

[00:00:00.620] - Ashleigh Kehrt

Skincare is not one size fits all. At IMAGE, we rely on skincare professionals and clinically proven ingredients to create solutions that adapt to your lifestyle. But don't take it from us. Just ask the 30,000 plus professionals in over 60 countries across the globe who trust IMAGE Skincare to deliver when it comes to results. And while we got our start with skincare pros, we think it's about time you got to know us better too. Tune in to Skinfluenced to hear straight from industry professionals on how to keep your skin healthy, radiant and resilient through every stage of your vibrant life.

[00:00:37.740] - Ashleigh Kehrt

Hello and welcome back, Skincare aficionados to Skinfluenced, a podcast where we chat all things skin. I'm Ashleigh Kehrt, and with me today is my cohost, Jacquelyn Hill. Hey, Jacq.

[00:00:49.140] - Jacquelyn Hill

Hey, how's everybody doing out there?

[00:00:51.490] - Ashleigh Kehrt

I hope they're good.

[00:00:52.710] - Jacquelyn Hill

I'm ready for today.

[00:00:53.730] - Ashleigh Kehrt

It's raining today. Really bad.

[00:00:55.260] - Jacquelyn Hill

It's storming. It's like a mini-hurricane, it's hurricane season. So we just have a pre-hurricane [crosstalk 00:01:01] .

[00:01:01.680] - Ashleigh Kehrt

I'm not ready for that.

[00:01:04.840] - Jacquelyn Hill

Yeah, not yet. I just am not ready for the no electricity. But I like the storm.

[00:01:10.120] - Ashleigh Kehrt

And your power went off today?

[00:01:11.700] - Jacquelyn Hill

My power went off today.

[00:01:12.820] - Ashleigh Kehrt

Oh, that's terrible. Well, hopefully today we'll brighten your power situation. So you guys, I am super, super, super excited about today's topic and guest. We are talking about my favorite facial treatment ever. She's rolling her eyes at me. Injectables. I am a firm believer in the magic, and hopefully after today, Jacquelyn will be too.

[00:01:39.340] - Jacquelyn Hill

Well, it's not that I don't believe in it, because I think injectables are awesome actually. I think our customers are always looking for instant-

[00:01:47.250] - Ashleigh Kehrt

Totally.

[00:01:47.970] - Jacquelyn Hill

And there's only so much your creams, and your serums, and your cleansers, and even the amazing treatments that we have can do. And I feel like these are instant results, results that you can really see.

[00:01:59.700] - Ashleigh Kehrt
Magic.

[00:02:00.520] - Jacquelyn Hill
Magic. If you could just magically get that Botox in without a needle though, I'm your girl.

[00:02:04.790] - Ashleigh Kehrt
Jacquelyn is scared of needles. And when I say scared, she's deathly afraid.

[00:02:09.370] - Jacquelyn Hill
Deathly afraid.

[00:02:10.830] - Ashleigh Kehrt
So I think when she hears all the amazing information, maybe we can do some kind of special needle for her, I don't know. But if there's any other way we can figure out how to get that Botox in there without the needle maybe, inventors, scientists-

[00:02:23.120] - Jacquelyn Hill
Somebody, I'm all about a shot, but it's usually tequila.

[00:02:26.320] - Ashleigh Kehrt
All right, girl, I'm not mad at that. I like both.

[00:02:28.600] - Jacquelyn Hill
Different shot.

[00:02:29.380] - Ashleigh Kehrt
All right, well, let's get started. So joining us today is the ultimate boss babe, Dr. Kandace Kichler. She is double board certified in surgery and obesity medicine. She completed her training at the University of Miami and fellowship at the Cleveland Clinic, Florida. Dr. Kichler practices nonsurgical facial rejuvenation at her North Palm Beach aesthetics practice, and is killing the game with her beauty and brains. Welcome, Dr. Kichler.

[00:02:54.910] - Jacquelyn Hill
Welcome.

[00:02:55.480] - Dr. Kandace Kichler
Thank you, ladies. I am so happy to be on here today. Very exciting.

[00:03:00.430] - Ashleigh Kehrt
Very exciting. So I know you very well. I get to work with Dr. Kichler all the time. So why don't you tell the listeners how you got here, what you specialize in, how you're in this moment today.

[00:03:14.710] - Dr. Kandace Kichler
Okay, so it all started when I was a little girl growing up on a farm, and I was obsessed with Teen Magazine, okay?

[00:03:21.040] - Jacquelyn Hill
Yeah, I remember that.

[00:03:21.040] - Dr. Kandace Kichler
So I was the ultimate girls girl who was unfortunately stuck on a farm. And I knew I had to get out of there and I had to become this beauty boss babe. So all throughout my training, through undergrad, through residency, fellowship, I've always had my eye on aesthetics.

[00:03:41.950] - Dr. Kandace Kichler

And I decided when I started practicing surgery, which I do weight loss surgery and obesity medicine, that there was another area that I was still passionate about. So I went through all of the trainings, and I got all of my certification so that I could be a provider of the Botox, the fillers, the nonsurgical facial rejuvenation things that not only I love, but that many of my patients loved as well, so that's what brought me to where I am today.

[00:04:10.370] - Ashleigh Kehrt
So you grew up in Alabama, right?

[00:04:12.370] - Dr. Kandace Kichler
Yes.

[00:04:12.620] - Ashleigh Kehrt
And then how did you get to Florida?

[00:04:14.380] - Dr. Kandace Kichler
Well, I basically told myself, "You are moving out of Alabama,"

[00:04:18.320] - Jacquelyn Hill
Smart move.

[00:04:18.890] - Dr. Kandace Kichler
I didn't want to be that far away from my family, and I love the beach. I hate cold weather. So I was like, "Florida seems like the perfect spot." So that's what brought me down here.

[00:04:29.390] - Ashleigh Kehrt
And then, obviously, you went to school here, too. So that's an easy ticket to stay.

[00:04:33.070] - Dr. Kandace Kichler
Exactly, exactly.

[00:04:33.790] - Ashleigh Kehrt
Amazing. So what is the relation between aesthetics and obesity medicine? They seem to the ear very different, but I think there's a lot of similarities.

[00:04:44.450] - Dr. Kandace Kichler
Totally, absolutely. How you feel on the inside is reflected on how you feel on the outside, and vice versa. So many of my patients, they go through this transformation, losing weight either surgically, or through diet, exercise and medications. And they feel one way on the inside, but they don't necessarily match on the outside. And then they start looking in the mirror and say, "You know, I need to do something. I don't feel myself." And it really brought joy to them when we could fix everything. And it's not necessarily that people need a fix, but it's a change that they want and a new life for some people.

