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The Art of BOTOX and Aesthetic Fillers

Take a look around any crowded area and observe the people. Then put your mind to work distinguishing exactly what it is that causes such a dramatic difference between the faces of the young and the old.

Basic observation will draw your eye to the grey hair and any physical limitations that time might have burdened upon our elders, but beyond that, what is it that makes the skin of the older people in our society look so different from that of the young?

The young have firm, soft faces that are smooth. Their cheeks are full, their mouths turn up, and their lips are plump and large. When they smile, creases form, just as occurs with their elders, but when the young stop smiling the creases magically disappear.

In sharp contrast, the older person has skin that appears coarser, often flecked with browns and reds, and the texture is irregular. Expression lines and wrinkles have settled over time into permanent furrows, and their lips appear thinner, while their cheeks are sagging.

One of the best examples of the aging process can be seen on the film “Benjamin Button”. To create that fantasy makeup was artfully applied to manufacture the appearance of old age, and was then removed scene after scene to depict the aging process, but in reverse, and during the next ninety or so minutes the lead actor, Brad Pitt, progressed from an old man to a much younger version of himself.

*Fortunately for those story tellers, computer animation is available to assist in creating the transition.
We humans do not have that luxury!*

Let’s examine the skin. At first glance our skin appears to be simply a thin outer packaging of the face and body. As young people, we don’t pay much attention to it. We take for granted that it is smooth, one colour, tight, and firm.

*What we all need to learn much earlier in life is that
skin is significantly more complicated than it might first appear.*

The outer layer of our skin is actually composed of several layers of cells that are constantly regenerating themselves. The cells reproduce quickly or slowly depending on the nutrients that are provided to them, the amount of water consumed, and the environmental conditions.



Dr. Deborah Martin

In a perfect situation, the skin is protected from the sun, and it is fed all the vitamins its needs, and perhaps most importantly, it gets a large supply of water to keep it hydrated.

In reality, how many of us consistently provide that kind of care to our skin?

In addition, the skin requires an excellent blood supply, the appropriate amount of fat in the right places and strong muscles underneath to support it. That means that a person who takes care of her diet, and her overall health and fitness, while also embracing good life habits will age more slowly than someone who does not.

Studies on twins have proven that simply altering one major habit can dramatically alter the life of the skin.

Before considering the use of BOTOX and Aesthetic Fillers, one must make every attempt to maximize the natural healing activities of the skin. Once those potentially damaging practices have been addressed, BOTOX and Aesthetic Fillers are the most viable option to stimulate a lasting change; not only in appearance, but in a variety of spin off benefits such as improved self-esteem and confidence.

Crow's feet, those being the fine lines that develop at the outer creases of the eyes, present a perfect example of the process.

As children, we routinely squint, laugh and cry without any lasting visible effect to our faces. The skin crinkles into a cute line, which promptly disappears upon relaxation of the muscles. When that girl turns 20 those lines become very fine areas of distress that over time become visible at rest.

As she reaches her 30's the lines deepen. At forty, they become undeniable. If intervention is provided at the age of 40 the process can often be slowed down, or even stopped.

If nothing is done by the age of 50 the lines become both permanent and prominent. In order to treat them BOTOX is required to lessen the affect of the muscles that caused the distress, and Aesthetic Fillers are needed to fill the permanent crevasses that have already formed.

If only that woman had started her BOTOX younger, the Aesthetic Filler would not be necessary.

Some practitioners believe that it is adequate to inject Aesthetic Fillers first and abandon the BOTOX when the client is older than 50. This approach however does not take into account the process which formed the lines in the first place.

The situation is similar to a road that has developed potholes because of heavy trucks driving over it.

At first, the road is smooth in spite of a few trucks, but over the years the trucks make the road sink and crack. Potholes then form and become permanent. At that point, it is not enough to stop the trucks – first we have to fill the holes.

BOTOX is like the new laws that restrict the trucks from causing the damage, while Aesthetic Fillers are like the road repair crew.

An often overlooked area of the face is the bunny lines of the nose. Look around again at a group of people. Notice that the 40 and 50 year old women have developed lines on the sides of their noses. The cheeks are also dramatically influenced by time as the fat pads that rest under them and the muscles that lie next to the bones droop. When the muscles are strong, and when the fat pad is reinforced, the cheeks are lifted up and out; which give the impression of youth and vitality.

The fat pads normally begin directly on top of the cheek bones, but over time they migrate down. This makes the face look tired and sallow.

