

Botox or Dermal Fillers: Which is Right for You?



If you're troubled by fine lines, wrinkles, and sagging skin, you don't have to live with them. Injectable cosmetic treatments such as Botox® and dermal fillers are effective, non-surgical procedures that can help restore a younger appearance.

Botox and dermal fillers treat different symptoms of aging and are typically used on different areas of the face. Botox is used primarily on the forehead and around the eyes, while dermal fillers are most often used on the middle and lower parts of the face.

The board-certified dermatologists at Cosmetic Laser Dermatology in San Diego—with over 100 years of combined experience—are skilled in delivering the most natural results with Botox and dermal fillers.

How Does Botox Reduce Wrinkles?

Botox was the first injectable used to treat wrinkles and is probably the term you've heard most often. Similar products—Dysport®, Juveau®, Xeomin®, and DAXI®—are also available.

Botox is used to treat dynamic wrinkles or expression lines, caused by repeated muscle movements such as smiling, frowning, or squinting. Dynamic wrinkles occur primarily on the forehead and around the eyes.

Botox Cosmetic works by blocking nerve signals in the injected muscle. The interruption of nerve signals temporarily paralyzes the muscle—softening, reducing, or even eliminating wrinkles in the treated area.

Results last between 3-6 months. Lines and wrinkles will reappear as muscle movement gradually returns, and follow-up treatments will be needed. With regular Botox treatments, some patients find that their lines and wrinkles become less noticeable over time—even between treatments.

How Do Dermal Fillers Diminish the Signs of Aging?

Dermal fillers are effective for signs of aging caused by static wrinkles, which occur as we age due to the loss of subcutaneous fat beneath the skin. Fillers instantly plump and lift the skin, smoothing lines for a rejuvenated look.

Dermal fillers are often used to treat the sagging that occurs in the lower half of the face as collagen, elastin, and subcutaneous fat decreases. This sagging also leads to the collection of fat in the lower half of the face, which reduces chin and jawline definition.

[This study of injectables in the lower face](#) discusses the use of dermal fillers to “enable facial sculpting through treatment of volume depletion and modeling of facial contours.”

Fillers can last from 6-18 months, depending on the area of application.

Combining Botox with Dermal Fillers for Ideal Results

Since Botox and dermal fillers treat different symptoms of aging, optimal results can be achieved by using them together.

Botox relaxes facial muscles to diminish dynamic wrinkles caused by repetitive muscle movement. Dermal fillers help restore lost volume, smoothing out static wrinkles and restoring youthful definition to the lower face.

The combination of Botox and dermal fillers addresses multiple symptoms of aging simultaneously, providing a longer-lasting, more complete facial lift.

Your Needs are Unique, So You Need a Customized Treatment Plan

The perfect pairing of Botox and dermal fillers will depend on the severity of your wrinkles, your age, and your aesthetic preferences.

Leading experts in the use of Botox and dermal fillers, the dermatologists at Cosmetic Laser Dermatology will work with you to create a customized treatment plan for your needs.

To schedule a consultation, contact Cosmetic Laser Dermatology in San Diego, CA today.