[00:05:22.010] - Ashleigh Kehrt
Right. And I think the next question is, how does health and beauty go hand in hand? And I think you've just hit it already with people doing something miraculous going through all of this, working hard to feel better not only for the appearance but also for their health, because if you're obese, you have issues with your heart and cholesterol and all of the things, so they do go hand in hand. And then obviously, once you start working on your physique, then you're starting looking at your face, and your skin, and all of that.

[00:05:54.150] - Dr. Kandace Kichler
Yeah. And you start paying attention to what you're ingesting as well. We eat... Our culture is consumed with processed foods, and alcohol, and smoking, and all these things that make us feel bad, but they also make us look bad. So when our mindset changes on our health, it changes on our appearance as well.

[00:06:15.320] - Ashleigh Kehrt

Absolutely. So I think we can jump into some questions because I love this topic so much.

[00:06:22.340] - Jacquelyn Hill

So we have a lot of different questions, of course, that came in from some of our listeners. And we're going to start with the big guns, the one that everybody knows, but then I find that people don't really know what it is. They're like, "Do you have Botox in your lips, or do you have like-"

[00:06:40.530] - Dr. Kandace Kichler

That's a classic question?

[00:06:40.890] - Jacquelyn Hill

Right, it's like, "Well, no."

[00:06:42.650] - Ashleigh Kehrt

Sounds like a man.

[00:06:43.720] - Dr. Kandace Kichler

Yes.

[00:06:44.790] - Jacquelyn Hill

Yeah. So they hear all of these terms, they see all these commercials for them, but I'm not sure everybody knows all of the amazing things it can do. So first of all, Let's just start with Botox. That is a name brand. There's a lot of different name brands. So tell us a little bit about what it is.

[00:07:04.560] - Dr. Kandace Kichler

Yes. So Botox, which is also on the market called Jeuveau, Xeomin, and Dysport, these are all neuromodulators, which I'll explain that, but it's basically botulinum toxin. Sounds scary, sounds foreign, sounds like something you don't want to put in your body, but trust me, you do.

[00:07:24.320] - Ashleigh Kehrt

Give it to me.

[00:07:24.900] - Dr. Kandace Kichler

You want it. It's basically vitamin B, okay?

[00:07:27.980] - Jacquelyn Hill

Oh, cool.

[00:07:28.530] - Dr. Kandace Kichler

Okay, not the real vitamin B, it's a joke.

[00:07:31.310] - Ashleigh Kehrt

Right, we have serious listeners.

[00:07:33.090] - Dr. Kandace Kichler

But essentially what this neuromodulator does is, it helps soften or freeze the muscles on our face particularly that cause movement that causes resting lines and wrinkles. So when we treat those muscles in those areas where we're starting to look not so young and not so beautiful, we can see a nice refreshing and a nice softness come back to us. So we look a little happier, a little brighter, a little more awake. And it can be done beautifully without making you look crazy.

[00:08:03.800] - Ashleigh Kehrt

Absolutely.

[00:08:04.530] - Jacquelyn Hill

Yeah, so that was one of the things that I heard that probably other people, too. They get stuck on

this, where you say it freezes.

[00:08:11.210] - Dr. Kandace Kichler
Yes.

[00:08:12.200] - Jacquelyn Hill
Am I going to have movement in my face?

[00:08:15.560] - Dr. Kandace Kichler
So that depends on your injector and your wishes. I do have some girls. I call them my Elsa girls who want to be froze dead. They don't want a blip of movement. But I have other clients, and I like to be like this as well, where you want to still be able to animate and express. And especially today, when we wear masks a lot of the time, you still want to be able to move your eyebrows a little bit so people know if you're concerned, happy, sad, angry, because we can't always express it the way we used to. So it does depend on your injector, how it gets injected, how much gets injected, how frequently you get your treatments, but it can be done very nicely.

[00:08:54.540] - Jacquelyn Hill
No, I love that, that you can actually customize it or whatever you want. So do you suggest that then people start off with a little, and if they want a little bit more freezing, a little more Elsa, then they can get more?

[00:09:07.560] - Dr. Kandace Kichler
Yeah, I do. I typically start smaller, kind of like baby Botox or micro Botox, because you can always add more. Once it's there, you can't really reverse it. I don't want to freak people out by saying that, but once it's there, you need for it to wear off to get full movement back, so starting small and then adding more as needed, for example, a touch up appointment one to two weeks after your initial treatment is the best way to go, in my opinion.

[00:09:35.940] - Jacquelyn Hill
All right. And so you said that it will wear off. So how often? So it's not permanent, how often am I going to have to redo my Botox?

[00:09:43.230] - Dr. Kandace Kichler
Yes. So that is also patient or client dependent most of the time. So Botox, Dysport, Xeomin, all the things. They typically last anywhere from three to six months. It's dependent upon how fit you are, how much movement you make naturally, how much you exercise, your metabolism, where you're getting it injected, how much was injected. There are so many factors that go into that. But at the end of the day, it typically lasts around three to four months. Some people like my Elsa girls, they come in every two-and-a-half months or two months because they start to see a little movement, and we will touch up.

[00:10:17.710] - Dr. Kandace Kichler
Other times I'll tell them to wait, but that's your typical treatment time frame.

[00:10:22.750] - Jacquelyn Hill
All right. So you are going to just have a consultation. Do you like one more than the other? Do you have a favorite? Do different clients react differently to the different brands?

[00:10:32.250] - Ashleigh Kehrt
Great question.

[00:10:33.490] - Dr. Kandace Kichler
Yeah. That's a really good question. So each has a slightly different on set of action, meaning it starts to kick in at a different time. So classic Botox, which is-

[00:10:44.100] - Ashleigh Kehrt

She's getting excited.

[00:10:45.160] - Dr. Kandace Kichler
Yeah, I know.

[00:10:45.460] - Ashleigh Kehrt
I'm like, "What's the kick in? What kicks in right away?" It's my favorite thing ever.

[00:10:51.160] - Dr. Kandace Kichler
Right, "Would you give it to me?" Okay, so Botox, and Xeomin, and Jeuveau, typically kick in around that seven to 10 day mark, and they'll be at their full maximal treatment range at the 14 days, like the two week area. Dysport, which I like for myself-

[00:11:08.540] - Ashleigh Kehrt
Me too.

[00:11:09.310] - Dr. Kandace Kichler
Mostly it kicks in a little faster.

[00:11:12.960] - Ashleigh Kehrt
Oh, quite faster.

[00:11:12.960] - Dr. Kandace Kichler
Yeah, especially if you've got something coming up, and you weren't able to get in earlier, or you just realize that you started having some movement that you don't love when you look at yourself in the mirror or in a picture, then you can get that treatment a couple of days before your event, and you can rest assured that it's going to be affected, it's going to have worked by then.

[00:11:32.290] - Jacquelyn Hill
Can you mix and match? Can I get Dysport in one area and Botox in another area? Or do you need to stick with one?

