

WHAT'S UP WITH FILLERS?

So let's talk about fillers! Injecting fillers is a common procedure that I perform in my office. Not everyone totally understands exactly what fillers are and why they want them when they show up, so let me explain the basics for a minute.

First, there are many many fillers out there and we could get really technical and boring, but for the most part, fillers are made up of things that are already in your body. The point is, fillers are meant to increase volume, so we inject fillers to put volume where it has been lost or is lacking. Where that is on your face depends on your anatomy and your opinion on how you want to look.



Second, take into consideration who is doing the injection. The laws in the state of Texas are still very vague as to who is considered qualified to inject, so please take a moment to evaluate who is injecting you. If you're getting injections in a motel room, you're doing it wrong.

So looking at the areas of the face that are commonly injected, I'll give a brief rundown as to what I use routinely in each area. Keep in mind that every injector has a different way of doing things. I'll be mentioning a lot of different fillers; if you're curious look them up, but we don't have enough space here to get into the details.

STARTING FROM THE TOP DOWN:

For the bridge of the nose, I tend to carefully apply radiesse or firm fillers like Voluma or Restylane Lyft. The firmer fillers tend to keep their shape better and give better projection of the nose.

For the eyes, I use fillers for the area where the eyelid meets the cheek, what is typically called the 'tear trough'. I commonly use again firm fillers like Voluma or Lyft in this area. I find a lot of other injectors use regular Restylane or Juvederm here too.

For the folds around the outside of the upper lip, what we call the smile lines or nasolabial folds, I use Juvederm or Restylane. This is a very common area for filler injections.

And for what most of you are probably wondering about, lip injections. If you're looking just to plump up your lips or enhance your lip line, I use thinner fillers like Restylane Silk or Belotero.

If you're looking to change the shape or make your lips thicker and fuller, I tend to use Restylane for the most part. All lip injections will make your lips look scary swollen the next day, so keep that in mind. You will freak out and it's normal.

So, that's a rundown of fillers. There's obviously a lot more detail and issues that are best answered at the time of your consultation.

If you're planning on getting fillers, just make sure you do your homework and spend some time thinking about exactly what you're trying to achieve with the injections. Good luck y'all!



Dr. Derek C. Lou
Board Certified
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"As a board-certified plastic surgeon in Houston, Texas, it is my singular goal to bring the benefits of plastic surgery to those who need it, and contrary to what you may have seen or heard, it can be for almost everyone. At first glance, plastic surgery may seem complicated, confusing, and mysterious. As a conscientious surgeon, my role is to help you understand whatever it is that you may need or want and whatever solutions that the art of plastic surgery may provide from breast augmentation, breast reconstructive surgery, to liposuction—in a way that makes sense and in a language that you understand.

I'm confident that after a visit to my office, you will not need to travel any further. It is the ability to help people feel better about themselves that drew me to a career in plastic surgery. I hope you allow me the opportunity to help you.

Dr. Lou is also a regular contributor to RealSelf.com and is considered an expert in the topics of, Breast Augmentation, Breast Implant Revision, and Breast Reduction."



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