



Dr Grant McAree

Ask Dr. Grant



DR GRANT IS ONE OF THE LEADING COSMETIC DENTISTS IN THE SOUTH WEST AND HAS TREATED PATIENTS FROM ACROSS THE REGION AND BEYOND. HIS MAIN SOURCE OF NEW PATIENTS IS THROUGH WORD-OF-MOUTH REFERRALS

Dermal fillers – what’s the story?

What are they?

Fillers are natural or synthetic substances injected into the skin to produce a ‘plumping’ effect, giving back the fullness lost naturally with age. They’re mainly used to soften deep lines and folds in the lower face, especially nose-to-mouth and mouth-to-chin lines as well as frown lines between the eyes, and for restoring lip volume, putting back the ‘architecture’ that was there years before.

Sounds a bit scary!

Hearing the words ‘filler injections’ makes many people think of celebrities with overly-plumped faces or ‘trout pouts’, so it’s easy to see why patients can be wary of them. However, in the hands of a trained, experienced professional, they can produce results which take years off.

How come a dentist is offering line reduction injections?

As a fully qualified dentist, I am highly trained in the muscles of the face and use my intimate understanding of the intricate balance of muscles to inject with skill and precision, which is the key to a natural-looking, safe result.

What’s the difference between Botox and filler?

Botulinum toxin injections temporarily relax the muscles, preventing the formation of lines and wrinkles, while dermal fillers fill the crease, thereby smoothing existing lines. I often use the two in conjunction to treat frown lines and fine (smoker’s) lines around the lips.

What’s the choice with fillers?

Fillers can be made from fat, collagen, hyaluronic acid, silicone or peptides. Hyaluronic acid (eg Restylane®) is a natural substance found in the body which helps retain moisture and skin volume. Hyaluronic acid fillers are temporary fillers, being naturally absorbed by the body over time.

What do you use?

At my surgery, I only use dermal fillers which are tried, tested and trusted, that have been the subject of extensive clinical trials and are personally recommended by patients themselves.

Tell me about the treatment itself

Treatment is very quick, taking 20-40 minutes, depending on the number of lines and wrinkles treated. With the use of dental anaesthesia, the process is painless. With Restylane®, I use a specially-designed new type of needle that’s blunt and glides through tissues, significantly reducing discomfort and bruising.

What about results?

Results are immediate and typically last nine to 12 months although the effects of natural fillers, like hyaluronic acid, tend to last longer, sometimes even up to two

years. You can go straight back to your daily routine, applying make-up immediately after treatment if you wish. I always advise patients to come back after a couple of weeks so I can see how they’re progressing and inject more filler if necessary.

Will I end up with a ‘trout pout’?

No. I personally favour a less-is-more approach, especially with lips, to produce natural-looking results. There’s nothing better than hearing a patient is happy with the end look, especially when they say their friends haven’t noticed they’ve had anything done, just that they look really well!

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).

Cost?

£50 for the initial facial cosmetics consultation. Treatment prices start from £250 per syringe. When comparing prices per syringe, be sure you know how much the syringe contains – 0.5ml, 0.8ml or 1.0ml. As ever, don’t just go for price; go for trust and experience. **LI**

**“EVEN IF YOU FALL
ON YOUR FACE,
YOU’RE STILL
MOVING FORWARD.”
– VICTOR KIAM**

**Dr Grant McAree BDS BSc (Hons)
Cosmetic Dentist, The Whyte House
89 Fore Street, Topsham EX3 0HQ
tel: 01392 877494
www.thewhytehouse.com
GDC No 73367**