The Secret to Natural, Long-Lasting Botox & Filler Results Transcript

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Why Sequence Matters in Aesthetics

Most aesthetic treatments don't fail Most aesthetic treatments don't fail because they're done poorly. They fail because they're done poorly. They fail because the face wasn't prepared because the face wasn't prepared properly. And today I want to talk about properly. And today I want to talk about a concept that's finally getting the a concept that's finally getting the scientific attention it deserves.

scientific attention it deserves. Prepping the canvas. But I also want to Prepping the canvas.

The Study on Botox Before Fillers

But I also want to show you why in integrative aesthetic show you why in integrative aesthetic medicine, prepping the canvas goes far medicine, prepping the canvas goes far >> This video is inspired by our 2024 >> This video is inspired by our 2024 peer-reviewed article titled Optimizing peer-reviewed article titled Optimizing Facial Aesthetics: Sequential Facial Aesthetics: Sequential Application of Bachelinam toxin A and Application of Bachelinam toxin A and dermal fillers for enhanced results. The dermal fillers for enhanced results. The author is Constance Hall, a nurse author is Constance Hall, a nurse practitioner and aesthetic educator. The practitioner and aesthetic educator. The article was published in plastic and article was published in plastic and aesthetic nursing, the official journal aesthetic nursing, the official journal of the international society of plastic of the international society of plastic and aesthetic nurses. I'll summarize and aesthetic nurses. I'll summarize what the article teaches and then I'll what the article teaches and then I'll show you how I expand on it using an show you how I expand on it using an integrative and holistic aesthetic integrative and holistic aesthetic approach in my own practice. I'm Dr.

approach in my own practice. I'm Dr. Fred Bloom. I'm trained in integrative, Fred Bloom. I'm trained in integrative, holistic, regenerative, and aesthetic holistic, regenerative, and aesthetic medicine. And what I appreciate about medicine. And what I appreciate about this article is that it puts clear this article is that it puts clear language and data behind something language and data behind something experienced injectors already understand experienced injectors already understand intuitively.

intuitively. intuitively. Sequence matters. The article focuses on Sequence matters. The article focuses on using bachelinam toxin first before using bachelinam toxin first before dermal fillers. Specifically, it looks dermal fillers. Specifically, it looks at weakening depressor muscles before at weakening depressor muscles before placing filler. The goal is simple.

placing filler. The goal is simple. reduce downward pull, create a more reduce downward pull, create a more stable, relaxed foundation, and allow stable, relaxed foundation, and allow fillers to be placed more precisely.

fillers to be placed more precisely.

Beyond Technique: Preparing the Biological Canvas

According to the article, this According to the article, this sequential approach can reduce muscle sequential approach can reduce muscle interference with filler placement, interference with filler placement, lower the risk of filler migration, lower the risk of filler migration, improve symmetry and predictability, improve symmetry and predictability, reduce patient comfort, and often reduce reduce patient comfort, and often reduce the total amount of filler needed. In the total amount of filler needed. In many cases, the article points out many cases, the article points out something important. Sometimes Botox something important. Sometimes Botox alone already creates enough alone already creates enough improvement, and that's a key clinical improvement, and that's a key clinical insight because more product is not insight because more product is not always better. The science behind this always better. The science behind this is anatomy and biomechanics.

is anatomy and biomechanics. The aging phase isn't just losing The aging phase isn't just losing volume. It's being pulled downward by volume. It's being pulled downward by overactive depressor muscles. When those overactive depressor muscles. When those muscles are weakened first, the face muscles are weakened first, the face becomes easier to sculpt. That's what becomes easier to sculpt. That's what the article refers to as prepping the the article refers to as prepping the canvas. And I agree with that canvas. And I agree with that completely. But this is where completely. But this is where integrative aesthetic medicine goes a integrative aesthetic medicine goes a step further because muscles are only step further because muscles are only part of the canvas. In my practice, the part of the canvas. In my practice, the real canvas is the biology underneath real canvas is the biology underneath the skin. If the internal environment the skin. If the internal environment isn't supportive, even perfectly isn't supportive, even perfectly sequenced Botox and filler won't behave sequenced Botox and filler won't behave optimally. For example, if collagen optimally. For example, if collagen synthesis is impaired, bio stimulation synthesis is impaired, bio stimulation won't mature properly. If inflammation won't mature properly. If inflammation is high, collagen breakdown outpaces is high, collagen breakdown outpaces repair. If hormones are off, skin repair. If hormones are off, skin response changes dramatically. If response changes dramatically.

Integrative Aesthetics and Internal Health

If nutrient reserves are low, healing nutrient reserves are low, healing slows. So in integrative aesthetics, I slows. So in integrative aesthetics, I also look at hormonal balance, also look at hormonal balance, inflammation, nutrient availability, inflammation, nutrient availability, mitochondrial health, oxidative stress, mitochondrial health, oxidative stress, and healing capacity.

and healing capacity. This doesn't replace aesthetic This doesn't replace aesthetic technique. It supports it. And when technique. It supports it. And when biology is optimized, aesthetic biology is optimized, aesthetic treatments last longer and look more treatments last longer and look more natural. That's why in some patients, natural. That's why in some patients, aesthetic care may include hormone aesthetic care may include hormone optimization when appropriate, optimization when appropriate, nutritional or IV support, regenerative nutritional or IV support, regenerative therapies, light or energy based therapies, light or energy based treatments, and gut and detox support treatments, and gut and detox support when indicated. This isn't about being when indicated. This isn't about being extreme. It's about being aligned with extreme. It's about being aligned with physiology. One of the most interesting physiology. One of the most interesting things I've learned over time is this.

things I've learned over time is this. The face often shows systemic stress The face often shows systemic stress before lab work does. Poor healing, before lab work does. Poor healing, shortlived results, excess swelling, and shortlived results, excess swelling, and fragile tissue. These are not injector fragile tissue. These are not injector failures. They are biological signals.

failures. They are biological signals. Integrative aesthetic medicine listens Integrative aesthetic medicine listens to those signals. So for whom is this to those signals. So for whom is this approach? It's for patients who don't approach? It's for patients who don't just ask what can you inject but instead just ask what can you inject but instead ask why is my face aging this way. This ask why is my face aging this way. This article confirms something important.

article confirms something important. Sequence matters in aesthetics and Sequence matters in aesthetics and integrative medicine reminds us that integrative medicine reminds us that systems matter even more. When you systems matter even more.

Closing Thoughts and Audience Questions

When you combine both outcomes improve and combine both outcomes improve and results last. Before we finish, I'd love results last. Before we finish, I'd love to hear from you. Have you noticed to hear from you. Have you noticed better results when Botox is done before better results when Botox is done before filler? Have you ever had aesthetic filler? Have you ever had aesthetic results fade faster than expected? Do results fade faster than expected? Do you think aesthetics should address you think aesthetics should address internal health or stay purely cosmetic?

internal health or stay purely cosmetic? Drop your thoughts in the comments. I Drop your thoughts in the comments. I read them and they often shape future read them and they often shape future videos.