



DR MATTEO  
VIGO

PLASTIC SURGERY

A DEFINITIVE GUIDE  
TO DERMAL FILLERS



Dermal fillers are one of the most widely used treatments for restoring smoothness and facial volume. Injected by an expert healthcare professional, they fill in space and absorb water to create a smoother, fuller appearance or enhance the contours of the face.

A common complaint of ageing skin is the general loss of volume in the face and less 'bouncy' skin. As we age, our supplies of collagen and elastin decline, and the fibres themselves become weaker and less springy. The surrounding fluids that cushion and support these fibres also begin to 'dry up' resulting in wrinkles, ridges, and a general loss of volume in the skin. While injecting neurotoxins, such as botulinum toxin, will help smooth out wrinkles caused by muscle movement, only a dermal injectable can address the depressions and loss of volume associated with ageing. This is why dermal fillers are most commonly used to fill nasolabial folds, marionette lines (from the edge of the mouth to the chin), the jawline, cheeks, lips and the under eye area.

#### **WHAT ARE DERMAL FILLERS?**

Dermal fillers come in various formulations, each of which works differently in softening the lines, folds, creases and loss of volume associated with age and/or exposure to environmental aggressors. Fillers are also effective for augmenting contours of the face; to create fuller lips, a more defined jawline or plumper cheeks for example. The most popular fillers are derived from hyaluronic acid, a water-binding sugar that is already produced in the skin. Hyaluronic acid fillers are usually well tolerated and the effects, if undesirable, can often be reversed by injecting an enzyme called hyaluronidase, which helps to dissolve hyaluronic acid fillers. Other fillers are composed of synthetically derived substances, such as calcium-based microspheres. However, these synthetic options cannot be reversed and the effects last longer, which could be problematic if the results are unfavourable. More recently, fillers have been created using the patient's own cells with results lasting up to two years.

## WHO ARE DERMAL FILLERS FOR?

Fillers are appropriate for any skin type and address a multitude of age-related concerns, but only adults should have fillers, as they can inhibit bone structure if not fully developed at the time of injection. They can fill in hollows under the eyes and eliminate the depressions caused by deep creases, wrinkles, or scars, as well as plump up larger areas such as the cheeks and temples.

Recently, researchers have also discovered that injectables stimulate fibroblasts to synthesise additional collagen, so doctors are now increasingly seeing younger patients who use fillers as a preventative treatment to slow ageing. They are also popular for augmentation and contouring (fuller lips, a wider jawline, etc).

Fillers are not recommended to be used by pregnant or nursing women.

## HOW DO DERMAL FILLERS WORK?

A syringe needle injects a gel-like substance into the skin at various depths. A series of injections evenly disperses the filler. This filler substance fills up the area, resulting in improvements such as smoother nasolabial lines or fuller cheekbones. Although the discomfort associated with receiving dermal fillers is minimal, it is not entirely pain free. A treatment generally begins with the application of a numbing cream. After approximately 30 minutes, the numbing cream is removed and a series of injections are administered into the target areas. Certain areas may be more sensitive during injection. For example, under eye fillers may cause more discomfort to the patient than cheek fillers.





Some soreness, bruising, and swelling may occur in the days, or even weeks, following the procedure. Many factors affect the severity of these side effects, such as the speed of the injections and the site of injection. Another factor is the material used for the filler. Fillers that provide semi-permanent results, as often seen in cheekbone fillers, are associated with more swelling and discomfort. Due to the potential side effects associated with dermal fillers, it is important that they are performed by an experienced medical professional, such as a cosmetic dermatologist or cosmetic doctor.

#### **WHEN SHOULD I GET DERMAL FILLERS?**

A single session of an injectable has the potential to last up many years, depending on which kind of filler is used. Permanent and semi-permanent products are not suggested for their high probability to create problems in the long run. Less permanent options, such as those composed of hyaluronic acid are more quickly absorbed, usually within 6 months. This especially holds true if the filler is injected in a region with a lot of movement. Facial fillers do not increase sun sensitivity, making them a great year-round option. However, until the initial swelling has subsided, patients should avoid excessive heat exposure, including prolonged sun exposure. It is recommended to incorporate an at-home skincare regimen after dermal fillers; always consult with your skincare professional for individual at-home advice.

#### **CONTOURING AND REFINING FEATURES**

When injected by an experienced professional, fillers also have the ability to contour and refine features. Lips can be augmented to reduce the lines that appear with aging, and small noses can be enlarged so that they balance nicely with other facial features. A flat chin can be injected with filler to provide a symmetrical profile. Fillers can provide a straighter nose for people who have a hump in the middle. Cheek bones can be injected to provide a natural-looking lift to the face. Although amazing results can be achieved with injectable fillers, it is the artist in control of the needle who determines the final outcome. It takes artistry, not just a licence, to sculpt the face in perfect harmony and proportions.

Not only can fillers be injected in a short period of time, but there is also little discomfort for the patient. Local anaesthetic is administered prior to the injections, and some brands even have the anaesthetic combined with the filler. Slight swelling or redness at the injection site may be experienced, but this is minimal, eliminating the need to take a few days off of work to heal. Another major benefit of injectable fillers is that they are affordable. Great results can be accomplished without breaking your pocket book.



### **THINGS TO KNOW IF YOU'RE CONSIDERING DERMAL FILLERS**

Whether you are considering getting dermal fillers to smooth out wrinkles or enhance facial contours, a quick look at some criteria and facts will help you know you have come to the right place for your treatment.