Our appearance directly affects our mood, and our sense of confidence and self-esteem, and when we do not like who we see in the mirror we feel older, more tired and sad. If Aesthetic Filler is artfully injected into the cheeks and along the bunny lines the volume can be restored. The cheeks lift up and look more youthful again. It is quite remarkable what amount of change can be provided by a carefully calculated quantity of Aesthetic Filler in the cheeks.

Hollows are filled out, bags can be corrected. Women leave the office looking 5 years younger.

The lines that point downward at the side of the mouth are called marionette lines. Those lines are caused by several factors; and again, the skin tone and hydration are critical. In addition, over time, the skin loses its thickness and texture, which allows it to sag. There is a muscle called the Depressor Anguli Oris (DAO) that actively pulls down the sides of the mouth. An experienced physician who is fully trained in Medical Aesthetics can use BOTOX to relax the detrimental effect of that muscle, and then effectively reduce or even eliminate the long term damage that has been done over time through the artful use of Aesthetic Fillers; resulting in a dramatic improvement of the furrows that have become deep and permanent.

Although nobody can completely reverse the ageing process, no matter what technique is used, a tremendous improvement can be made through the use of BOTOX and Aesthetic Fillers.

Lips have received a lot of attention in the media, as some actresses have been known to overdo it, resulting in a look that is distorted and false. What most women are after, however, are younger looking lips that are full and healthy in appearance, but not inflated.

Look around the room again. The younger women's lips are thick, full and relaxed, but the older women have lines, thin lips, and wrinkles where smoothness and fullness once flourished.

The reversal process can be subtle yet extremely effective. Applied minimally, BOTOX will allow the muscles around the mouth to relax. The lip line is then reinforced with Aesthetic Filler and many of the fine lines can be filled and smoothed out. The lips are then filled but not exaggerated.

***When performed well, the lips will be appropriately shaped to the face,
and not extravagantly ballooned out or fake in appearance.***

The use of BOTOX and Aesthetic Fillers is an art form that can be likened to sculpting, and should only be performed by a physician who is fully trained and certified in the most recent methods and products associated with Medical Aesthetics.

***The secret of the art of BOTOX and Aesthetic Fillers is subtlety,
with no big changes that are noticed by others as “work done”.***

At Dr. Martin’s Vein and Medical Aesthetics Clinic we have been providing Medical Aesthetic services to thousands of clients for more than ten years, and we have also trained hundreds of doctors, nurses, and medical support professionals from all over the world in the art of BOTOX and Aesthetic Fillers.

I hope that this article has been of assistance in answering your questions about BOTOX and Aesthetic Fillers, but if not I welcome you to visit us at www.drmartinsclinic.com.

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About Dr. Deborah Martin

Today, the options in the field of Medical Aesthetics are often complicated, and can easily become overwhelming. At Dr. Deborah Martin's Vein & Medical Aesthetics Clinic you will find professional and experienced medical staff who are ready to help you make an informed decision about a wide variety of medical and cosmetic choices.

Dr. Deborah Martin is a medical physician, as certified by the College of Physicians & Surgeons of Ontario, who brings with her more than twenty years of diversified experience in Emergency Care and Medical Aesthetics. Dr. Martin graduated from the School of Medicine at Queen's University in 1986, and then went on to specialize in Sclerotherapy by studying with physicians in Houston, Texas, San Diego, and San Francisco, CA. Dr. Martin's Vein Clinic was first opened in 1995. Although not initially drawn to Medical Aesthetics, Deborah Martin came to empathize with the physical and emotional effects that the passage of time has on all of us. Most of her patients were women in their thirties or forties and fifties, like herself, who had raised their families and were looking for a new lease on life. The transition to full Medical Aesthetic Services was an easy one for this mother of three to make.



Dr. Martin has also trained over 400 medical professionals from around the world, and she has been approved and accredited by the Ontario College of Physicians and Surgeons as an internationally known and respected expert and trainer in the fields of Sclerotherapy, BOTOX and Aesthetic Filler, and Laser Skin Rejuvenation. All training is conducted through the assistance of volunteer patients.

All members of Dr. Martin's team strive to provide their clients with the best options in the field of medical aesthetics while always taking into consideration the value of the investment in their procedures.

The clinic's mission: To replenish youth in "middle age".

This has become an attainable goal for many of the Clinic's clients, who have consistently received quality care and professional services in the treatment of Varicose and Spider Veins, BOTOX and Fillers, Laser Hair Removal, Skin Rejuvenation, IPL Photofacials, and Hyperhidrosis.

For more information please visit

www.drmartinsclinic.com