



Ask Dr. Grant



DR GRANT IS A RENOWNED COSMETIC DENTIST TREATING PATIENTS BOTH NATIONALLY AND INTERNATIONALLY, THE ONLY COSMETIC DENTIST IN THE REGION GRANTED PRACTISING PRIVILEGES AT NUFFIELD HOSPITAL, EXETER

Dermal Fillers – What’s The Real Story?

What are dermal fillers?

Fillers are natural or synthetic substances injected into the skin to produce a ‘plumping’ effect, giving back the fullness lost naturally with age.

What can they be used for?

Lip enhancement to make lips fuller and redefine shape; sagging, fine lines and wrinkles; light scarring, for example from acne; and lines on the upper chest and hands from sun exposure.

What’s the choice?

Dermal fillers can be made from fat, collagen, hyaluronic acid, silicone or peptides. They need to be non-allergenic, non-toxic, non-inflammatory, bio-compatible, long-lasting, stable and to stay where they’re injected. Personally, I like Restylane which contains hyaluronic acid – a natural substance found in the body which helps retain moisture and skin volume.

How about results?

I use hyaluronic acid because it gives the most natural-looking results. The effects of natural fillers like hyaluronic acid aren’t always as immediate as with synthetic fillers, but do tend to last longer – typically nine to 12 months, even up to two years.

Will it hurt or bruise?

It won’t hurt provided the area’s numbed first. Some fillers contain local anaesthetic, others need cream or dental block. I use a new type of needle that’s blunt and glides through tissues, significantly reducing discomfort and bruising, so you won’t have to take time off work!

Any downsides?

Discolouration at the injection site for up to 36 hours and possible itching. Lips may be swollen for up to 24 hours. Using hyaluronic acid reduces the risk of allergic reaction because it’s not derived from other animal sources (unlike bovine-derived collagen).

**“YOU KNOW YOU’RE GETTING OLD WHEN YOU STOOP TO TIE YOUR SHOELACES AND WONDER WHAT ELSE YOU COULD DO WHILE YOU’RE DOWN THERE”
– GEORGE BURNS**

Where shall I go?

You need to make sure the clinician is a) qualified and b) insured to provide the treatment, so ask to see certificates, and c) operates in a clean and safe environment – in my case, under a dental lamp in my surgery or at the Nuffield. Also ask which particular filler they’ll use, so you can read up about it.

Will I end up looking like Leslie Ash? ...

I’m asked this every day. Simple answer – no. She had an adverse reaction to silicone.

... and what about that girl who went to America?

She had silicone injections in her bottom administered by an allegedly unqualified clinician.

Cost?

Typically, £200 to £300 per syringe. So as you’re paying per syringe, ensure you ask how much one contains – 0.5ml, 0.8ml or 1.0ml. As ever, don’t just go for price – go for trust, experience and qualifications. **DL**

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