[00:11:38.130] - Dr. Kandace Kichler
So that is a good question, and I think that every practitioner finds their little recipe that they like the best. I do tend to use more Dysport on the forehead, where we have stronger muscles and I know that it's really going to impact them. Around the eyes and around the mouth, I do like the softer onset of Botox, but you know what? Every practitioner, every person injecting has their own technique and their own preference, but that's what I stick with.

[00:12:07.680] - Ashleigh Kehrt
It's also... What I love about having the different options is that, and Dr Kichler, you can give the scientific part of this, but there are patients that will come in after being a Botox person for X amount of years, and it doesn't seem to be working, or maybe it's in their head. I'm not sure. But you can switch, correct?

[00:12:27.000] - Dr. Kandace Kichler
Yes, you can switch. Exactly. Some people find that after many, many years of using Botox or of using Dysport, that it starts to wear off a little faster.

[00:12:35.640] - Ashleigh Kehrt
Okay.

[00:12:36.210] - Dr. Kandace Kichler
Typically, if we go up on how many units you're using, then that problem is solved. But some people feel like they get resistant to it. And I have heard of rare cases of people who, for example, had to use Botox for other indications, which we can talk about later, that used it in high doses. And then when they went to get the Botox in their face, it just didn't work at all because their body almost was

resistant.

[00:12:59.190] - Jacquelyn Hill
So used to it.

[00:12:59.190] - Dr. Kandace Kichler
Yeah, I was like, "No, I'm not going to say it built antibodies to it," because I don't know that there's any scientific literature confirming or denying that. But yes, we can see that, and we can make little tweaks to correct it.

[00:13:10.950] - Ashleigh Kehrt
Right.

[00:13:11.780] - Ashleigh Kehrt
So how long does it take to get the treatment? To me, this is amazing because it's very in and out.

[00:13:16.880] - Dr. Kandace Kichler
It's so fast, it's so fast. Obviously, I like to spend time with people and make sure that we are on the same page as far as what their goals are, what concerns them. So the consultation itself, your first time, could take anywhere from 30 minutes to an hour, depending on what you want to talk about. But the actual injecting is like, wham, bam, thank you, ma'am, okay? So-

[00:13:39.880] - Jacquelyn Hill
What about for needle chickens?

[00:13:42.350] - Dr. Kandace Kichler
For the needle chickens, it's wham, bam, thank you, ma'am. It's very fast.

[00:13:47.060] - Jacquelyn Hill
It's still fast for needle chickens.

[00:13:47.060] - Dr. Kandace Kichler
It's still fast, you know? In some people, I will allow them, or we will put some topical numbing on the skin, so it's less painful, but that's typically not needed. It's a few small injections with... I use a diabetic syringe, so it's like the tiniest needle possible, like teeny weeny tiny.

[00:14:07.790] - Jacquelyn Hill
You can do it, you can do it. Close your eyes.

[00:14:09.700] - Dr. Kandace Kichler
Yeah. It takes just a few minutes to actually do the injection itself.

[00:14:14.040] - Ashleigh Kehrt
And when you have a good injector, you don't feel pain. You may feel, I would say, a pinch. Every now and then you'll feel a pinch. I will say if you're on your menstrual cycle, ladies, because men can get Botox, too, but you don't necessarily go through that, at least scientifically. Maybe in your mood, but that's another topic.

[00:14:34.930] - Dr. Kandace Kichler
We cannot go there.

[00:14:36.070] - Ashleigh Kehrt
We'll get there later. But I do feel sensitivity around that time, kind of like when you-

[00:14:41.500] - Dr. Kandace Kichler
Like getting your hair dyed at the same time.

[00:14:42.720] - Ashleigh Kehrt

Or when you're waxing, sometimes you're more sensitive around your menstrual cycle, so same thing

[00:14:47.970] - Jacquelyn Hill

So for needle chickens, don't go around the-

[00:14:50.110] - Dr. Kandace Kichler

Yeah.

[00:14:51.090] - Jacquelyn Hill

Got it, okay.

[00:14:51.090] - Dr. Kandace Kichler

Once you get used to it, you'll be fine in a couple of days.

[00:14:52.480] - Ashleigh Kehrt

That is just sad, but it's just like a pinch. It doesn't... It's not extremely painful. And like she said, you can be numbed if you're really scared, so we'll numb you. So speaking of, you mentioned it a little earlier, but what other areas can you get? Botox or a neuromodulator?

[00:15:09.640] - Dr. Kandace Kichler

Yeah, so the indications for Botox is the upper face. It's the forehead lines, around the eyes, like crow's feet, that type of thing. But we use them off label in so many other areas. A lot of trends that you see online are really actually good ways to treat different areas of our face that we want to correct. I love doing a Botox lip flip. So it's just like two tiny injections above the lip on each side, and it allows your upper lip to relax and more of the pink to show, so you get the feeling of what it might be like if you were to ever get lip filler without so much process.

[00:15:51.140] - Dr. Kandace Kichler

And we'll talk about fillers later. So that's a lip flip. There are muscles around the corners of our mouth that pull the corners of our mouth down. You can treat those muscles, make you look less frowny face. I call it the-

[00:16:05.600] - Ashleigh Kehrt

RBF?

[00:16:06.120] - Dr. Kandace Kichler

Yeah. I call it the RBF treatment. And then a really popular one is also on the face, the lower face, the masseters. So everybody has masseter muscles around our jaw that we use that muscle to clench. And some people it's so severe that it causes TMJ, they're seeing their dentist, or freaking out, and nothing can make it better. And you can treat that muscle, relax it, and get relief. Other places we use it hyperhidrosis, which is extra sweating in the armpits, palms, on the feet. And then for migraines, tension headaches, migraines.

[00:16:39.610] - Dr. Kandace Kichler

If you've got migraines that are originating from some of your neck muscles, those can be treated as well. And then I use it on the neck too, to help with some lines. So we got lots of uses for these toys, okay?

[00:16:50.380] - Jacquelyn Hill

Lot's of uses for Botox.

[00:16:52.420] - Ashleigh Kehrt

Yes.

[00:16:52.960] - Jacquelyn Hill

I'm making a list.

[00:16:53.780] - Dr. Kandace Kichler
Yes.

[00:16:54.760] - Ashleigh Kehrt
So is there anything you cannot do before or after your treatment?

[00:16:59.720] - Dr. Kandace Kichler
So I wouldn't recommend coming after doing some heavy exercise or doing a very invasive treatment where you really need to recover or have some downtime. You don't want everything to be super dilated, your capillaries, because you may be more likely to bruise, okay? But typically it's pretty safe to do anytime. You do want to be able to give yourself a break where you're not going to lay flat, or lay face down for three to 4 hours after the treatment, so you wouldn't want to get it at some of these wet and wild Botox parties where people are doing, or people are drinking alcohol and then getting Botox at 11 PM at night.

