

FILLER UP

Iani Silveira, a board-certified family nurse practitioner and master injector, chats about the health benefits of filler and injectables.

BY CHARLOTTE TRATTNER

While the field of aesthetics is no stranger to fillers and neurotoxin, it is imperative to highlight injectables' role in health. "The biggest misconception about injectables is that you're trying to change the way you look, but it's not just for beauty," shares Iani Silveira, master injector and founder of Bella Vida Aesthetics & Wellness. We chat with the master injector to learn how fillers and neurotoxin are used outside the aesthetic world. 851 NE First Ave., Miami, bellavidaaesthetics.com

What conditions can filler and neurotoxin help treat? Hyaluronic acid fillers can be used to alleviate pain caused by osteoarthritis by providing a buffer that mimics cartilage. Botulinum toxins, on the other hand, can help individuals suffering from hyperhidrosis and muscle tightness due to various causes such as stroke, sports injuries, or built-up tension. These treatments alleviate discomfort and can be used for medical reasons, such as in the case of Tonic patients or individuals with facial scarring. The symmetry and balance fillers provide to a patient's face can significantly affect their confidence and quality of life.

Can you describe your treatment results? We've seen a notable increase in mobility among

patients using hyaluronic acid fillers, particularly in cases of osteoarthritis. Typically, patients suffering from this condition require around 45 minutes to an hour to get out of bed due to the need to warm their tendons and ligaments. However, the introduction of fillers in the affected areas hydrate the entire region, facilitating lubricated movements. Movement can be restricted in the absence of hyaluronic acid in the joints, akin to the Tin Man in *The Wizard of Oz*. Therefore, using fillers improves patients' mobility and positively impacts their lifestyle, daily activities, and overall well-being.

How does this injecting process differ from aesthetics? Although the motivation for receiving injectables may vary among patients, somebody can still achieve aesthetic results. The injection depth for aesthetic purposes is typically shallower than for medical reasons and depends on the specific muscle and location being targeted for isolation.

What do you think is on the horizon for injectables? We have decided to transition from using fillers to biostimulators in our practice. This shift in our approach to aesthetics reflects a focus on regenerative aesthetics. The emphasis is on selecting safe fillers that aid collagen and elastin production to achieve a lifted and contoured appearance.



Iani Silveira, owner
Bella Vida Aesthetics
& Wellness

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