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## INJECTABLE THERAPIES

*An integral part of our Responsible Rejuvenation Program*

### **THE LASERDERM PHILOSOPHY**

#### **MISSION STATEMENT**

To enhance the quality of laser medicine through specialized expertise and innovative technology and a commitment to excellence in patient care.

### **MEET THE INJECTORS**

**Dr. Laughlin** has been using corrective fillers and injectables in their various forms since 1983. She has kept abreast of all major innovations within the field and has even personally trained with the original doctors who defined the use of Botox for cosmetic purposes, Dr. Jean and Alistair Carruthers. She is a recognized 'Master Injector' and has in the past served as an official preceptor to train other physicians in the use of injectables. As Medical Director, Dr. Laughlin ensures that only the best performing, safest, and reliable products and drugs are curated for Laserderm. After all, our patients deserve the best care. Her personal philosophy for Botox injections: "We want you make you look stunning, not stunned!"

**Dr. Chloe Ward** and **Dr. Chris Sibley** completed their dermatology training in 2018. They are double board-certified and completed their Fellowship training at Laserderm before joining the medical team as Associate Dermatologists. They are versed in all aspects of laser and cosmetic dermatology and have completed Advanced Training with Allergan and Merz.

**Sunny Kim**, RN, BScN, CANS, started with Laserderm in 1998. She has been the primary injector for over 11 years now, and is part of an elite group of clinical nurse injectors in Canada. Advanced Master Class training through various manufacturers is by invitation only, and is offered to a select group of top injectors in the country. She has presented teachings at professional conferences and for companies such as Allergan, and is involved in Dermatology Residents and Fellows training at Laserderm. Specializing in MD Codes, the natural looking facelift, and perfecting "pretty lips", her philosophy in filler and Botox treatment is: "the best injectable is the least detectable".

### **BOTOX COSMETIC®**

Botox Cosmetic® is an injectable drug treatment derived from a pure protein that works to relax the muscles that cause wrinkles and sagging in the face and neck. Botox can give peak results in 14 days, and may last between 3-5 months. The optimal results are that you look natural, well-rested, rejuvenated and relaxed. In our hands, you should never "look like" you have had Botox.

## **Benefits of Botox treatment:**

- Reduce or eliminate frown lines that make you look angry, even when you are not!
- Soften lines and wrinkles of the forehead, crows feet, lipstick bleed lines
- Give a lift to droopy brows
- Contour the jawline
- Reshape a square jaw
- Train the mouth to look more happy, not frowny or downturned
- PREVENTS lines and wrinkles from forming or worsening in areas of expression (lips, eyes, forehead)

## **Assessment**

- While it is essential for clinicians to be intimately aware of facial anatomy and muscle functions of the face and neck, it is just as important to look for specific and unique features in each and every patient. This is the difference between cookie-cutter style injectors, and the injectors at Laserderm. We tailor every treatment session to what is specifically needed for the different treatment areas in each individual patient.
- Even for the same patient, the treatment plan might differ slightly from one visit to the next, based on how the muscles are recovering. We always try to use the most conservative dose of Botox to achieve the right aesthetic in the most efficient and safe manner possible.
- Botox is a prescription drug and should be thought of a medical procedure, with cosmetic benefits. We do not subscribe to “Botox parties” or any formula where everyone gets the same treatment plan. The best Botox results come from trusting an expert with an artful eye.

## **Potential Side Effects**

- Some localized bruising can occur around the area of injection.
- 1 % of those treated have reported drooping of the upper eyelid. You will be instructed to refrain from rubbing, touching or massaging areas of injection for 4 hours, in order to reduce the risk of eyelid drooping. There is a prescription eyedrop that can be used for this temporary side effect if it does occur, it typically occurs within 1-2 weeks of the injection.

## **WHAT IS A FILLER?**

Soft tissue fillers have been used for decades now, starting with collagen injections more than 25 years ago. Today, the filler technologies are much more advanced: safer, more natural looking, less painful, and longer lasting. Treatment technique has also been improved with study and experience.

A wide variety of fillers can be used, but we carefully choose only the best performing, safest, and most natural looking filler products for our patients. And most importantly, at Laserderm we value the individual beauty of each patient, and apply our utmost skill and judgement in enhancing that beauty, not trying to produce copies of the same features and faces on everyone. This is the ART of beautiful filler results, it will never look like you had “filler done”, you will simply look like a younger version of yourself, think... 10-12 years younger!

## **Benefits of Filler treatment:**

- Restore more youthful contours, jawline and cheek position. We use advanced techniques such as MD Codes, to produce the optimal LIFT of facial contours. This is a subtle and more natural-looking alternative to surgical facelift for mild to moderate sagging.
- Enhance areas such as crooked bump of nose, thinning lips, flattening or gaunt cheeks, saggy jawline.
- Sagging earlobes with enlarged or gaping piercing holes can be corrected using filler.
- Fillers can be done one day and you return to work the next. This is considered a no downtime procedure, however the risk of bruise is present anytime a needle poke is involved in the treatment.
- Optimal results appear (such as lifting of the cheek, jawline) at around 6-8 weeks post injection. Results may last anywhere from 1-3+ years, depending on which area and specific type or brand of product used.

- The most common emotional effects of having artful filler done, is that you will appear:
  - Less angry
  - Less tired
  - Less sad
  - More rejuvenated
  - More rested
  - More youthful, healthier
- Patients who have undergone illness, stress, or sudden weight loss appear more skeletal and aged. Filler can help restore the look of wellness or health
- Cancer survivors are particularly appreciative of facial restoration after they beat the disease, because they no longer look like they are still sick.
- MEN benefit from these treatments tremendously because most do not have the luxury of optical illusion tricks from makeup application. Looking relaxed and approachable is a high value asset for anyone in sales, leadership positions, public figure. Or basically anyone who wants to refresh their looks and do it in a natural way!