[00:17:39.200] - Dr. Kandace Kichler
I would not recommend that.

[00:17:41.050] - Dr. Kandace Kichler
And then my personal preference is for people to wait 24 hours before doing any excess sweating, like exercise, sauna, hot tub, that type of thing, because I have a crazy story, and I'll tell you.

[00:17:53.780] - Jacquelyn Hill
Oh, we want to hear this.

[00:17:53.780] - Dr. Kandace Kichler
So one time, and Lori will kill me because she doesn't believe this is true. But I got my Botox with Lori, who's the PA, my partner in our practice in North Palm Beach aesthetics. And the next morning, I was a fellow at the time, so I was doing my rounds in West Palm. And the next morning I went to hot yoga and sweated like a crazy animal. And that time my Botox never took. And so to that day, I'm like, "No sweating. No sweating, don't even think about it.

[00:18:22.260] - Dr. Kandace Kichler
Cancel your yoga, cancel your crossfit, whatever," just because... I don't know that it's necessarily proven that it didn't take because of that, but better safe than sorry. You don't want to waste your money.

[00:18:33.120] - Ashleigh Kehrt
Exactly. You're spending... And let's talk about pricing, what does something like this cost.

[00:18:39.030] - Dr. Kandace Kichler
Okay, so starting out with baby Botox, you're going to use somewhere around 15 to 25, maybe 30 units on your first visit, depending on which areas bother you. I have some younger girls in their early 20s who really only need 10 units. They've got one little area that's bothering them, and that's it. That's what your treatment range starts out with. And the pricing for that, depending on where you go, who's doing it, is somewhere probably around 10 to 15, maybe even 18 dollars a unit, so you take that amount, 10 or whatever times 15, and that's your price.

[00:19:13.710] - Dr. Kandace Kichler
And again, you have to remember, you're going to be doing this every so often. So it's definitely an investment. But it's an investment in your appearance, your face, how you feel, so it's worth it.

[00:19:23.010] - Ashleigh Kehrt
It's worth it to me. Take all my money.

[00:19:25.110] - Jacquelyn Hill

Yeah, long term doing that, will you see the wrinkles? I have a lot of wrinkles, and now they were softened, so I have to get less. Do you see that?

[00:19:32.990] - Dr. Kandace Kichler

It's typically you stick with the same amount. You don't necessarily go to less. But if you came in early before all the movement started coming back, you could technically use less units for sure.

[00:19:43.890] - Ashleigh Kehrt

So for instance, if you started young versus somebody that started older, all that time you're not using that movement in your face. You're probably not going to have as deep set wrinkles, et cetera.

[00:19:54.260] - Dr. Kandace Kichler

Correct, it's preventative. It is very good for someone starting out who is starting to see some resting lines but doesn't want to progress to look like their grandma. So if you start younger, and I'm not advocating for teens to do it by any means, because that's crazy.

[00:20:09.850] - Jacquelyn Hill

So what age range, would you say?

[00:20:11.710] - Dr. Kandace Kichler

Yeah, I say 20s, mid to late 20s if you have a lot of animation. Now, I've seen girls in their 20s who have no lines and barely animate when they talk, they don't need it. They may want to start in their 30s. But myself, I was studying a lot, was working out a lot, constantly dehydrated, so my skin was looking like trash. I needed to start it a little earlier, so I started in my mid 20s.

[00:20:37.150] - Ashleigh Kehrt

I did, too. I actually worked in the industry, so I started at 25.

[00:20:40.720] - Dr. Kandace Kichler

Yeah.

[00:20:41.290] - Ashleigh Kehrt

I literally turned 25, and the doctor I worked for at the time was like, "Let's do it" and I was so excited.

[00:20:46.500] - Jacquelyn Hill

So it's too late for me.

[00:20:47.620] - Dr. Kandace Kichler

No, girl, you look good.

[00:20:48.780] - Ashleigh Kehrt

She doesn't have a wrinkle on her face.

[00:20:50.280] - Dr. Kandace Kichler

I know, she's like-

[00:20:50.290] - Ashleigh Kehrt

And she's older than us, so.

[00:20:53.900] - Jacquelyn Hill

Tell me you tell people that.

[00:20:55.440] - Ashleigh Kehrt

You're healthy, that healthy melanin is on your side, girl.

[00:20:59.700] - Jacquelyn Hill

Thank you.

[00:21:00.240] - Dr. Kandace Kichler
You've got good skin.

[00:21:00.750] - Jacquelyn Hill
Thank you for melanin.

[00:21:02.020] - Ashleigh Kehrt
Okay. So I think we handled all of Botox. Let's talk about... So obviously I love both. But to me, filler is the most magical thing that they ever created, because I love to watch this be performed. And when Dr. Kichler does it, I'm there a lot of times, and it's so transformative. It's immediate results.

[00:21:22.980] - Dr. Kandace Kichler
It's very satisfying.

[00:21:25.790] - Jacquelyn Hill
It's immediate, which is cool.

[00:21:25.800] - Ashleigh Kehrt
Every time I get chills. I think it is the most fascinating... I just can't believe that we were smart enough... Not us, but people were smart enough to create this.

[00:21:33.330] - Dr. Kandace Kichler
It was us. We created this.

[00:21:35.120] - Ashleigh Kehrt
I feel like I could have.

[00:21:35.730] - Jacquelyn Hill
You could have. It's not 14 days. This is right away.

[00:21:39.380] - Ashleigh Kehrt
This is immediate.

[00:21:39.750] - Dr. Kandace Kichler
Yes.

[00:21:41.380] - Ashleigh Kehrt
So what... Tell us, there's so many different types of filler on the market, many of you may know that, many of you may not. A lot of people are confused and think Botox and filler the same thing, they're not. So now that we know what Botox is, what is filler, and what are the different types?

[00:21:54.710] - Dr. Kandace Kichler
So filler is a volume replacement. It is an enhancement. It is typically hyaluronic acid that's injected into areas of your face where you are seeing volume loss, volume depletion, or where you want to augment something. And that's where we talk about lips. All the husbands and significant others out there who are judging us think that we get Botox in our lips. And aside from the lip flip, which is not... That's not the same. That's fake news. A filler is what we put into our lips. It's what we put into our cheeks, what we put into our jawline, to accentuate our natural beauty and give us that refreshed look.

[00:22:36.130] - Dr. Kandace Kichler
I love, love, love doing filler.

[00:22:38.320] - Ashleigh Kehrt
It's so amazing.

[00:22:39.440] - Jacquelyn Hill

Well, I think everybody is going to need a little filler. As you get older, you start losing volume, you lose the fat, you lose-

[00:22:45.320] - Ashleigh Kehrt

And there's nothing you can really do about that. You can't put the fat back in your face, so it's permanent.

