

Dermal Fillers for Feet

Dermal Fillers

Dermal fillers are mainly comprised of a naturally occurring sugar in the body, called Hyaluronic Acid (HA). HA is commonly present within our body from our skin to our eyes and joints. HA has many functions, one of which is to “plump” an area. It is “water loving” which helps the HA to perform its plumping action. Once introduced into the body it rapidly attracts the spare water to plump up the area.

For the feet, dermal fillers can be used to provide cushioning for the balls of the feet and to treat corns / callous.

Cushions for feet

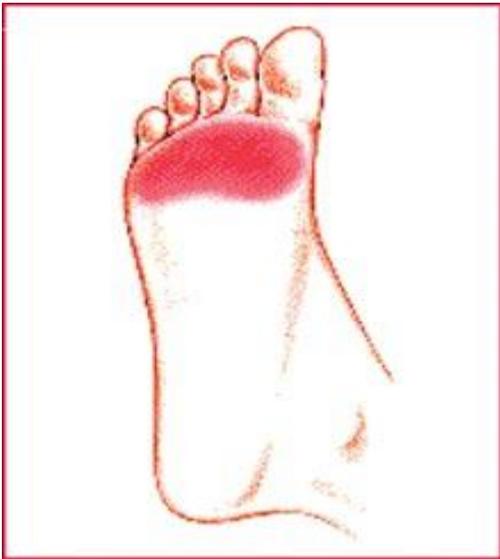
As the fashion world develops different styles of shoes are designed, many of which have a high heel. As the heel height has become high, the balls of our feet take more load causing an aching or burning pain. This condition is referred to as

“stiletto-tarsalgia” .

There is a solution to this problem by using dermal fillers. HA is injected into the ball of the foot in precise areas to provide cushioning when wearing high heeled shoes. People who have had the treatment say “they are walking on pillows”, and “there is no pain when wearing heeled shoes”. The treatment itself is painless as a local anaesthetic is given beforehand. As this is a cosmetic procedure for the foot you will only find this treatment carried out by specialist cosmetic podiatrists. Once injected into the ball of the feet the dermal fillers will last approximately 6-12

months.

People who wear heeled shoes for occupational reasons (i.e. a lawyer, PA or a receptionist) would find a complete lifestyle change with this procedure. A person who has lost the fatty padding on the balls of their feet due to repetitive trauma will also benefit greatly from this procedure. Cushions for feet may be used for anybody who suffers with the symptoms from wearing high heeled shoes.



The procedure itself takes between 1 – 1 & 1/2 hours. There are minimal side effects with the procedure, the side effects are rarely a cause of the HA as this is a natural occurring substance. Some side effects include:

- Infection
- Redness
- Post operative discomfort

When you think of aesthetic treatments, they usually involve products such as muscle relaxant injections and dermal filler injections to slow down the aging process of the skin. These treatments are predominantly carried out in the face; however medical aesthetics has advanced to using these products elsewhere on the body, one place of which is in the feet.

Although these are extremely rare, as with any minor surgical procedure involving a local anaesthetic, potential side effects may occur. Anyone in good health is eligible for the procedure.

Fillers for corns / callous



As with cushions for feet, dermal fillers can be used to treat a corn by taking the pain away and preventing it from returning. Corns are balls of hard skin which develop over bony prominences (i.e toes and the balls of the feet) due to lots of pressure. This pressure can be caused by the way an individual walks or improper shoes, trauma or loss of the fatty padding that protects the balls of the feet. Dermal fillers can be injected underneath the corn to take the pain away and provide padding to prevent the

corn from returning.



The procedure can vary between 30 minutes to 1 hour. Again the treatment will last for approximately 6-12 months. A local anaesthetic is again given to make sure that this treatment is painless, also the side effects are much the same as the cushions for feet and again are extremely rare.

As with dermal fillers used for facial aesthetics to maintain the desired effect, top up treatments are advised.

For more information contact The Foot and Ankle Centre on

0208 524 4516