

## Liquid Facelift: Botox and Dermal Fillers

A Liquid Facelift is the practice of combining dermal fillers and Botox® Cosmetic to restore facial volume and erase muscle-driven wrinkles to maintain a youthful appearance without surgery.

**Botox** temporarily improves the appearance of mild, moderate or severe facial wrinkles, including frown lines, forehead wrinkles, lines above your upper lip and laugh lines.

**Dermal Fillers** are injections that temporarily fill out loss of fat volume, erasing deep lines and hollows that make you look tired. Dr. Cockerham uses Restylane®, Perlane®, Juvéderm™ and Radiesse®, which contain natural products found in your own body's tissues: hyaluronic acid and calcium hydroxyapatite. Eleveess™ is now available – a hyaluronic acid filler with numbing medicine all in one. Finally, Artefill® is a permanent filler for those who know what they want and don't have time to re-inject.

### Skin Fitness

For best results, follow Dr. Cockerham's recommended Skin Regimen (separate handout) to ensure your skin looks its best.

### Pre-Procedure

- Downtime. Neither Botox nor dermal fillers require a moment's social downtime if you follow the Treatment Do and Don'ts listed below. You may have some blotchy redness due to the topical anesthetic that lasts less than an hour. Small needle marks may be visible. Rarely, despite following instructions, bruising can occur (especially for treatments around the eyes).
- None of the dermal fillers except Artefill require a skin test prior to your treatment.

#### Treatment Dos:

- Take oral Sinnech (Arnica Montana) on the day prior to your injections to reduce bruising and swelling.

#### Treatment Don'ts:

- Take aspirin, anti-inflammatory medications or herbal supplements for two weeks prior to injections.
- Have dermal filler injections within one month of any laser treatment; the laser will reduce filler longevity.
- Expose yourself to extreme heat for three hours after injection – avoid hot shower, bath, Jacuzzi tub, steam room and all aerobic activities.
- Position yourself (e.g., lie down) on your left or right side and take a nap, watch television, etc.

### Receiving Botox and/or Dermal Fillers

- Dr. Cockerham will consult with you to determine exactly what areas you want to address. If choosing a dermal filler, she will review which filler is best for your particular situation.
- A topical anesthetic will be applied for 20-30 minutes prior to your injections.
- The Botox and/or dermal filler injection process is very brief. Some patients report that the dermal filler injections are somewhat more sensitive than the Botox injections.

## Post-Procedure

- There may be slight bleeding from the injections, which can easily be dabbed away.
- Ice packs may be applied to the injection sites to relieve sensitivity.
- Continue with your daily routine.
- Try sleeping on your back for the first two nights following dermal filler injections to avoid any filler movement.
- Dermal filler injections in the lips may appear more pronounced due to swelling within the following 24 hours but will soon subside.
- Slight bruising may occur at injection sites after a day or two; this can be easily covered with concealer.

If you have any questions or concerns, please call Dr. Cockerham's office at 650.559.9150 or contact Dr. Cockerham directly at [Dr@CockerhamMD.com](mailto:Dr@CockerhamMD.com) or cell phone 650.804.9270.

Please visit [www.CockerhamMD.com](http://www.CockerhamMD.com) for more information on Botox and dermal fillers—the Liquid Facelift.