[00:22:48.610] - Jacquelyn Hill

You can't exercise it back in, you can't serum it back in, you can't-

[00:22:52.860] - Dr. Kandace Kichler

Yeah, so many things contribute to that, like aging, our hormones, the fat pads that are in our face shift. And so sometimes we've got to tack them back up with a little filler.

[00:23:04.170] - Ashleigh Kehrt

And I will say too, fat loss. So if you were a person that loses a significant amount of weight, or you're yoyo dieting and you're up and down, because it's funny, when you're younger, you want to be skinnier. And when you get older, you almost want to be a little bit more plump because plump, especially in the face, you look younger.

[00:23:23.190] - Jacquelyn Hill

That extra five pounds makes you look younger.

[00:23:27.750] - Dr. Kandace Kichler

It's so crazy. Even just 10 years ago, if you look at pictures of me then versus now, you're like, "Oh, my God. She did her whole face. She got a new face." But it's not, I just... The fat pad shifted, I lost some of my baby fat, and we all do. So on the areas where you want that back. That's where we can use filler.

[00:23:45.300] - Ashleigh Kehrt

So we talked about the parts of the face that it treats, and then you mentioned hyaluronic acid. But I know there's a couple other on the market.

[00:23:54.160] - Dr. Kandace Kichler

Yeah, there are. So there are other fillers that contain different compounds. So whether that be synthetic or biologic, collagen, microspheres of Vicryl, there's calcium, a lot of different ones. And with those, we think, Radiesse, we think Sculptra, different ones that can be used to provide a framework for the filler to not only grow or to stay, but for your collagen to build. These are a little different because hyaluronic is reversible. These are not as reversible. To a degree they can be reversed and taken down, but they have more potential long term scaring, if you would.

[00:24:38.370] - Ashleigh Kehrt

So that means you need to go to somebody that knows what they're doing?

[00:24:42.220] - Dr. Kandace Kichler

Somebody who is an expert in that specific type of injectable is who I would always recommend. We see this a lot. Sculptra is typically indicated for people with severe volume loss of the face. It was initially created for HIV patients who have that muscle wasting and the temporal atrophy, which is around our eyes. It is a great product, but it has to be used in the right hands-

[00:25:06.510] - Ashleigh Kehrt

And the right type of client.

[00:25:08.890] - Dr. Kandace Kichler

Right type, exactly. Same thing with Radiesse, all of the different fillers.

[00:25:13.810] - Ashleigh Kehrt

So who would be... What age can you start getting filler? Because this one is very controversial, because I've seen especially the generation even behind us, so Dr. Kichler and I are around the same age. Actually, we are the same age. So we're in our mid-30s.

[00:25:29.820] - Dr. Kandace Kichler
Girl, we're not.

[00:25:31.140] - Ashleigh Kehrt
Sorry, we look like we're 20.

[00:25:31.860] - Dr. Kandace Kichler
I just turned 22.

[00:25:34.390] - Ashleigh Kehrt
Correct, I was at your birthday. I don't know about that, but... So I've seen really young girls start to get filler, and it worries me a little because I feel like they're not even... I know they're doing it for that augmentation part of... But what do you think, as a doctor?

[00:25:49.320] - Dr. Kandace Kichler
As a physician, I don't recommend filler until you're in your 20s. Below that is really-

[00:25:54.820] - Jacquelyn Hill
Too young.

[00:25:56.260] - Dr. Kandace Kichler
Yeah. We always have to think about the risk, the benefits, the long-term implications of anything we do. These are medical procedures at the end of the day, and if the patient isn't mentally ready to undergo something like that and deal with the potential issues, complications, long-term side effects, then it's not right to do it, yeah.

[00:26:16.220] - Ashleigh Kehrt
Right. Okay, so age is dependent, I guess, but probably when to start-

[00:26:20.280] - Dr. Kandace Kichler
Yeah, 20s, mid to late 20s, just like Botox, but in small amounts.

[00:26:24.150] - Ashleigh Kehrt
Which makes sense because we start to age around 25, maybe a little younger, depending upon which scientific data that you read. But that's about the time that women especially start to lose volume and collagen, et cetera. Men have it a little bit easier because they age slower. However, when they do, it's downhill fast. But men can also get filler, right?

[00:26:48.160] - Dr. Kandace Kichler
Absolutely. These are all... Botox, fillers are from men and for women.

[00:26:51.310] - Ashleigh Kehrt
Don't be scared, men. You can do it too. We can all look good, although you look younger than us. I read a stat that said that women are 15 years older than men in as far as aging-

[00:27:05.520] - Jacquelyn Hill
And in our heads, too.

[00:27:07.410] - Ashleigh Kehrt
Yeah, we're definitely older in our mental capacity.

[00:27:10.950] - Jacquelyn Hill
In maturity, yeah. Sorry, men, we're kidding.

[00:27:12.740] - Ashleigh Kehrt

Okay, let's get back on the subject. Who should be giving these treatments?

[00:27:18.840] - Dr. Kandace Kichler

So technically, who can give them is really state dependent. Here in Florida, the injector is typically either a doctor, nurse practitioner, or PA. RN injectors, I don't think is verified in the state of Florida, but there are States that are.

[00:27:38.190] - Ashleigh Kehrt

Yes, I think Virginia, New York used to be.

[00:27:41.470] - Dr. Kandace Kichler

Yeah, and I think Texas, I don't know. Every state is different with their laws, rules, regulations. Who you decide to go to, I think you should do your research. Like, how many years has this person been doing this? Have I seen before and after's? Are they up front about complications and things that can happen? Do they know how to treat those things that could possibly happen? Having an open, honest conversation should not be an issue if the injector is legitimate.

[00:28:10.380] - Jacquelyn Hill

So it's all about that consultation? Yeah.

[00:28:11.940] - Dr. Kandace Kichler

It's all about the consultation, how you feel-

[00:28:14.420] - Jacquelyn Hill

Do you feel comfortable?

[00:28:15.120] - Dr. Kandace Kichler

Yeah, your instinct is like your best friend.

[00:28:17.490] - Ashleigh Kehrt

It's funny that you bring up, can they deal with the complications? Because we were just talking about that. I was having a conversation about that the other day, about... I'm sure there's nurses or aestheticians even that could be great injectors. However, it comes down to that. The differentiation is the doctors, the nurse practitioners, the PAs that go through all the training know what to do for the adverse reaction, if there happens to be one, whereas an aesthetician may not go through that, so that's

[00:28:46.200] - Jacquelyn Hill

Or not have the right licensing to prescribe what happens next, and that's going to be very, very important, not just, can you get it in there with the needle? But what-

[00:28:55.650] - Ashleigh Kehrt

Because, of all things, of course, somebody can do that, and hopefully it works out for the best. But then if you do have that, because it happens. That's something you need to be... You sign a waiver for a reason, it's just like when you get a facial, things can happen. You can have a reaction, et cetera. So you have to be able to have that expertise of what to do, have if there's a adverse reaction.