Dermal fillers should be injected only by an experienced and qualified medical doctor. This procedure requires qualifications, experience, and an artistic edge, because 90% of the success of cosmetic procedures depends on who is doing them. For example, a bad haircut would indicate the level of experience of the stylist, not the scissors that were used. This is why it is extremely important to inquire about the credentials of your practitioner and ask to see before and after pictures. Getting a consultation first is advisable, as you would get a chance to see my facility and raise your questions or concerns with me.

### **YOUR EXPECTATIONS**

Bringing a picture of your younger self to your appointment is helpful. However, bringing a picture of your favorite celebrity is not conducive. While you may see one aspect or feature of your face, it is important to know that a face has to be analysed in whole and not in part. The aim of the injectable procedure is to look naturally enhanced. It is also important to understand that each face has its own asymmetry. A good doctor can help bring more symmetry while keeping the overall aesthetics of the face visually pleasing. So make the most of your consultation by being

open to recommendations. Your doctor sees in three dimensions, and you would benefit from exploring all your options.

### **THE ACTUAL PRODUCT**

There are many types of dermal fillers on the market. But the most common of them are hyaluronic acid (HA) products. They have proven to produce natural and lasting results while maintaining fluidity to move with facial expressions. This line of dermal fillers also incorporates antioxidants, minerals, and vitamins to deliver further treatment benefits while filling and contouring the face.

### **HOW LONG THE RESULTS WILL LAST**

Hyaluronic acid in dermal fillers also naturally occurs in the body and therefore gets metabolized eventually. Depending on the dermal filler chosen and whether or not this is the first time you are having a filler injected, you can expect results to last anywhere from 3 to 6 months. If for some reason you are not satisfied with the results, which is very rare, HA fillers are also dissolvable at your request by injecting an enzyme called hyaluronidase.

### **WHAT TO DO BEFORE AND AFTER THE INJECTION**

It is always best to schedule your injectable appointments a couple of days to a week prior to any major event. With dermal filler injections, you will also need to take bruising and swelling into account. You can reduce this likelihood by stopping any supplements that can act like blood thinners such as fish oil and also some pain killers such as Aspirin, Aleve, Advil, etc., 2 weeks prior to your appointment.

After your dermal fillers treatment, follow the post-care instructions given, which include applying cold compresses, avoiding extremely cold or hot drinks, sun exposure, extreme temperatures, excess facial mimicry, and vigorous exercises. Being gentle is key.





DERMAL FILLERS  
GLOSSARY OF  
TERMS

## WHAT WORDS SHOULD I KNOW ABOUT DERMAL FILLERS?

### **BOTOX**

There is 100% a difference between Botox and fillers. Botox stops the small muscles in your face from making the movements that cause wrinkles, whilst dermal fillers plump from below the wrinkle to smooth them out and promote the youthful look.

### **CALCIUM HYDROXYLAPATITE**

RADIESSE is comprised of Calcium Hydroxylapatite (CaHA) microspheres suspended in an aqueous gel carrier.

### **COLLAGEN**

Connective tissue component of skin.

### **DERMAL FILLER**

These are products which are injected into the skin (the dermis – that is the dermal part) to fill or plump up skin that may be wrinkled or lined. The effects are semi-permanent lasting up to 18 months.

### **GLABELLA**

The space between the eyebrows and above the nose, where muscle movement commonly results in vertical frown lines.

### **HYALURONIC ACID**

Also called Hyaluronan or Hyalronate, a chief component of cellular matter, particularly connective tissue in the human body. Synthetic hyaluronic acid is the chief component of many dermal fillers.

### **JUVEDERM**

The brand name for an injectable hyaluronic acid - based dermal filler.

### **LIDOCAINE**

A common anesthetic agent.

### **NUMBING CREAM**

A form of anesthetic by topical cream to numb tissue prior to injections or laser procedures.

### **NEAUVIA INTENSE**

Deep tissue restoration of volume & correction: Intense is suitable especially to deep filling of skin depression (included deep wrinkles and nasolabial folds), cheeks, chin and nose modelling, face contouring and temples, in moderate and strongly aged skin.

### **POLY-L-LACTIC ACID (PLLA)**

As a poly-L-lactic acid (PLLA) collagen stimulator, Sculptra Aesthetic is different. It works with your body within the deep dermis, rather than topically, to help revitalize collagen production and help restore your skin's inner structure and volume.

### **RADIESSE**

The brand name for an injectable calcium hydroxylapatite, - based dermal filler.

### **RESTYLANE**

The brand name for an injectable hyaluronic acid - based dermal filler.

A BRIEF NOTE FROM  
DR. MATTEO VIGO



I decided to become a doctor at an early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind it and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients find themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of these feelings from my patient is my best satisfaction.

Dr Matteo Vigo



## FILLERS IN DUBAI

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[Fillers in Dubai.](#)

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To book a Dermal Fillers consultation with  
Dr Vigo, please contact us today.

EMAIL

[booking@matteovigo.com](mailto:booking@matteovigo.com)

Telephone & Whatsapp

+971 56 282 5825

Locations

**AMWAJ POLYCLINIC**

Building P11  
Jumeirah Beach Residence  
Dubai

**BIOSCIENCE CLINIC**

Al Razi Building 64,  
Block B, Ground Floor

**HEALTHBAY POLYCLINIC**

Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai