

## Aesthetics by Dr Herman Lahey (MBChb) UCT 2008

### Anti-Wrinkle therapy

Botulinum toxin, frequently referred to as Botox, is indicated for the treatment and prevention of lines that form with movement (dynamic lines). With repetitive movement, lines at rest (static lines) may form as a consequence of your skin's decreasing ability to heal.

Static line formation is accelerated with dehydrated skin with depleted hyaluronic acid (HA) stores. Depleting levels of collagen and elastin (1% loss per year from age 25), and photoageing related exposures to the environment also accelerate ageing skin and line formation.

Correct use and placement of Botox in conjunction with other modalities will assist with the prevention and reduction in severity of existing static lines that are present at rest.

Botox use also provides for a radiant glowful smooth skin when used in a symmetrical approach treating frown, forehead, and eyes together.

Only the very best numbing gel, market leading syringes and specialized bacteriostatic fluid are used to provide a seamless and comfortable experience, with little to no down time.

Injection patterns and required units are unique to your facial muscle orientation and baseline muscle tone and level of hyperactivity. Your injection sites will be meticulously measured and the correct amount of botox will be provided according to your required needs of a healthy natural look.

Structured regular use of botox every 3-4 months allows for a more affordable use of fewer units whilst allowing for a more natural look. With consistent use, the duration of effect will gradually also lengthen. A minimum period of 3 months is recommended between treatments to prevent any resistant formation. You should have your follow up appointment when your movements result in the formation of lines again.

All patients are encouraged to have a consultation to discuss their needs. This is to create an effective long-term treatment plan and to be assessed for other treatments such as skin boosters and biostimulators which address skin quality and texture, allowing for a complete holistic healthy result.

## Botox 90 rand per unit

(Below are approximations. Exact requirements and costs are discussed in consultation.)

Frown lines 20 units	1,800 Rand
Forehead lines 20 units	1,800 Rand
Eye lines 12 units/side	2,160 Rand
Frown, Forehead, Eyes (50 units)	4,500 Rand
Masseters (grinding/tension/slimming) 50 units	4,500 Rand
Chin dimpling/lines 16 units	1,500 Rand
DAO downturned mouth corners 12 units	1,100 Rand
Gummy smile 10 units	1,000 Rand
Nefertiti & Platysmal bands 100 units (jaw line definition)	8,000 Rand
Trapezius/neck tension 100 units	8,000 Rand
Hyperhidrosis axillary, hands, feet. 100 units	8,000 Rand

## Skin Boosters

Flawless skin is universally desirable. Skin requires the presence of Hyaluronic Acid (HA) in order to hydrate, allowing it to function appropriately in a desired healthy manner. Various factors lead to decreased production of HA, when chronically diminished, it leads to the below manifestations that can be clinically observed.

- Visible
  - Uneven pigmentation
  - Redness
  - Dullness/sallowiness
  - Dryness
- Topographical
  - Roughness
  - Fine lines
  - Coarse Lines
  - Pores
  - Crepiness
- Mechanical
  - Laxity
  - Elasticity
  - Firmness
  - Thickness

The use of skin boosters can be for immediate intense hydration, leading to a youthful radiant glow, perfect for an upcoming special event. Longer slow acting boosters assist with lifting and firming of the skin when placement is targeted to vector lines. There is also a resultant collagen stimulus, replenishing stores. Planned routine use will also lead to a 15-20% improvement of baseline HA stores with subsequent treatments, leading to longer healthier hydrated states.

Skin boosters are also therapeutic in preventing inflammatory skin condition flare ups once initial condition is stabilized (eczema, rosacea, acne) The boosters are also very effective at softening and improvement of hyperpigmented lesions.

Skin boosters are also used to target collagen deficient zones such as peri-oral (barcode and chin dimpling) and peri-ocular (crow's lines) regions which often result in premature ageing problematic areas.

## Boosters for Hydrated Healthy Smooth Radiant Skin

(below are approximations, your bespoke needs are discussed in consultation)

Under eye, fine wrinkles, dark-tired eyes.	1,200 Rand
Poly-revitalizing treatment 3ml monthly X 3 months HA, vitamins, minerals, amino acids, antioxidants	6,000 Rand
Immediate hydration, global face for 4 months.	5,000 Rand
Slow multi-beneficial, global face, peak hydration months 3-6, 9-month duration.	7,000 Rand
Neck, Décolleté, Hands	3,500 Rand
Peri-oral barcode lines and chin lines	3,500 Rand
Peri-ocular crow's lines	3,500 Rand
Targeted Acne atrophic scarring	3,500 Rand
Targeted Hyperpigmentation	3,500 Rand
Targeted scars, forehead lines	3,500 Rand

## Biostimulators

Biostimulators form a group of injectable products which essentially “rejuvenates” the skin's ability to self-heal and lead to a more youthful appearance.

