

My Experience

A patient's journey from beginning to end



IT'S TIME FOR BEAUTY UPKEEP

I've made the big decision. I'm going to have an ArqueDerma® Lift! This is a big decision for my 60-year-old face! I have researched several options and after putting all the data together, I came up with this seemingly perfect decision.

I thought it would be helpful for anyone who is considering this procedure to follow along from beginning to end of my adventure, so I have written this out as it happened for me.

TWO WEEKS BEFORE

After reading several articles about fillers and bruising, along with talking with my aesthetic medical practitioner, I stopped all alcohol (especially red wine), aspirin, my Vitamin E (fish oils), and anti-inflammatories; since those thin the blood and can cause more bruising. Staying off my Aleve® was the hard part, not the wine!

FIVE DAYS BEFORE

I had two of my friends tell me about Bromelain with Quercetin and Arnica for helping with bruising. These are over the counter homeopathic pills you can get most anywhere. I took these as directed on the bottle starting five days before and continued until the bruising was gone after the procedure.

MY TREATMENT PLAN: DECADE DOSING®



When I first met for my consultation, they introduced me to a concept called Decade Dosing®. This formula helped me understand that due to all of the collagen I have lost over the years, it would take one syringe of filler per decade to bring me back to how I looked about a decade ago. For me, at sixty, that meant about 6 syringes, and that is what they did for me. I had four syringes of Juvederm® to lift my face, one Restylane® to fill under my eyes and one Radiesse® in my chin to help give it more definition. I also had some Botox® at the same time (that was the easiest part). Getting all of this at once did hit the pocket book, but I researched what a surgical facelift would cost in comparison, not to mention the risks, the cost of being out of commission with drains, stitches etc. if I was to have surgery versus just a 'social downtime' with the ArqueDerma® Lift. All this helped me decide this was a better option for me.

INJECTION DAY

I'm nervous but excited, but as they say, "No pain no gain!" The staff has numbed me with some really powerful numbing cream, reassured and explained everything making me feel at ease. There was a little pain around the lip and nose area, but it wasn't bad at all, probably a 3 on a pain scale from 1-10; I was definitely expecting worse. Before I knew it, I was done in about an hour. Afterwards, I just felt a little swollen and tender.

IMMEDIATELY AFTER

At first, my face just looked swollen, very little bruising; I'm pleased! They taught me a term they call 'social downtime' so I could prepare to lay low for a week or so. Now that it is all over, I'm amazed that I just went home like nothing happened! I decided I would sleep 'propped' up so the swelling wouldn't worsen in the morning.

DAY ONE



I'm anxious to see my face in the morning. It does feel swollen so I'm expecting the worst. Yes, there are bruises, but not as many as I was expecting. A few by my cheekbone and several around the sides of my lips. I've been informed that they will get worse by day two. It is hard to look at myself but I've planned for this.

DAY TWO



They were right; the bruising is darker and spreading, but still not as bad as I thought. I'm still taking my Bromelain and Arnica. I also bought a pineapple and am eating it, as it's supposed to help with bruising.

DAY THREE



Another bruise day; I'm sort of afraid to look in the mirror, however I am actually seeing some 'yellow' around the bruises, which is encouraging. I know that means I am healing. I went out to the grocery store today! With makeup on it's hard to see the bruises.

DAY FOUR

It's a miracle. My face looks so good, I'm actually thinking of going shopping - in public! I'm really getting good at this makeup now. When you get close up you can see I'm covering up something, but not from about two feet away. I'll make sure no one gets in my 'personal' space!

DAY FIVE



What was I worried about? I'm so impressed as to the smoothness and the 'lift' that all this accomplished. My husband also notices the 'lift' now. The swelling has gone down for the most part and the results are starting to show up. I'm beyond excited.

DAY SIX



I'm almost completely bruise free! I have a few 'lingering' spots, but they are easily covered with makeup. No one would know I had anything done. I had lunch with a friend who commented on how "good my skin" looked. This is what I want everyone to say from now on!

DAY SEVEN

The results are amazing and so natural! It's just exactly what I was hoping for. I'm so glad I took the step and did the research. It was an expense, but well worth the cost, with basically little down time, and I avoided surgery. The best part about ArqueDerma® is that my face looks like me ten years ago!