

# SIU Cosmetic Center Newsletter



Dr. Nicole Sommer Dr. Lucinda Buescher

The SIU Cosmetic Center joins with the expertise of plastic surgery and dermatology specialties to provide our patients with the most innovative, effective, and safe options in nonsurgical and surgical cosmetic procedures.

Our center offers the full spectrum of cosmetic surgery procedures including facelift, browlift, eyelid surgery, and body contouring procedures like liposuction, abdominoplasty, breast augmentation and breast lift, and post weight loss cosmetic surgery. Additionally, we provide minimally invasive procedures available in the office setting such as chemical peels, Botox® injections, wrinkle fillers, spider vein treatment, removal of skin lesions and laser treatments. A line of physician-prescribed skin care products and mineral make-up are available to our patients.

**To schedule an appointment with Drs. Lucinda Buescher or Nicole Sommer please call the SIU Cosmetic Center at 217-545-6314.**

## Nonsurgical options for facial wrinkles

One of the most important things a person can do to decrease or prevent wrinkles is take good care of their skin and use a topical vitamin A product, such as Retin-A. Vitamin A products are the only available skin care products which have scientific evidence of decreasing wrinkle formation, and are therefore the most important part of a skin care regimen. We also recommend using a hydroquinone product if the patient has problems with uneven pigmentation of their skin. There are multiple options for the treatment of wrinkles, which involve in-office procedures with minimal down time. These procedures include Botox® injections, wrinkle fillers, chemical peels and various laser treatments.

### Botox

Botox® is a purified form of Botulinum toxin which decreases muscle function only at the site where it is injected. It is used most commonly in the muscles between the eyebrows, which cause frown lines. It is also commonly used in the forehead muscle, which causes the horizontal forehead wrinkles. It can also be used on the outside corner of the eye, eliminating the crow's feet wrinkles or smile lines.

Botox® is extremely safe and effective. The amount used and the placement of it can be adjusted for each individual patient, depending on their concerns and desires for improvement. The procedure takes approximately 5-10 minutes. A series of several injections are performed in the office setting. The patient is given the option of topical anesthesia if desired. The effects will be noticed within 2 to 7 days. Botox® lasts approximately three to four months and then it must be injected again to continue the results.

Risks of the procedure are bruising, asymmetry, and incomplete results needing further injections. A very rare risk is ptosis (drooping) of the upper eyelid. This is primarily seen after injection of the frown lines between the eyebrows if the Botox® is injected too close to the muscle which elevates the eyelid. If this occurs, eye drops can be given to help elevate the eyelid until it wears off in approximately three weeks time period. Depending on how the Botox® is injected and where it is injected, you may notice a change in your eyebrow shape. That is why it is important to discuss your goals with your physician before injection.



## Wrinkle Fillers

In contrast to Botox®, which stops the muscles beneath the skin from working and therefore decreases the formation of wrinkles, wrinkle fillers plump up the wrinkles without affecting the muscles. There are multiple types of wrinkle fillers available. Human and bovine collagen injections were the first wrinkle fillers developed and are still used today, but are the shortest lasting fillers available with an approximately 3 to 6 weeks duration. Hyaluronic acid fillers are the most commonly used fillers and are made from hyaluronic acid, which is a chemical naturally produced in the skin, but is chemically produced for the filler. Common names of hyaluronic acid fillers are Restylane and Juvederm. Another common filler is Radiesse, which is calcium hydroxyapatite.

Fillers are injected beneath or within the wrinkle, through several needle sticks. Most common areas injected are the nasolabial and labiomental folds (the wrinkles which extend from the nose to the corner of the mouth and down to the chin), lips, corners of the mouth and in the lower eyelid region. The amount of filler needed depends on how deep the wrinkles are. The more extensive the wrinkles, the more product that will be needed to meet the patient's goals. Patients will notice swelling and possible bruising for a few days after the procedure. They may notice redness, which can be covered with makeup. They may also occasionally notice firmness in the area, but if placed properly this will be minimized. Ice can be used after the injection to help decrease swelling. The effect is seen immediately and lasts anywhere from 6 to 12 months for Restylane and Juvederm and 9-18 months for Radiesse. There are more permanent fillers available, such as Artefill or a patient's own fat, but we recommend that patients see how they like the effect of one of the temporary fillers first before using permanent filler.

## Chemical Peels

Chemical peels improve wrinkles by causing a superficial injury to the skin, which stimulates collagen, causing the skin to tighten. There are various depths of chemical peels depending on what result a patient is hoping for and how much downtime they can accept. Peels are best used to treat dark spots, fine lines, minor scars and discoloration. Types of peel performed are Glycolic Acid peel, TCA Peel and Phenol Peel. Peels are performed in the office and take about 15-45 minutes to complete. The skin is swollen and red/pink at first and darkens to a light brown color before beginning to peel off in 3-5 days revealing new, pink soft skin. Deeper peels, such as Phenol, result in more swelling and

downtime but also give more dramatic results. These deeper peels also have greater chance of complications including irregular pigmentation and permanent lightening of the skin.

## Combination of treatments

The most common area to need a combination of the above treatments is around the mouth. Very commonly the wrinkles around the mouth need fillers along with a peel and possibly even Botox® to get the best result. The photos demonstrate this combination. The patient underwent a phenol peel around the mouth as well as Radiesse and Hyaluronic acid filler in the wrinkles extending from the nose to the corners of the mouth and down to the jawline.



Before



After

Please call us at 217-545-7809 to discuss this further or to schedule an appointment.

Look for the role of lasers in facial rejuvenation in our next Cosmetic Newsletter.