allergic reaction or other side effects?**

**A: Most of the downtime associated with these dermal fillers are very mild and last usually less than a week. The most common side effects are temporary injection-site reactions such as redness, pain/tenderness, swelling and bruising. Some of these side effects are also at times dependent on the skill of the injector who is performing the procedure.**

**As far as allergic reactions to dermal fillers, although very rare, allergic reaction can happen. In general, injectables should not be used in patients who have severe allergies marked by a history of anaphylaxis or history of multiple allergies. I also do not recommend their use in patients with bleeding disorders or patients who are breastfeeding or pregnant. Perlane, Restylane and Juvaderm are also not to be used in patients who have a documented history of allergy to certain microorganism known as gram positive bacteria.**

**Dr. Tamjidi practices Dermatology in Chevy Chase, Maryland. Dr. Tamjidi graduated from the George Washington University and has been in the practicing dermatology for 12 years.**

**5454 Wisconsin Avenue  
Suite 1610  
Chevy Chase, MD 20815  
301-652-4828**

**For the month of October Dr. Tamjidi is offering a special on Restylane, Juvaderm & Radiesse—buy 2 syringes and get the 3<sup>rd</sup> one free—click below for a coupon  
<http://www.beautyindc.com/offer.php?serial=133>**