[00:29:17.100] - Jacquelyn Hill

Worst case scenario. Is there a contingency plan?

[00:29:20.380] - Dr. Kandace Kichler

Right.

[00:29:20.800] - Jacquelyn Hill

I have another question about the fillers, though. I know with our Botox, we're doing it every three

months, you said.

[00:29:25.210] - Dr. Kandace Kichler
Yes,

[00:29:26.100] - Jacquelyn Hill
Our fillers every three months, how often do you-

[00:29:27.520] - Dr. Kandace Kichler
They last longer, so that's the good news, yeah

[00:29:30.160] - Ashleigh Kehrt
More bang for your buck.

[00:29:31.930] - Jacquelyn Hill
But the needle's probably bigger, right?

[00:29:32.650] - Dr. Kandace Kichler
No, the needle is not.

[00:29:35.120] - Jacquelyn Hill
Is that a bigger needle?

[00:29:37.300] - Dr. Kandace Kichler
No, we still use small needles, but these last longer. And same thing with Botox, obviously, if you've got super high metabolism, if you're somebody that's working out every day, it's not going to last as long as the more sedentary person, or the person with just different genetics, but they typically last six on the short end, but more like nine to 12 months. And some of the fillers that are out on the market today last 15 to 18 months.

[00:30:03.000] - Jacquelyn Hill
And do you have to wait the whole 15 months? If I see it going down a little at 10 months, could I just top it up a little?

[00:30:09.670] - Dr. Kandace Kichler
Of course, and I actually recommend that. I think starting small, I don't like to bang anybody up with three, or four, or five syringes. That's a lot, it's a lot on your pocket first, but also it's just a lot on your body and mentally you looking at your face and being puffed up. So I recommend do it a couple of months later. If I say that you'd be a good candidate for an additional syringe, come back and do a little bit more and build upon it, because your body tends to react better to the filler. If you wait some time between a treatment session.

[00:30:39.960] - Ashleigh Kehrt
And what's the price range on fillers?

[00:30:42.990] - Dr. Kandace Kichler
So fillers, typically these are going to run, depending on which one you get, how much you use, et cetera, somewhere around the 550 to 750 range. They can be a little less depending on where you're going versus a little more depending on what type it is. But it is more expensive than Botox. But like we said, it lasts a lot longer.

[00:31:02.330] - Jacquelyn Hill
It lasts a lot longer.

[00:31:03.520] - Ashleigh Kehrt
Right, And it's an alternative to... A lot of times you can get a little filler. It may not be exactly the right candidate, but some people need a little filler, they don't necessarily need a surgical procedure, et

cetera, which is going to cost them even more to treat that. So it gives you an option if you're a non surgical person to do it with filler.

[00:31:25.240] - Dr. Kandace Kichler

And then some people just don't ever want to have surgery, you know? But they feel good getting a little filler in their face. And I'm all about that.

[00:31:32.340] - Ashleigh Kehrt

All right. So we talked about adverse reactions, but what does someone do if, for whatever reason, their Botox or their filler, they're feeling like they're having an adverse reaction. What do you recommend?

[00:31:45.220] - Dr. Kandace Kichler

Definitely reach out to your injector. Step one, call the injector, let them troubleshoot it, let them calm you down, let them prescribe something that may help with swelling, if that's your issue. If you've got a little asymmetry, one of your brows pops up higher than the other, all of these things can be corrected, but you just have to communicate and keep an open line of communication so that it can be fixed before you freak yourself out.

[00:32:09.870] - Jacquelyn Hill

And should people expect bruising or bleeding?

[00:32:13.340] - Dr. Kandace Kichler

Sometimes we bruise, sometimes we swell. Like I said, you may notice one side reacts differently versus the other. All of these things are expected, and I try to talk to my clients and my patients about that beforehand. You do want to try to... If you're very worried that you're going to get a bruise and you don't want someone to know, like I have some women who, like "My husband cannot not know I got in here. Don't speak about it. When you see me in the store, pretend you don't know me."

[00:32:39.620] - Jacquelyn Hill

My young, young boyfriend does not know how old I really am.

[00:32:43.160] - Dr. Kandace Kichler

Yeah, exactly. So if you don't want to bruise, you want to minimize alcohol, and minimize insets. Try not to do the exercise before the procedure for a couple of days. Even retinols can irritate the skin and make you more likely to slightly bruise. So avoiding certain things can help prevent it, but at the end of the day, we have hundreds and thousands of little vessels and capillaries on our face. The best of the best of the best of the best could still bruise you, so let's be real.

[00:33:09.740] - Ashleigh Kehrt

Right.

[00:33:11.080] - Dr. Kandace Kichler

Yeah, I've bruised myself.

[00:33:11.930] - Ashleigh Kehrt

Yes.

[00:33:12.720] - Jacquelyn Hill

So it's setting it up with a little makeup?

[00:33:15.370] - Dr. Kandace Kichler

Yeah, and we're talking minor bruising. A major bruise, yeah. That's something that you don't want to experience, an occlusion is something that you don't want to have to experience. But at the end of the day, all of these things are potentials that can happen, and you just have to trust your injector that they can manage it, deal with it, and help you through the process.

[00:33:32.330] - Ashleigh Kehrt

And it's setting up those expectations. So if you go in knowing that these are possibilities, not letting it scare you, but just knowing, "If I get a little bruise, okay, that's normal. My injector told me so, so I'm not scared." I know that she can handle it.

[00:33:47.340] - Ashleigh Kehrt

All right, so let's change gears a little bit because there's another thing that's a hot ticket item right now that isn't actually that new, but it's newer. I don't know, for whatever reason, if there's more marketing, or more people know about it, and that's threading. And I know that you have been doing a lot of threading.

[00:34:08.680] - Dr. Kandace Kichler

A certain type of threading.

[00:34:10.760] - Jacquelyn Hill

Yeah, I get my eyebrows threaded. I feel like I'm having-

[00:34:14.040] - Dr. Kandace Kichler

That's okay, yeah. That's different.

[00:34:16.810] - Ashleigh Kehrt

No plucking or waxing type of threading, not for your eyebrows. I'm going to let you talk about it. You are the master.

[00:34:25.100] - Dr. Kandace Kichler

Exactly. Threads are another non-surgical procedure that we can do on our face to help with rejuvenation. So there are different types of threads on the market, and these are inserted with a needle, like the Botox or the filler, but it's a little thread, like a surgical suture or stitch like I use in the operating room, that lies under your skin. And what that does is it builds collagen, it helps with facial rejuvenation, and certain threads that are on the market can actually provide a little bit of lifting.