## Side Effects

- Possible side effects are mild to moderate and can last up to seven days following treatment. These include: redness, tenderness and bruising.
- At Laserderm, we are home to several lasers which work on vascular (or blood based lesions). If you happen to get a blue or black bruise from the needle poke, you simply return the next day for a complimentary Pulsed Dye Laser treatment. That bruise should be cleared within 72 hours.
- It is normal to feel little lumps and bumps underneath for the first few days, but they all melt right into the skin on their own. By the time of the followup appointment, all the filler will be soft, well integrated into your own skin and you should not be able to tell it apart from your own tissue.

## Types of Filler

### Hyaluronic Acid

HA is a complex polysaccharide molecule which occurs naturally in the body, it gives the skin bounce, lubrication to joints, and forms the fluid inside the eye. HA works to create a soft gel or volume by binding to water in the tissue (hydrophilic). Most HA products are now synthesized in lab, there is very low allergenic reaction since no animal protein is used in synthetic preparations.

The most significant feature of HA products is that HA can be reversed or dissolved by an enzyme called Hyaluronidase. Any adverse reactions or allergic type reactions to an HA product can be resolved with Hyaluronidase injection.

At Laserderm, the vast majority of filler treatment programs, including SoftLift, MD Codes, and lip or nose augmentation is done using Juvederm or a similar HA. The different manufacturers of HA are carefully selected by Laserderm based on performance and safety features as best in class:

- Allergan Juvederm (Ultra, Ultra Plus, Volbella, Volift, Voluma). Lasts 1-2+ years in most areas
- Merz Belotero (lasts 1 year, great for natural looking lips, undereye hollow/tear troughs)

### Radiesse (Calcium Hydroxylapatite) by Merz

This is a collagen stimulating filler that is very biocompatible with tissue (molecule used in dental and bone grafting).

Performs well for jawline contouring, improvement of folds, especially in men or very skinny patients.

Radiesse is the only soft tissue filler that has FDA clearance for treatment of back of HANDS. Improves the appearance of bony and veiny hands by building collagen in deeper layer of skin. Results may last 1-2 years.

### Sculptra(Poly-L-Lactic Acid) by Galderma

Sculptra is a collagen stimulating product which is made of the same material as dissolvable sutures. Sculptra was originally FDA approved for use in lipoatrophic patients suffering from severe fat and volume loss on the face.

It performs well as a product which can mimic the elastin in skin. Wrinkles, rough texture, and bumpy skin are all results of diminished collagen and elastin with age. Sculptra works well to create the look of bouncier and supportive skin, in areas

of crepiness, lots of static wrinkles in the cheek, around the eyes. Sculptra is not as effective at “lifting” or redraping saggy areas or creating areas of projection such as in cheek contouring. Results may last 2-3years.

### **Bellafill (Polymethyl Methacrylate, or PMMA, beads suspended in collagen gel)**

Bellafill is considered a semi-permanent filler due to the nature of PMMA. These beads are permanently in the tissue where they are injected. They stimulate the body to grow collagen around the network, thereby creating a very long lasting correction, up to 6+ years.

While Bellafill can be injected in many different areas, at Laserderm we reserve use of Bellafill primarily for depressed or atrophic scars. Deep acne or traumatic scars, chicken pox scars do well with Bellafill treatment and the patient can enjoy the cosmetic correction for 5-6+ years. Augmentation of other features or for general rejuvenation is better addressed with a long lasting temporary filler such as Juverderm or Radiesse, as potential longterm complications are much lower.

### **Platelet Rich Plasma (the Vampire Facial)**

PRP is derived from your own blood sample, the growth factor rich component is harvested and reinjected into your skin. Growth factors help to rejuvenate, restore and repair any areas that could use some collagen stimulation, or cell repair. The Dermajet is a device that delivers PRP into the area, so the microneedling treatment also stimulates new collagen growth. The benefits are: smoother and more even skin, softening of crepey skin around eyes, chest, neck. This is a good treatment for “dark circles” under the eyes.

### **Belkyra (Deoxycholic Acid injections)**

Belkyra is a drug which dissolves fat and helps to debulk and recontour submental fat. A double chin is sometimes hereditary and is difficult to reshape through diet or exercise. 1-3 Belkyra sessions can result in moderate reduction of the double chin, a great alternative for patients who want improvement but do not want liposuction or surgery. Fat reduction with Belkyra is permanent, as the fat cells are destroyed and cleared away by the immune system.

## **SUNSCREEN INFORMATION AND SUNDAMAGE PREVENTION**

### **Every Morning Sun Whip SPF 30.**

Provides broad spectrum UVA and UVB protection with 25% Zinc and certified organic Bio UVA Ultra. This non-greasy dry touch formula gives uniform coverage and can be effectively worn under makeup. It is completely transparent after application, absorbs quickly and is gentle enough to use on children, and on sensitive skin.

### **What separates us from other sun care products?**

Protection against UVB and UVA light is critical. An easy way to distinguish the two from each other is: UVB burns, UVA ages. Both can cause skin cancer.

Many consumers do not realize that the SPF indicated on their sunscreen bottle measures protection against UVB light only. SPF is not correlated with UVA protection whatsoever. In other words, a consumer can wear a product with a high SPF of 50 and above and be receiving little protection against UVA light.

Zinc Oxide is the most effective UVA and UVB protector. It provides concerted protection through to the longest wavelengths of UVA. We provide protection with 2 active ingredients and a low ingredient count- therefore reducing the possibility of irritation. The use of a proper sunscreen is the single most important element in any skin rejuvenation program. It is worth investigating whether yours is working effectively.