From the age of 25, production of collagen, elastin and hyaluronic acid decreases by 1% per annum. These elements are essential in healthy functioning skin. As they decrease, the skin is less able to heal and withstand the damage caused by photoageing and the repetitive movements of the facial muscles causing lines. This is particularly accelerated in chronically dehydrated thin skin due to depleted HA stores.

Bone and fat pad volume loss can occur in athletes, weight loss, and ageing. Without the volume structural support of the skin, it further leads to signs of ageing. Laxity and elasticity along with formation of skin folds (nasolabial, marionette lines, jowels...) and onset of wrinkles are common problems alongside dry dull skin quality with rough texture.

Biostimulators enable the skin to increase production of essential collagen, elastin, adipocytes, and hyaluronic acid. Allowing the skin to firm and regain its desired youthful properties. The correction is totally natural as the firming and tightening occurs over your own skeletal frame.

During your consultation, the various brands of biostimulators such as HArmonyCA (syringes) and Sculptra (vials) will be discussed with you. Each can be used to treat specific areas to provide long lasting results. The biostimulators are often combined with other treatments such as skin boosters to amplify and enable the healing process to occur as well as to provide earlier results until the clinical effects of the biostimulators become evident. The amount required and frequency of treatment is dependent on the severity of laxity and other signs of ageing skin.

Treating the subdermal deeper layers with biostimulators in conjunction with skin booster therapy of the more superficial layers is a multimodality approach which not only addresses laxity and skin folds, but also skin quality and texture.

## Biostimulators

(below are approximations, several combinations of treatments are available)

Face lifting, concentrated in vector regions "C" shape sides	11-12,000 Rands (2 syringes/2 vials)
Face skin quality, spread evenly throughout	11-12,000 Rands (2 syringes/2 vials)
Combined concentrated lifting & general quality	15,000 Rands (3 syringes/3 vials)
Targeted acne scarring	7-12,000 Rands (1-2 vials)
Advanced Peri-oral ageing	6,000 Rands (1 syringe)
Neck laxity/elasticity, lines, photoageing	7,000 Rands (1 vial)
Décolleté and Hands	7,000 Rands (1 vial)
Abdominal skin laxity	7-12,000 Rands (1-2 vials)
Limb cellulite dimples/defects post injury	7-12,000 Rands (1-2 vials)

## Soft tissue augmentation with filler

Fillers can be used to treat many areas of the face at different depths. The desired outcome is always to retain your natural identity, only replenishing and rejuvenating your skin appropriately for a healthy natural result.

Only the very best fillers of various brands are used for their unique properties. Some fillers are used as skin boosters to hydrate the skin, ultimately improving skin quality and texture leading to firmer more youthful smooth skin. Other fillers are designed to provide excellent structural support allowing for revolumizing of depleted areas, correcting skin folds and lines. Whilst some fillers provide specified lifting properties which assist in skin laxity and skin fold correction.

During your consultation and examination, your needs will be discussed. Various approaches and options of targeted treatments will be provided. Maintaining your skin health and your natural identity is a journey that is specific to you. Appropriate multi-layer treatments spread over time will allow for healing to take place which maintains your natural appearance, just more youthful and rejuvenated.

Often treatments need to be staged to improve skin quality/texture and firming skin laxity, ultimately leading to more successful lifting and volumizing treatments. Addressing the skin quality and firmness ultimately leads to less filler requirements for the desired lifting and volumizing.

Wasting and loss of volume in various regions of the face together with worsening skin quality leads to excess laxity and skin fold formation as well as lines. These features lead to ageing appearances.

Lips may also lose volume, develop lines from dryness, become thinned and disappear with smiling. Specific staged filler use can recreate your natural lip appearance, assisting with structural support as well as revolumizing and hydrating with naturally soft filler giving the perfect voluptuous lips that are naturally you.

## Lips – Hydrate, Shape, Define, Volume, Projection. Always Natural

Combine and stage various treatments for the perfect lips

Staged small volume for structure (0.55 ml) (2 types available)	2,500 Rand
Larger volume for structure (1ml) (4 types available)	4,000 Rand
Hydration for lines and dryness (1ml) No volume change	3,500 Rand
Natural soft voluptuousness (1ml)	4,500 Rand)

## Volume & Lifting procedures

Your specific needs are met with an extensive planned consultation process. All options of various filler for specific lifting and revolumizing of skin in conjunction of correcting skin quality is planned. Staged long term correction with lasting natural results is a journey worth working towards. Costs and best overall results and expectations are discussed. Fillers range between 4,000 and 4,500 per 1ml. The amounts required for a desired effect depend on baseline skin quality and laxity. The main focus will always be to provide amazing skin quality and texture while addressing laxity and ageing areas.