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EVERYTHING YOU NEED TO KNOW ABOUT COSMETIC INJECTIONS

Arissa Ha | Published February 14, 2017

The latest advances in injectables can help create a more youthful visage without the need for surgery. Here's everything you need to know before your jab.

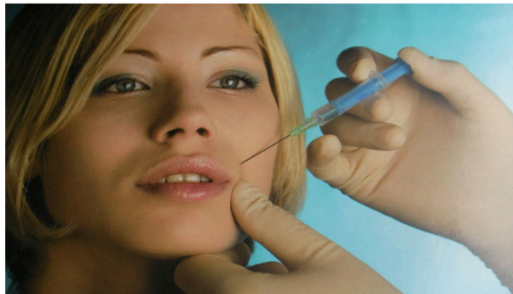


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With the rise of social media, and more people sharing their experiences with plastic surgery and cosmetic injections, injectable procedures have become hands down the most popular of cosmetic procedures. They offer facial contouring, line erasing and plumping in minutes, and are often sought after because there is less risk involved (as opposed to going under the knife and general anaesthesia), sometimes with instant results, and minimal downtime.

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When welded by a trained medical expert, and with the new and improved techniques, technology and materials, results are more realistic, with no one needing to know you've had some "refreshing" done. If you've been contemplating a filler jab to sharpen the chin, or a

Botox injection to target those frown lines, make this your must read. We spoke to three doctors, Dr WS Heng



What's involved when I decide to go through with cosmetic injections?

BEFORE: Preparation for cosmetic injections comes a few days before the actual procedure. All three doctors advise patients to avoid health supplements like ginkgo biloba, St John's wort and vitamin E as they thin out blood and increase the likelihood of bruising on the injection site. Medication like aspirin also has the same blood-thinning effect.



Some women experience shivering, headaches and even vomit after being administered the epidural. (Photo: Pixabay)

What's involved when I decide to go through with cosmetic injections?

DURING: The doctor will take the time to go through your areas of concern and the treatment options available to treat it. Patients will then be ushered to a separate room to have numbing cream applied to the area where the botulinum toxin A or filler will be administered. This usually takes about 15 to 20 minutes before taking effect, making the procedure more comfortable to bear. The needles for botulinum toxin A are very fine and in many cases, you walk out of the clinic with barely noticeable prick points.

For botulinum toxin A injections to make the jawline less pronounced, about two or three points will be injected onto the mandibular (jaw) muscle to relax them. There may be slight bruising or redness, but the redness will subside in a few hours and bruising will usually go

Most fillers are made with hyaluronic acid, a naturally occurring substance which is known for its ability to hold a lot of moisture, hence plumping the skin. Common brands of fillers include FDA-approved Juvederm and Restylane and within each brand are a range of products that cater to different aesthetic needs. "These products have slight chemical differences in terms of concentration, gel hardness and cohesiveness, which allows them to play their role at certain areas," shares Dr Heng. "Take for instance, for chin reshaping, a doctor will likely choose to employ [a filler with] high lifting capacity and superior staying power, allowing adequate contour enhancement. Meanwhile a patient looking to have fuller, luscious lips will have to be treated with a product that is easily moldable but cohesive at the same time."

Fillers are most commonly used to give back volume to the skin which often depletes with age or sometimes extreme weight loss. They can also be administered to enhance facial features like the nose, chin and cheeks to enhance facial contours.

All readers should seek medical advice from a qualified doctor if they are considering any cosmetic procedure - this article is not intended to be a substitute for medical advice.

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