

# What's the difference between dermal fillers and Botox?

People who work in medical aesthetics often use the words "Botox" and "Fillers" to mean the same thing. They are often used together in one treatment plan, but they are different products that solve different problems. Knowing the difference is the most important thing to do if you want to find the right treatment for you.

The main difference is freezing vs. filling. The easiest way to remember the difference is this:

- Botox (neuromodulators) stops the muscle from moving. It gets rid of "dynamic" wrinkles that happen when you make the same facial expression over and over again, like frowning or squinting.
- **Dermal Fillers:** Adds volume back. It gets rid of "static" wrinkles (lines that are there when your face is at rest) and makes the shape of your face better.

Neuromodulators like Botox, Dysport, and Xeomin work by stopping nerve signals from reaching the muscles. The muscle relaxes when it is injected into the forehead, between the eyebrows (the "11s"), or around the eyes (crow's feet). The skin on top gets smoother because it isn't being folded all the time. Botox can't make lips fuller or fill in deep holes, though.

**Deep Dive:** **Dermal Fillers Oahu** are usually made of Hyaluronic Acid (like Juvéderm or Restylane) or bio-stimulatory substances (like Sculptra or Radiesse). They are gels that are put under the skin. Think of them as a liquid volume. They are used for:

- Raise cheeks that are drooping.
- Make the deep nasolabial folds (smile lines) smooth.
- Make thin lips fuller.
- Make the jawline clear.
- Fill in scars from acne.

The "Combination Therapy" Approach For most people over 40, the best results come from using both. Picture a bed sheet that has been crumpled. Fillers add volume to the mattress underneath (the volume loss), while Botox smooths out the wrinkles (the muscle movement).

- For deep forehead lines, Botox stops the movement that makes them deeper, and a small amount of filler may be needed to smooth out the line that is already there.

### **Which One Do You Want?**

- You probably need a neuromodulator if you worry about "I look angry when I'm not" or "My crow's feet are getting bad."
- You probably need fillers if you're worried about how tired you look, how sagging your face is, or how big your lips are.

**Timing and Maintenance:** Neuromodulators usually work for 3 to 4 months. Depending on how thick the product is and where it is placed, dermal fillers can last anywhere from 6 months to 2 years. A lot of people in Hawaii make appointments to do both at the same time for a full refresh.

**Getting help from a pro:** It can be hard to figure out what's wrong with you when you look in the mirror. A full consultation will look at your face both when you're moving and when you're still. If you're not sure which treatment is best for you and you're looking for dermal fillers Oahu, go to a facial plastic surgery clinic that specializes in this type of work. They can make a personalized "pan-facial" plan that uses the best parts of both methods to get results that look natural and fit together.