



**CHRISANTHI  
KALIVIOTIS**  
Beauty Editor

## The Biggest Misconceptions About Injectables

The misconceptions about injectables are endless, everything from the pain factor to a forever frozen face. Leading cosmetic physician and skincare expert to the stars, Dr Van Park, debunks the myths surrounding botox and fillers. Some, will surprise you.

Quick to jump to their own conclusions about botox and filler, everyone seems to have an opinion on injectables, and often rely on hearsay from one injected lip to another.



Lips before and after filler

In an exclusive interview, leading cosmetic physician and skincare expert to the stars, Dr Van Park, discusses the main misconceptions about botox and filler, and why they're misleading.



Dr Van Park

**The best time for anti-wrinkle treatment is when lines appear**

In Australia you have to be 18 years and older to have nonsurgical cosmetic treatment. But any good practitioner will turn away an 18 year old. The best time to start an anti-aging regime is between 25-30. I have seen a huge growth with many women using Botox and fillers as a preventative before the lines become deeper in their skin. Better to prevent than to try to cure, is what I always tell my patients. Everyone's skin is unique and we all age differently depending on our genetics, facial structure, diet and sun exposure. Overtime we experience a gradual loss of facial volume and hyaluronic acid (HA) decreases – generally this starts in our early 20s. However, most women do not need HA fillers until at least their mid 30s when volume loss becomes more evident.

**Your wrinkles will get worse if you stop getting Botox and fillers**

If you decide to stop getting treatments, your skin will go back the way it was before and the aging process will start again. Treatment results vary from person to person, but it is typically four up to five months. Restylane and Emervel can provide youthful looking skin for up to 18 months.

**Botox is Botox**

Just how people refer to all adhesive bandages as Band-Aids, people tend to refer to all anti-wrinkle injections as "Botox". This is actually the name of the brand. There are numerous other brands such as Dysport which are just as effective.

### **Botox and Fillers are the same**

Botox, Dysport and Xeomin are all products that contain a purified form of botulinum toxin type A. For aesthetic treatments, botulinum toxin type A is injected into targeted facial muscles responsible for lines, and the muscles relax so wrinkles cannot form in the skin lying above the muscle.

Dermal fillers such as Restylane and Emervel consist of a gel formulation which can be injected to restore lost volume and effectively smooth out lines and wrinkles. They are made up of Hyaluronic acid (HA) which exists naturally in all living organisms and is a universal component of the space between the cells of body tissues. HA helps the flow of nutrients to the skin, encouraging skin cell activity and stimulating the production of collagen and elastin.

Think of botox as being your 'preventers' and filler being your 'fixers'.

### **Filler is more expensive than Botox**

Fillers come in 1ml syringes which are not transferable between one patient to another so the price is fixed regardless of how much you use. Therefore they may cost more if you don't need a lot. Botulinum toxin however comes in vials in which the doctor is able to draw up only what is needed by individual clients. It is charged per unit so you only pay for whatever number of units you use. Therefore, if you do not need much it will cost less. However, it is difficult to compare the costs because botox and fillers are not interchangeable. They work 'together' rather than 'instead' of one another.

### **It will hurt**

Dermal fillers such as Restylane and Emervel are typically combined with lidocaine, which alleviates the pain associated with needle injections. In some cases your doctor will decide to use a local anesthetic, but typically patients associate the pain of dermal fillers with 2.5 on the 1 to 10 pain scale.

### **You will need to allow for recovery**

Swelling usually decreases within a matter of hours but in some cases it may take a couple of days. I mainly like using Emervel due to the Optimal Balance Technology which means there is much less swelling during and after treatment. This means there is much less downtime and women can virtually have their treatment done and go out straight afterwards.

### **You will look frozen**

No one should ever look frozen. People often associate anti-wrinkle treatments with an unnatural appearance. Botox and fillers don't freeze the muscle, they relax them and restore volume. The key is to go easy and add more if required. You want to look fresh and rejuvenated – not overdone. Ultimately, the outcome depends on who is administering the injections. Visit [wrinkleclinicfinder.com.au](http://wrinkleclinicfinder.com.au), research your practitioner and arm yourself with all your questions!



A client before and after with natural-looking injectables