



Are You Considering DERMAL FILLERS?

Here are 8 steps to help you on your facial filler journey:

1. The reason:

Consider WHY you want to have a facial filler treatment – how is it going to benefit you?

2. Research:

Do your research before booking a consultation. There is lots of information online, but if you can contact someone who has previously undergone treatment, even better! Visit www.this-is-me.com to read more about real life experiences.

3. Location:

An important yet regularly dismissed aspect. A clinical setting is crucial for proper lighting – do not let someone inject you in a sitting room.

4. Qualified practitioner:

Finding a qualified practitioner is vital to ensuring a safe treatment. Ask your practitioner about their qualifications, and preferably only continue treatment with a qualified doctor, nurse or surgeon.

5. In-depth consultation:

Ideally, this should be at least half an hour, and your practitioner should record your medical history, any known allergies and discuss any safety concerns associated with treatment.

6. Clinical assessment:

A good practitioner will undertake a detailed facial assessment before starting any treatment. They will advise on the best areas to treat and give you an idea of a realistic finishing result.

7. Treatment planning:

You should receive a personalised treatment plan to reach your goals, because, after all, no one size fits all. At S-Thetics we use a full-face approach, done gradually so that all areas are gently addressed to create refreshed and natural-looking results.

8. Aftercare support:

Prior to treatment, ensure you will have access to aftercare support. This will allow you a more relaxed treatment journey, with your practitioner on hand to address any queries or issues that you may have.

Following these eight simple steps will help to ensure you have a safe and stress-free treatment journey.

DERMAL FILLERS:

The what, where, how, when and why?

Dermal fillers are a non-permanent cosmetic injectable treatment which can effectively treat some of the deeper underlying signs of ageing, such as lines, wrinkles, loss of volume and jawline sagging.

The most commonly used fillers today are largely composed of hyaluronic acid (HA), a sugar molecule which occurs naturally in the body. HA is found in abundance in our skin, cartilage, joints and the fluid in our eyes and is the most water-loving molecule known to man. Around one third of our total HA is made and broken down daily, and as we age our bodies' natural ability to regenerate HA slowly decreases.

With our advanced understanding of your facial anatomy and the ageing process, we take a full face approach to your treatment, rather than the old fashioned method of merely 'chasing lines'.

Our patients receive compliments on how well they look, rather than being asked if they have had 'work done'.



Miss Balaratnam, medical director of S-Thetics, holds the prestigious title of "Local Country Ambassador" (LCA) for Allergan, the manufacturers of BOTOX® and the Juvederm® Ultra and the latest Juvederm® Vycross range of fillers. As one of only a handful of expert UK practitioners selected as an LCA, she believes in the importance of a patient taking the time to select the right practitioner for them.

We would like to invite all Riverside Journal readers to have a complimentary consultation. Please quote 'RIVERSIDE JOURNALS' when booking.

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