

# Restylane the Hollywood Makeover

For a few years now, Hollywood has been putting out “makeover” shows that show all manner of cosmetic procedures, including Restylane. Restylane is the trademarked name for a solution of hyaluronic acid, which mimics the complex sugar compounds that are found in youthful skin. These compounds decline as we get older, and the skin’s cells lose their water retention capabilities- which can lead to wrinkles and other undesirable effects.

When the skin fails to hold onto water, it gets thinner and droopier. The most readily visible signs can be seen around the eyes and neck, and in the thinning of the lips. The skin’s top layer is continually sloughed off, but the middle layer provides strength and elasticity. When the dermis starts to lose its natural collagen and hyaluronic acid, its foundation begins to deteriorate. Excessive drinking, sun exposure, and smoking can speed this process up considerably. When skin loses water, it becomes thinner, looser, and droopier, since it becomes less resistant to gravity. The top layer of skin, the epidermis, is constantly sloughing off old skin. But it’s the dermis (middle layer) that provides the skin’s strength.

## **What can you expect with a Restylane treatment?**

It’s one of the easiest procedure to go through. A doctor uses a syringe to inject the gel formula into laugh and frown lines, or lips that need a little plumping. Some doctors even do under-eye injections. Because it contains no animal products, it carries no risk of allergic reaction. There are some side effects, such as swelling around the injection site. It’s really important for patients to avoid touching the site, and also to avoid sun exposure or cold weather for a few days. There will most likely be bruising in the days and weeks after a treatment, and the doctor will discuss this with you.

**What can you do to avoid problems?**

The risks are pretty low, but there may be mild irritation at the injection site. Your doctor will probably tell you to avoid things that could promote bruising or bleeding, like alcohol, aspirin, or copious amounts of vitamin E. Some patients experience a little tenderness, but it should be minimal because the doctor will provide a numbing cream or local anesthetic.

**What will the results be?**

Many patients will notice a difference almost immediately. The effects of Restylane treatment are pretty long lasting – six months to almost a year, depending on the pigmentation and condition of the skin, and the patient's age. Restylane is a relatively safe and hassle free way to attain a more youthful look.