

# 7 SECRETS

To looking better *fast*  
with dermal fillers

What Every Patient Needs To Know  
BEFORE Getting Filler Injections



*Lasting Impression*  
MEDICAL AESTHETICS

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## INTRODUCTION

Thank you for requesting this special report: “**7 Secrets To Looking Better Fast With Dermal Fillers**”. If you’re reading this report, you’re probably considering having filler injections to improve your appearance. You feel great and you want to look as young as you feel. Dermal fillers are an excellent option for achieving this outcome!

*Dermal fillers are probably the most exciting treatment available in cosmetic medicine today and their use is expanding rapidly. There are very few cosmetic treatments available that can make you look better as fast as fillers can.*

Incredible products, new techniques and advances in pain control are making the treatments safer and more comfortable with the ability to correct more and more different cosmetic problems. You can literally go in for a treatment and within 45 minutes, look 5 -10 years younger!

As a result of the boom in this treatment category, many different practitioners are starting to offer this treatment.

This report will give you important information you need to know BEFORE you have filler treatment as well as some guidelines to help you select a filler injector.

## SECRET #1

### A COMPREHENSIVE CONSULTATION

This may sound obvious, but the importance of a thorough consultation cannot be overstated. During your consultation, your provider should be proactive in ensuring you understand the treatment fully before making a recommendation.

During your filler consultation you should get a thorough education on the aging process and how fillers work to counteract this. You should also learn how fillers work in conjunction with other cosmetic treatments as well as understand proper timing of treatments and when you may need to repeat them.

You should have proper photographs taken in correct and consistent lighting conditions. This is important for both accurate skin assessment and for comparison during follow-up visits.

You should be given clear and honest expectations of what fillers can and can't do. Though fillers can work miracles, they cannot give you the same tightening effects that facelift surgery can.

## SECRET #2

### AN EXPERIENCED INJECTOR

This is probably the most important factor that will determine the outcome of your treatment with dermal fillers. Regardless of which product is used, the skill and technique of the injector is paramount. Filler injection is both an art and a science; it's important that your injector has great technique with an artist's eye for beautiful results.

When seeking out an injector, it's important to find someone that has a lot of experience with needles, syringes and medical procedures. It takes several years of doing all types of medical and surgical procedures to get really confident and comfortable doing this type of work.

You should have a good idea how long your injector has been doing the procedure and the number of people treated.

Your injector should also be getting ongoing training from leading experts as this field is changing rapidly and new techniques and products are coming out all the time. Your injector needs a thorough knowledge of facial anatomy with understanding of the location of blood vessels, nerves and fat pads.

Finally, your injector should know how to remove the filler if necessary. Some fillers can be easily removed and some cannot. You should know this information before proceeding with treatment.

### SECRET #3

## MINIMAL DISCOMFORT

If not done properly, filler injections can be uncomfortable. Fortunately there are several methods that can be used to minimize this discomfort.

First, the injections should be done slowly as rapid expansion of filler under the skin can be painful. Many fillers also contain local anesthetic which minimizes pain.

Anesthetic creams can be applied prior to treatment. For lip injections, anesthetic injections are an option to block sensation to the lips. Ice packs can also be used to help reduce discomfort and swelling.

Finally, injection cannulas are less painful because fewer injections are needed as the cannula can be inserted in just one port to cover a large area. Special injections pumps can also be used to make the filler go in more smoothly and slowly.



### SECRET #4

## PROVEN RESULTS

Your filler injector should have a proven track record of successful filler cases. Here's where you should look for evidence of past great work:

During your consultation, you should be shown before-and-after photographs of work that's been done by the injector and not just photos from a brochure.

Next you want reassurances that you won't look fake, plastic or overdone. There are so many cases now of people that have had too much filler (or filler in the wrong place) and look overdone. Make sure that the results you see look natural and balanced.

Finally, look for client testimonials both online and off. Check Google reviews and websites such as Rate MD's and Facebook to determine the injectors online reputation.

### SECRET #5

## COMMITMENT TO SAFETY

Dermal filler injections are very safe with minimal risk, if the following precautions are taken.

First, fillers should be injected following a thorough cleansing of the skin with all makeup removed. The syringes and other materials should be placed on a sterile towel or stand between injections.

Filler injections should be done in a slow and relaxed manner. Use of cannulas can dramatically reduce the chance of arterial injection. If an arterial injection occurs, hyaluronidase, a special enzyme should be available to rapidly dissolve filler.

Certain parts of the face such as the frown area should be injected very cautiously (or avoided entirely) because of the higher probability of injecting into an artery.

### SECRET #6

## USE OF QUALITY PRODUCTS

There are many different filler products on the market and it's important that the quality and purity of the product is as high as possible. These products are being injected under the skin and will be there for a long time so they should be of the highest quality available!

The ideal filler product is very pure with a minimal chance of causing reactions both in the short term and many months out. The brand of filler should have a wide range of different fillers with different characteristics such as lifting ability and pliability.

This is important because different filler types are required for treatment in the various layers and locations on the face. For example, cheek fillers need to be fairly firm with good lifting characteristics whereas under eye fillers need to be thin and not absorb any water in order to prevent post-treatment swelling.

Finally the duration of the filler should be taken into consideration. Very long acting fillers have a higher probability of causing permanent lumps so this should be a consideration when selecting a filler.

### SECRET #7

## COMBINATION THERAPY

Filler injections alone can give you great results and make you look better immediately! However, to get the best results, filler can often be combined with other types of treatments such as Botox, lasers and skin care products.

Cosmetic treatments work in a synergistic fashion. It's often been said that the equation  $1 + 1 = 3$  is true for cosmetic treatments. Fillers add volume under the skin but do little to make the actual skin surface look better.

For example, if you have a lot of excess facial pigmentation it would make sense to first do fillers, followed by laser treatments to correct the skin problem, creating an amazing and natural looking final result.

To determine which combination of treatments you may need with filler, it's important to discuss this in your initial comprehensive consult which was referred to at the start of this report.

## CONCLUSION

Dermal fillers are the most exciting and rapidly growing area of cosmetic medicine. They can give you amazing results with an incredible degree of safety, if you follow our "7 Secrets" carefully.

## ABOUT Dr. Galope



Dr. Galope received a Bachelor of Arts in science and management at Claremont McKenna College in Claremont, California, before going to Western University of Health Sciences in Pomona, California, for his doctoral degree in Osteopathic Medicine.

He then traveled all the way to the East Coast to complete a medical internship at Union Hospital in Union, New Jersey, followed by his residency in radiology at St. Barnabas Hospital in Bronx, New York. To improve his skill set, Dr. Galope completed a fellowship in magnetic resonance imaging at Proscan Imaging in Cincinnati. Dr. Galope is certified by The American Osteopathic Board of Radiology. Dr. Galope has spent more than 10 years working as a radiologist in northern New Jersey.

Dr. Galope has recently undergone additional training to provide aesthetic medical care. Dr. Galope is a member of the American Academy of Facial Aesthetics and the International Academy of Aesthetics. He is also a Bauman Certified HairCoach.



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