

Why age gracefully?

By Anabel Castro

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It happens to all of us. At some point, usually in our late 20s or early 30s, you notice something different about your face. It could be that wrinkle in the corner of your eyes, the creases on your forehead or the extra lines around the corners of your mouth. Even though some will refer to them as "character lines" or in some other glowing terms, there is no avoiding it; wrinkles and fine lines are a sign that you (and your skin) just aren't as young as you used to be.

So what do you do when these telltale facial lines appear? Some stoically accept these inaptitudes of time and do their best to ignore them. Others take a more proactive approach, seeking out treatments to dismiss their unwelcome visitations. However, when researching wrinkle fillers, one becomes quickly aware that there is a dizzying array of options available. From collagen injections to autologous fat transplantation, the decision as to which filler to choose used to be daunting. That is, until Restylane came along.

Restylane, a non-animal clear filler, although it only received FDA approval in December 2003, has already become the most widely used wrinkle filler in the United States, and more than 1.5 million treatments have been performed worldwide. Why has Restylane revolutionized the cosmetic injectables market and become so popular among doctors and patients alike?

One of the reasons is that unlike the old mainstay, bovine collagen injections, there is no need for skin testing. Older collagen injections were actually derived from cow collagen, which was then processed to make it more similar to human collagen. Restylane, rather than being derived from another species, is made with hyaluronic acid, a natural substance already present in our bodies. This eliminates any risk of animal-based disease transmission or allergic reaction.

Another reason for its staggering popularity is that it takes years off of your face without looking artificial. Many patients don't want to undergo a surgery that will significantly change their appearance. Many folks just want a natural, younger look, but without

the drastic changes surgery can cause. Not to mention that surgical lifts and implants are expensive, and the procedures more traumatic. And with surgery, there's always the little problem of what to do if you hate your new look.

Restylane avoids these problems altogether. It softly creates volume and fills in wrinkles, and its effect, while twice as long lasting as collagen, wears off in six to 12 months. This brings an obvious additional advantage of Restylane to light—it can be less costly than other fillers, as injections only need to be done once or twice a year. With bovine collagen, injections would need to be given four times a year for the same effect.

The final and most important reason for Restylane's incredible popularity is the way people look after the treatment. After a brief 15-minute treatment, problems with wrinkles and acne scarring are suddenly and safely

gone. And Restylane effectively plumps even the thinnest lips. In fact, Restylane has been so well-received by patients that it received national recognition as one of Allure magazine's 2004 "Best of Beauty Breakthroughs."

Areas commonly treated are the lips, folds between the nose and the corner of the mouth and "marionette lines," deep lines extending downward from the corners of the mouth. The vertical lines around the lips are particularly popular with women. These lines are particularly disliked by women, as their lipstick bleeds into these fine lines, leading some to call these irritating wrinkles lipstick lines. Determining what areas need to be treated is perhaps the most important step of Restylane injections.

If you would like further information regarding Restylane or would like information on this month's Restylane special, feel free to contact Advanced Vein Center and Aesthetics at (480) 844-8346.

Anabel Castro is a certified nurse practitioner in Advanced Vein Center and Aesthetics with special training in Restylane.

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480.844.VEIN (8346)
6242 E. Arbor Ave. Ste. 123
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