

Look How You Feel

One woman's journey of getting back to her old self through aesthetic treatments

Here at *Beauty Uncovered*, we constantly emphasise the importance of finding a qualified medical practitioner to carry out your treatments. One

woman who understands this better than any is 46-year-old Tara, who ended up with a botched dermal filler treatment at the hands of an untrained injector.

"I had been really unhappy with my appearance as recent weight loss had resulted in my skin sagging, so I wanted to improve the appearance as soon as was physically possible," she says. "Unfortunately,

because of my rush, I found someone fast on Instagram without doing any proper research. She did cheek filler for me without having a proper consultation, and instead of it going into the fat of the cheek it went along the bone – I looked horrific and I was so unhappy."

Tara notes that these undesirable results left her unable to leave the house due to a lack of confidence. "I felt awful about myself, and I knew I needed to get the results rectified as soon as I could. Learning from my previous mistakes, I researched for someone in my area who was a healthcare professional who was really experienced in dermal filler treatments, not someone who had taken a one-day course, and this led me to find aesthetic nurse Lucy Williams."

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Despite being desperate to get her appearance corrected, Tara explains that nurse Williams refused to agree to any treatment without a thorough consultation and coming up with a detailed, individualised plan.

When she went in for the consultation, she notes that nurse Williams was insistent on continuing the slow and steady approach. "Although I asked for everything

to be fixed straight away, she told me that it would need to be done in stages for the best results. The first thing that she recommended was getting the current filler dissolved before we could reinject new filler to address the concerns I had prior to my botched treatment."

Filler dissolving involves injections of an enzyme called hyaluronidase near the incorrectly placed filler. When injected, it begins to break down the filler, speeding up the dissolving process that would usually take place over time.

Although Tara notes she was a bit scared of the procedure at first, she says that nurse Williams put her at ease and talked her through everything that was happening, and she actually found the process stress free. Three weeks following the procedure, Tara returned to the clinic to have her cheeks and tear troughs injected with a total of 4.6ml of Teosyal RHA 4 and Ultra Deep dermal fillers. She then



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returned to the clinic after another two weeks in order to have her jawline and chin injected with 2.4ml of the same filler.

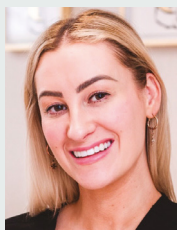
She explains that after the procedures, she was immediately delighted by her results. "As well as having my incorrectly placed filler removed, I now also had all my previous concerns addressed. I look more like how I feel on the inside – it's how I think I should look! It's made such a difference to my life and my confidence. What's interesting is that the people around me couldn't tell I'd had filler – they all said I looked amazing and that my skin looked great, but they didn't realise I'd had an injectable treatment," says Tara.

In the initial consultation, Tara had mentioned being conscious of the pigmentation on her skin, and so nurse Williams also recommended she started a regime of medical-grade skincare in order to reduce its appearance, while also optimising the results of the dermal filler treatment. Her current skincare regime consists of products by skincare brand AlumierMD, including the Hydraboost Cleanser, Bright and Clear Solution (a skin conditioning exfoliator), Everactive C and E antioxidant, Retinol Eye Gel, Ultimate Boost Serum for hydration and the Moisture Matte Broad Spectrum SPF in shade amber. Tara notes that this new regime educated her on the

importance of using SPF. She explains, "I've always been a bit of a sun worshipper but never wore SPF, which nurse Williams explained actually worsened the appearance of my pigmentation. I took a break in using the sunscreen recently and I noticed all my pigmentation coming back, so I'll never do that again!"

After experiencing such great results with her previous treatments, Tara is now undergoing a course of microneedling treatments using the SkinPen device, in order to improve collagen formation and help tighten her skin. "I'm so thankful to nurse Williams for making me feel positive about aesthetic treatments again – some results can be so amazing and natural, and I will definitely be continuing to get procedures if they're recommended to me," she says.

Reflecting on her personal experience, Tara emphasises the importance of going to a medically-trained injector and doing your research. "I can't tell you how much I wish I'd taken the extra time to look into my injector and avoided having undesirable results. If there's one thing I could say to people it's to go to someone who is a registered healthcare professional and really knows and understands what they're doing." To find out how you can find the right practitioner for you, turn to p. 24.



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Practitioner perspective

With Tara, building trust was the main factor, because she had previously had a bad experience. To do this I had a full consultation where I could listen to Tara's concerns and what she wanted to achieve. After losing weight Tara wanted to restore lost volume, feel refreshed, get that glow back, and reduce pigmentation. Only after a full consultation could I come up with a treatment plan that suited Tara and help her achieve her desired outcome. To get the best results and to build trust with my patient I decided to work in stages. **Stage 1** – dissolve the poorly placed fillers. I needed to wait at least two weeks between

this date and adding more filler as hyaluronidase may dissolve any future placed filler for up to two weeks. I also wanted to ensure the area was fully healed from swelling and bruising. **Stage 2** – add 3.6ml to the deep and superficial fat pads of the cheeks and 1ml to the tear trough.

Stage 3 – add 2.4ml to the lower face.

I was extremely happy with Tara's results, it was super rewarding for me to see her happy with how she looked and her confidence grow.

Tara is currently undertaking a course of SkinPen microneedling sessions to help promote collagen which will help decrease her pigmentation further.