[00:35:00.380] - Dr. Kandace Kichler

These are the ones that I like to use, the Instalift or the Silhouette threads that actually have little cones that provide structure and anchor under the skin and give a lift. They're FDA approved. These are things that you want to ask your injector, "Well, how does this work? What does it do? How long is it going to last?" These last up to two years. There are other PDO threads, smooth, barbed. The smooth ones are typically just there to help build a little collagen. They're not going to give you a lift. They're not going to give you dramatic changes in tightening.

[00:35:31.480] - Dr. Kandace Kichler

And yes, they can cause scarring, just like anything we do on the face. The barbed PDO threads, I have seen a little bit of lift and a little bit of rejuvenation with. But like I said, every person that's doing this really should know all of their options, and know which one is best for you, depending upon the concerns that you have or what areas you want to fix or tweak.

[00:35:52.750] - Ashleigh Kehrt

So would you say this is something that you could do in the place of a facelift? Or is this kind of holding you out until you have to get a facelift? What's the indication for this? Why are we doing the threading?

[00:36:02.690] - Dr. Kandace Kichler

This is for a little bit of lifting when you're not quite ready for a face lift. If you need a facelift, you need a facelift, and you really need to go see a really good surgeon who's going to give you amazing results. All of these things that we do just help augment our appearance, make you look better. They can take back years, there's no lie about that, but they're semi permanent. They're there, they do make a great change, but it doesn't last forever. And if you've really got a lot of excess skin or laxity in your complexion, in your skin, then you may want to go to a face lift.

[00:36:36.670] - Dr. Kandace Kichler

And if you're someone who's on the borderline, I tell those patients, "Go get a consultation, see what it's like." I have others who are like, "I would never get a facelift if my life depended on it. Do some threads." So everybody's different.

[00:36:48.470] - Jacquelyn Hill

Are these in addition to your fillers and your Botox? Are they instead of your fillers and your Botox?

[00:36:53.630] - Dr. Kandace Kichler

So they can replace... Okay, I'll take that back. They can't really replace filler or Botox, but they can make you maybe need a little less a filler. For example, if we lift and you're no longer unhappy with the way your jaw sit or your jaw line, then you may no longer desire to have filler put in that area, but it doesn't necessarily take the place. It's different.

[00:37:17.440] - Jacquelyn Hill

So you can do both.

[00:37:18.270] - Dr. Kandace Kichler

You can do all three.

[00:37:18.280] - Ashleigh Kehrt

I can have threads, I can have three, honey.

[00:37:18.280] - Jacquelyn Hill

You can do all layered up. The trifecta, triple threat. I like the triple threat.

[00:37:27.130] - Dr. Kandace Kichler

Yeah, exactly.

[00:37:28.110] - Ashleigh Kehrt

So is this procedure painful? And what's the downtime associated?

[00:37:33.860] - Dr. Kandace Kichler

So it's not really painful, especially the way that I set this up, we put on topical numbing, and then once the topical numbing set for a little bit, I do local anesthetic with a small needle, and then I do the procedure. So your whole procedure length time is about 45 minutes, depending on how many threads you're getting, what areas you're doing, we could do the face. We can also do the neck. Everybody's different, but it's not super painful. Nobody needs general anesthesia for this. And that is also a concern for many, like "I don't want to have anesthesia."

[00:38:03.650] - Ashleigh Kehrt

Especially older clients.

[00:38:04.880] - Dr. Kandace Kichler

Older clients, they just want something that's in the office, outpatient, a little bit of numbing, and then they look beautiful. And that's who this is really good for. The people who I also think have a major benefit with the threads are people who are younger and just starting to notice some sagging of their skin that's bothering them. But they're like, nowhere near-

[00:38:23.680] - Jacquelyn Hill

That's me.

[00:38:24.110] - Ashleigh Kehrt

That's me.

[00:38:24.490] - Dr. Kandace Kichler

You all are both crazy. But-

[00:38:27.000] - Jacquelyn Hill

No, girl, my jawline. I'm in the mirror like this, I'm doing this in the mirror.

[00:38:28.200] - Dr. Kandace Kichler

Yeah, me too. You know, the jaws-

[00:38:29.880] - Ashleigh Kehrt

I say this to her all the time. I'm like, "What do you think about it?" She's like, "Absolutely not." I'm like, "Dr. Kichler, please."

[00:38:36.430] - Jacquelyn Hill

Okay, but you're quite a bit younger than me-

[00:38:36.430] - Dr. Kandace Kichler

You know, it's typically like-

[00:38:38.840] - Jacquelyn Hill

I'm like, I'm pulling, girl.

[00:38:40.210] - Dr. Kandace Kichler

Yeah. I'm looking at people, especially with the Instalift threads that I use that really do provide visible lift, these are patients in their 40s and 50s who aren't ready for a facelift but have a little bit of laxity that want a rejuvenation but aren't ready to go under the knife or have general anesthesia. I think that's who it's perfect for.

[00:38:59.310] - Jacquelyn Hill

It's like when I have a big high pony and it pulls it up. That's what I was thinking.

[00:39:05.400] - Dr. Kandace Kichler

Yeah, threads can also be used for a little brow lift, the ponytail, cat eye brow lift that you see on Instagram.

[00:39:10.970] - Ashleigh Kehrt

And I see that on... Younger celebrities have all done that to change the look of their eye. They say that-

[00:39:16.690] - Dr. Kandace Kichler

it's a little wild, I'm not going to lie.

[00:39:19.020] - Ashleigh Kehrt

Kylie Jenner.

[00:39:19.020] - Dr. Kandace Kichler

And it doesn't last, but-

[00:39:21.990] - Ashleigh Kehrt

Kendall, maybe?

[00:39:21.990] - Dr. Kandace Kichler

Yeah, because typically that's a different type of thread that we're using. But you know what? If you want something like that, at the end of the day, if I see you and you're the right candidate and we agree that this is what we're going to do, then it may be a great option for you.

[00:39:33.940] - Ashleigh Kehrt

Right. And can you do it anywhere else besides this, the face or the neck? I've heard you can do it-

[00:39:40.810] - Dr. Kandace Kichler

So each thread is indicated... Every product has its indications, and as far as the Instalifts goes, those are indicated for midface, and they now have a neck indication. Some of the PDO threads are also indicated for midface, but that's where we talk about off label. Off label is going to be the ponytail, cateye brow lift. Off label is going to be like some of that neck rejuvenation stuff that everyone's doing a little differently. Off label would be, I've seen people putting threads in the nose.

[00:40:07.500] - Jacquelyn Hill

Wow.

