



UPLIFTING *injectables*

Two women opt for injectable facelifts instead of surgery to refresh their complexion.

AS TOLD TO JANINE OLIVEIRA

CASE STUDY 1

NAME: Terry

PROCEDURE: Injectable facelift using Bellafill

PERFORMED BY: Dr. Philip Solomon

ELEVATE What procedure did you have done?

TERRY: I received Bellafill injections in several areas of my face.

ELEVATE What made you decide to get this procedure done?

TERRY: Finding myself on the job market again, I wanted to put my best face forward, so to speak. The new look has boosted my confidence, and I feel better about tackling those challenges than I did last week.

ELEVATE What did you experience during your procedure and recovery?

TERRY: There was some discomfort during the procedure, but it was minimal. It is now a day later and there is some bruising and a little swelling but nothing that would keep me from going about my day-to-day activities.

ELEVATE How did you feel about your new look after the procedure?

TERRY: Totally elated. The results were evident immediately, and they were awesome!

ELEVATE What advice do you have for people thinking of getting facial injectables?

TERRY: If you are thinking about it, research it, be realistic in your expectations and then call Dr. Solomon and let him work his magic. You will not be disappointed.

ASK THE DOCTOR

Dr. Philip Solomon, MD, FRCS

Otolaryngologist head and neck surgeon

Solomon Nasal and

Facial Cosmetic Surgery Clinic

solomonfacialplastic.com

ELEVATE What procedure did you perform on Terry?

DR. SOLOMON: A Bellafill treatment was performed on Terry to restore facial volume and to reshape the facial regions that are showing signs of aging.

ELEVATE Why was Terry a good candidate?

DR. SOLOMON: Terry was a good candidate for Bellafill because she had lost volume in multiple facial regions. She had already tried temporary dermal fillers in the past and was interested in achieving long-term correction without having to undergo surgery. Lastly, Terry was looking to maintain a natural-looking result, which can be achieved with Bellafill treatments, unlike other dermal fillers that may cause a puffy and overcorrected look.

ELEVATE What can patients expect during the procedure?

DR. SOLOMON: Patients can expect to experience



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minimal pain during the procedure and minor swelling and bruising immediately post-treatment that may last several days. It is important to note that Bellafill is premixed with a numbing agent that makes the procedure much more comfortable for patients. Typically, one to two sessions is recommended, depending on the correction and the amount of product required.

ELEVATE What were Terry's biggest concerns?

DR. SOLOMON: Terry explained to us that she feels that she always looks tired and older than she actually is. This is a common concern for patients who have lost facial volume and structure. She also had concerns about the hollowness under her eyes and deep nasolabial folds.

ELEVATE Why should a patient choose Bellafill for their facial procedure instead of surgical options?

DR. SOLOMON: Surgery is recommended for different indications. For example, a facelift is the only procedure that corrects moderate to significant lower face and neck aging. With that said, dermal fillers are still often needed, even when surgery is performed. Bellafill is ideal for a patient who is looking to restore lost facial volume and reshape an aging face. There is no downtime with Bellafill. Patients often return to work the next day and are able to apply makeup immediately post procedure to conceal any potential bruising. ▶

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ELEVATE What advice do you give patients who are unsure about getting Bellafill?

DR. SOLOMON: In my practice, I believe it is often best for patients to try temporary fillers first. Bellafill is best for patients who require significant long-lasting volume restoration. Bellafill is also a great product for depressed scars and acne scars. It is also important to educate patients that, since Bellafill is a long-lasting filler, it can not be dissolved the way temporary dermal fillers can. Lastly, I like to inform patients who have used Artecoll in the past that Bellafill is a much superior product and has very low risk of causing nodules beneath the skin.

CASE STUDY 2

NAME: Cathy

PROCEDURE: Injectable facelift with Restylane and Perlane fillers plus Dysport
PERFORMED BY: Dr. Cory Goldberg

ELEVATE What procedure did you have done?

CATHY: I had Derma fillers (Restylane and Perlane) on various places on my face (cheeks, under-eye hollows, nose and chin), as well as Dysport to minimize crow's feet and relax forehead muscles and frown lines between my eyebrows.

ELEVATE What made you decide to get this procedure done?

CATHY: I am 58 years old and was beginning to lose elasticity and firmness in my face, as well as having more wrinkles than I would like because of too much sun exposure. I felt that I looked tired, and I wanted to feel rejuvenated.

ELEVATE What did you experience during your procedure and recovery?

CATHY: The procedures were very gentle. I was administered some topical freezing prior to getting the injectables to minimize any pain or discomfort. Dr. Goldberg and his nurse explained everything to me and made me feel very comfortable. After receiving the Derma fillers, I had slight bruising on one cheek, but it was minimal and easy to cover up with a little makeup. I was recommended to ice the area to help with the bruising.

ELEVATE How did you feel about your new look after the procedure?

CATHY: I was very pleased with the results! I looked more refreshed and less tired-looking. The hollows and dark circles under my eyes were gone, and my nose and chin were much more symmetrical. I have had a scar on the end of my nose for many years as a result of having a cyst removed and it looked so much better. I loved that!

ELEVATE What advice do you have for people thinking of getting facial injectables?

CATHY: I would suggest that they do their research prior to choosing a doctor. Ask for a consultation to find out what their recommendations are and what the cost will be. Obviously, that will help determine what areas will help you get the most desired results. I highly recommend Dr. Goldberg and his staff. They were very professional and took the time to explain all my options.

ASK THE DOCTOR

Dr. Cory S. Goldberg, BSc, MD, MASc, FRCSC
corygoldbergmd.com

ELEVATE What procedure did you perform on Cathy?

DR. GOLDBERG: She had injections with filler (Restylane, Perlane), platelet-rich plasma (Selphyl) and a neuromodulator (Dysport). She also had fractionated laser (Sciton ProFractional), and radiofrequency skin tightening (Thermage). She was treated with oral nutraceuticals to promote skin health and improve recovery from her procedures (GliSODin Skin Nutrients).

ELEVATE Why was Cathy a good candidate?

DR. GOLDBERG: She had the classic components of aging, including sun damage, volume loss, expression lines and loss of skin integrity.

ELEVATE What can patients expect during this procedure?

DR. GOLDBERG: Each of the non-invasive procedures involved minor risks, such as bruising. Downtime varies for each, from a few minutes for Thermage to a few hours for injections to a couple of days for fractionated laser.

ELEVATE What were Cathy's biggest concerns?

DR. GOLDBERG: She explained that she was just looking for rejuvenation. Her biggest issues were skin quality, her cheeks and her eyelids.

ELEVATE Why should a patient choose injectables for their facial procedure instead of surgical options?

DR. GOLDBERG: Injectables and non-invasive options have few risks, lower upfront cost and minimal downtime. Surgery often delivers more and requires less maintenance. The risks and benefits of all options need to be weighed.

ELEVATE What advice do you give patients unsure about getting facial injectables?

DR. GOLDBERG: You will need a series of treatments with a variety of components to get the best results. You need to recognize the limitations of non-invasive treatments, which can give impressive and natural results but can't necessarily accomplish what surgery can. @



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The 'Anti-Aging' Myth

Forget about "anti-aging." There's really no such thing. Let's talk about **Healthy Aging** instead. The idea of Healthy Aging is to rejuvenate our cells from the inside, out. When you embrace Healthy Aging, you have the ability to prolong your quality of life and enhance, rather than fight, the aging process. Our cells are constantly renewing and repairing themselves. With the right support, those new cells can maintain their youthful properties, and even revitalize themselves.

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