

Aspire Procedural Information Guide Injectables & Fillers

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

You're not old, sick, angry or tired. You don't feel old, sick, angry or tired. And you don't need to look old, sick, angry or tired, thanks to Botox, Dysport, Restylane, Radiesse and other injectables.

Injectables are a wonderful option for those who are just showing the first signs of aging. They can fill lines, plump skin and smooth out creases that don't yet warrant surgical or other intervention.

In fact, injectables such as Botox and Dysport can even help prevent wrinkles from worsening. By temporarily stopping the muscles that are creasing your skin, they give your skin a break.

Restylane, Radiesse and their counterparts can fill those wrinkles and restore volume in your face, shaving off the past few years.

You can turn back the clock just as soon as those first few wrinkles appear and even tackle more stubborn deep creases relatively quickly and painlessly with injectables.

Consultation

If you're considering Botox, Restylane or another injectable, you'll first meet with Dr. Lee. He will examine your skin and talk about your goals for the procedure. Botox, Dysport and fillers can be used in conjunction with options such as chemical peels or laser treatments to reach your desired result. Based on your skin quality and the depth and location of your creasing and wrinkles, Dr. Lee will recommend the best treatment for you.

Be prepared to share your medical history, including previous surgeries, medical conditions, drug allergies and current medications. Tell Dr. Lee if you've had previous fillers or been treated with Botox or Dysport.



Botox and Dysport

Both Botox and Dysport use botulinum toxin to treat frown lines, crow's feet and furrows in the forehead. This is accomplished by injecting the toxin through a very tiny needle into the muscles that are causing the wrinkles. They're weakened, no longer able to contract and form facial lines.

While the procedure often takes just 15 minutes or less, it requires expert knowledge of the muscles of the face to be sure only the appropriate muscles are treated and to be sure they are fully immobilized while other facial expressions are preserved.

Injections of Botox and Dysport are performed in our offices. Afterward, you may notice a few small prick marks where you received the injections, and the area may be slightly tender. You should avoid rubbing the area for the first few days to avoid spreading the toxin to other muscles. There is no down time nor recovery required.

You will begin to see results after three to four days, though it will take a week for the full benefit to be apparent. Your smoother skin will last three to four months, at which time the toxin wears off, your muscles return to normal, and your wrinkles reappear. Patients often schedule regular touch-ups to maintain their younger looking appearance.

While Botox and Dysport are relatively safe, every procedure comes with risks. Those specific to botulism toxin injections include:

- Bruising and pain at the injection site
- Redness
- Headache
- Flu-like symptoms
- Nausea
- Temporary facial weakness or drooping
- Very rarely, the toxin can spread beyond the treatment area and cause breathing problems, trouble swallowing, muscle weakness and slurred speech.

Many spas and other facilities are now offering Botox and Dysport without any oversight. But Dr. Lee is a board-certified plastic surgeon, and he has carefully trained his staff to deliver the same thorough, careful approach. You can trust the Aspire specialists to provide a safe procedure and the best outcome possible.

Restylane, Radiesse and Other Fillers

Fillers work well for treating deep wrinkles and larger folds, such as the lines that run from the corners of your nose to the corners of your mouth. Various substances are injected into these wrinkles to build them out, making the skin look smoother and fuller. Fillers also can be used to plump up soft tissue such as the lips.

Restylane, Radiesse and other fillers differ in how soft they feel under the skin and how long they last. Soft fillers used in soft areas such as the lips tend to have a shorter effect, while more firm fillers used in areas such as the folds around the mouth last longer. The effects of fillers range from three months to a year; newer, longer-lasting fillers are being developed all the time.

The most common fillers used today are based on hyaluronic acid, a sugar found in human skin. Allergic reactions are much more rare than with previous collagen fillers. Hyaluronic acid is eventually absorbed by your body, at which time the wrinkle or crease will reappear.



While fillers are relatively safe, every procedure comes with risks. Those specific to injectable fillers include:

- Bruising and pain at the injection site
- Redness
- Headache
- Local infection

Many spas and other facilities are now offering injectable fillers such as Restylane and Radiesse without any oversight. But Dr. Lee is a board-certified plastic surgeon, and he has carefully trained his staff to deliver the same thorough, careful approach.

Aspire offers a range of options to help you quickly and easily erase those first signs of aging and prevent new ones. Even deep wrinkles can be smoothed out with injectables. You don't have to be mistaken for sick, tired or angry!

Follow up with our line of truly remarkable skin care products and help protect and reduce future damage to your skin.

The key to a truly successful result is maintaining an open line of communication with Dr. Lee and adhering to his recommendations. He and his team are eager to respond to your questions and concerns—they are your partners in achieving the results that you seek.