

# The facts behind

# fillers

*If you've been considering new options for your skincare regime, here's what you need to ask yourself...*

## What result are you looking for?

If you're simply aiming to look the best you can for the age you are, facial fillers could be a good option to consider. Good food, exercise and a thorough skincare regime are all keys to good skin and positive ageing, but we all know there's only so far a good diet and skin creams can go.

## How are fillers used?

They're used to lift and revitalise key areas such as the cheeks, or to plump out hollows around the eyes. Some women use them to restore fullness to their lips or to bring back a stronger definition to the jawline. In effect, it gives similar results to a facelift, but without the invasive and expensive surgery.

## What are fillers made of?

JUVÉDERM® facial fillers are made from hyaluronic acid, a sugar in your body found in the connective tissue. This combines with the water in your skin to smooth and enhance its contours. It restores lost fullness, and evens out lines and wrinkles.

## How do they work?

Facial fillers are injectables. However unlike muscle relaxants – the other major type of injectable – they don't release tension in the muscle beneath the skin. Instead, they literally 'fill in' lines and wrinkles to plump up and

restore volume, leaving you looking as good as possible.

## How long does the effect last?

Depending on the type of treatment that's recommended for you, the effects of JUVÉDERM® facial fillers will last from 9-24 months.

## Where can I find the right practitioner?

Anyone who treats you with JUVÉDERM® should be a member of the British College of Aesthetic Medicine, or the British Association of Cosmetic Nurses. If you're apprehensive, ask a practitioner to show you pictures of patients they have treated previously. You'll soon recognise there's an artistry involved in the procedure.

## Does a consultation take long?

Your first consultation will involve a

thorough discussion about what you want to achieve, and the practitioner will take you through all the options. The treatment itself takes around 30 minutes. The injections are short, and may include a built-in anaesthetic to

ease any discomfort.

## How soon will I notice the results?

Straight away! You'll see that you still look like you – just with smoother, more volumised skin.

## Is it the right choice for me?

The most important reason to have facial fillers is because you feel good about it and want to do it for you. If you do decide to try it, you're in good company – 5 million women are currently considering it too! Take your first step to younger-looking skin and get some professional advice by booking a consultation.

**Restore lost  
fullness  
and even out  
lines**

## Find out more

If you'd like to find out more, the best way is to have a consultation with an expert aesthetic practitioner. You can find a clinic near you at [juvederm.com](http://juvederm.com).

