

FILL YOURSELF IN

The latest fillers are safe, effective and long lasting. Dr K K Chew of **NU.U** at Paragon tells us more about the cutting edge technology behind this increasingly popular procedure.

MEET YOUR 'MAGIC' FILLER

Young skin is supple, radiant and smooth thanks to a naturally occurring component in the human body – hyaluronic acid. As we age, skin loses its ability to retain hyaluronic acid and as a result, sagging and wrinkles appear. But with 'magic fillers', the radiance of lost youth is easily restored.

“When correctly administered, fillers can take almost five years off your face,” says Dr Chew.

These fillers are also reassuringly safe. Usually, no preliminary tests are required

before the procedure, since these fillers are made with naturally occurring elements, and contain ingredients of non-animal origin. The injections diffuse over time, are naturally incorporated into the superficial dermis, and are absorbed into skin gradually.

Administered via micro-injections, the procedure is almost completely painless due to the small size of the needles and can last anywhere from nine months to a year.

The use of fillers is completely non-surgical, there is little or no down time so you can be back at work from the doctor's office right after.

ABOUT DR KK CHEW

Dr K K Chew is the founder and medical director of NU.U Aesthetics & Wellness Clinic, located at Paragon Medical Suites.

A pioneer in the fields of laser-lipolysis with the Smart-Lipo system in the region, he is also a pioneer of LipoSelection by Vaser in Singapore.

Dr Chew has recently been conferred fellowship of the Society of Gold Surgeons (Korea) for his work in Gold Thread Lift Rejuvenation. In addition, Dr Chew conducts filler workshops for doctors for brands like Juvederm, Amalian and Esthelis.

He is an international member of the American Academy of Cosmetic Surgery and holds the position of vice-president of the Singapore Society of Aesthetic Medicine.



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NOSE

Fillers offer an exciting range of options. An experienced aesthetician will be able to correct a flat nasal bridge or enhance the tip with hyaluronic acid fillers which can last for up to a year. Says Dr Chew: "I prefer not to use the semi-permanent or permanent variety but instead the hyaluronic acid fillers because of its good safety record and natural-looking results."

SIDE PROFILE

Fillers are injected along the bridge of the nose to give it a sharper appearance, and on the chin to augment its shape. Although these adjustments may seem minor, they can completely transform your profile and appearance.

UNDER EYE AREA

A hollow develops under the eyes as fat is lost over time, giving eyes a 'sunken' appearance. Fillers restore the youthful volume for captivating eyes.

CHEEKS

Lost volume can be easily pumped up with a hyaluronic acid filler called Juvederm Voluma, one of the latest and most natural-looking fillers on the market. You can expect it to last for up to 18 months.

MOUTH

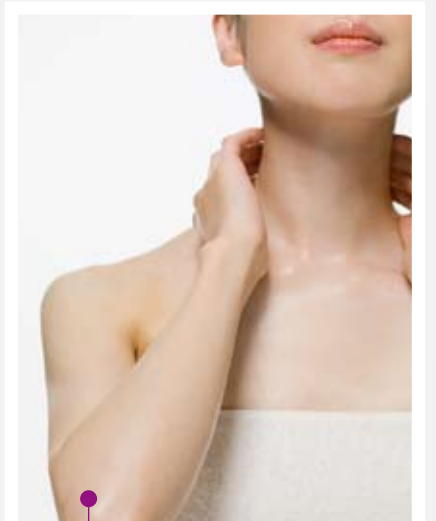
A series of laugh lines around the mouth give it a prune-like appearance, but hydration with fillers soften lines. Lips that have lost fullness can be restored with natural contours.

CHIN

To define a chin that appears weak, fillers can be injected into the jawline for stronger definition.

NECK & DÉCOLLETAGE

As the skin thins out, it starts looking dry and crepe-like, slightly resembling that of a turkey. Fillers can be injected into deeply etched lines to eliminate them.



HANDS

Surface micro-lines on the backs of hands can be treated by a series of micro-injections to hydrate skin. Over a series of sessions, micro-lines ease due to the tautening of the skin.