[00:40:07.750] - Dr. Kandace Kichler

I don't recommend that. I think it's a little weird, but whatever. You know what? If you love it and your injector does it, and you've seen before and afters, and you're confident in them, and that's what you feel you need, do it.

[00:40:17.680] - Ashleigh Kehrt

Right. So with all of the triple trifacta that we've talked about today, I know you're a big advocate for skincare, et cetera. So what do you recommend, as far as if this is a client that is doing all these things, are interested in all these things, but obviously wants to take care of their face? What ingredients or specific types of products do you like to use or do you recommend?

[00:40:40.810] - Dr. Kandace Kichler

Totally. Our face is like a blank canvas, and we have to do a lot of different... We have to use a lot of different mediums. So our Botox and our fillers are going to accomplish one thing, and our threads are going to accomplish another. But at the end of the day, if the skin looks dull and it's full of clogged pores-

[00:40:57.930] - Jacquelyn Hill

Yes, the texture

[00:40:59.350] - Dr. Kandace Kichler

Yeah, the texture is not right, then-

[00:41:00.730] - Jacquelyn Hill

Hyperpigmentation, even tone.

[00:41:02.210] - Dr. Kandace Kichler

Yes, then we got to fix all that. If you're not using a daily moisturizer, that's numero uno, okay?

[00:41:10.030] - Dr. Kandace Kichler

I have so many people, "Oh, my skin is oily. I don't need a moisturizer," fake news. That is not true. You need to moisturize. You need to moisturize, and especially our eyes. So a good daily moisturizer, a good eye cream, okay? Those are my foundations. If you're not using that, start today.

[00:41:24.200] - Dr. Kandace Kichler

And then the next things that I like, everyone needs a retinol at night. Everyone needs a vitamin C. And then I also love a hyaluronic acid, too, which is a topical hydrating serum.

[00:41:35.890] - Jacquelyn Hill

All my favorite things.

[00:41:36.910] - Ashleigh Kehrt

Me too.

[00:41:36.920] - Dr. Kandace Kichler

Yeah. Those are the killers today. Those are the good ones.

[00:41:40.540] - Ashleigh Kehrt

Is there anything that you shouldn't use if you're going to get your injectables, or you're having threading done, et cetera?

[00:41:47.800] - Dr. Kandace Kichler

Yeah, so if you are sensitive to your retinol and it causes you to have a lot of irritation, then I would say lay off of that for a couple of days, just like if you are going to do that for a facial, but otherwise, no. I don't think there's really any major things you need to stop doing.

[00:42:02.270] - Jacquelyn Hill

What about for our skin care therapist out there who are doing treatments? If my person is going to go to their doctor and have injectables, can I give them a peel? Or if they had injectables, how long do I wait to give a peel, or a microneedling, or all these things that might be wondering, well-

[00:42:17.310] - Dr. Kandace Kichler

Right, That's a really good question, because we want to make sure you do it right. You don't want to reverse either of the treatments that you're doing. A good rule of thumb is just to wait two weeks between either or.

[00:42:27.890] - Jacquelyn Hill

I like it.

[00:42:27.890] - Dr. Kandace Kichler

But yes, I've had people come in and get a facial and then remember that they're due for their Botox and get their Botox on the way out. That's totally fine. You don't want to do the reverse. You don't want to do the Botox and then do a facial and move the Botox all around and get a problem.

[00:42:40.410] - Dr. Kandace Kichler

Same thing with microneedling. The pores are kind of open, it can be a little sensitive, but most of the time, you're numb, so putting a little Botox at the end of a microneedling session is okay. But after any Botox or filler, you want to wait about two weeks before you do any procedures, treatments, facials, et cetera.

[00:42:59.540] - Ashleigh Kehrt

So is there anything that you wish the listeners, or just people in general, knew about injectables in general? Like the business of it, besides don't be scared and we should all do it. But is there anything that you... It's something you hear all the time when people come in, and it's a common thing that you always have to combat as an injector?

[00:43:18.240] - Dr. Kandace Kichler

I think we've touched on most of it, as far as Botox goes in one place, filler goes another. Also, I think so many people are scared of filler because they think it's going to make them look like Joan Rivers, and God bless her soul, I loved her. But we don't want to look like that. And that's not a normal reaction to any type of facial treatment. If filler is done right, no one would know. No one's going to know. They're not going to know.

[00:43:46.540] - Ashleigh Kehrt

They're not... Your husband's not going to know.

[00:43:48.390] - Jacquelyn Hill

How would they know?

[00:43:49.210] - Ashleigh Kehrt

I won't tell if you won't.

[00:43:50.650] - Dr. Kandace Kichler

Right. So, you know, if... Okay, and I'll just be totally transparent. If you look at me and you look at my Instagram and look at my face, you wouldn't think I've had a ton of stuff done. You would think I've had some stuff done, because obviously I'm in the industry, but I have had syringes on syringes on syringes of filler, and I've had-

[00:44:07.810] - Ashleigh Kehrt
I can cosign that.

[00:44:09.550] - Dr. Kandace Kichler
Units on units on units of Botox. And if you do it tactfully, if you do it in small amounts all along the way, you'll still look like yourself. You'll still have normal movement. You're just going to not age quite as quickly as everybody around you.

[00:44:22.990] - Ashleigh Kehrt
And age later is the goal, right?

[00:44:25.690] - Jacquelyn Hill
Age later is the goal.

[00:44:26.490] - Ashleigh Kehrt
And I can attest to just being in North Palm Beach aesthetics, knowing that I think it's important that you find injectors that educate you while you're having the treatment done. So I can say that that's a big thing at North Palm Beach aesthetics is you're getting education on what it is, why it's doing this. Why did we do this for this? Why we shouldn't do this, et cetera. And it's a journey, just like our skincare journey, where we always talk about that as aestheticians. You're with me for life. If you're coming to me for a facial, this is a journey that's going to change and we're going to change.

[00:44:59.240] - Ashleigh Kehrt
And it's the same thing with injectables. So for you all that are looking for an injector wherever you are, it's really important that you find somebody that's on the same page as you that has the same values that you do. That if you don't want to look crazy, don't go to somebody that has before and afters that are crazy.

[00:45:14.510] - Dr. Kandace Kichler
Yeah, don't go to go to a pusher.

[00:45:15.750] - Jacquelyn Hill
Or somebody who looks crazy themselves.

[00:45:17.170] - Dr. Kandace Kichler
Unless you want a pusher, because that-

[00:45:20.110] - Jacquelyn Hill
They might like that crazy look.

[00:45:21.310] - Dr. Kandace Kichler
Yeah, it's true. It's true.

[00:45:23.380] - Ashleigh Kehrt
Okay. So we thought it might be fun to hit you with some myths, kind of like a fact or fiction rapid fire, we could call it. Just some things that we've heard that are either fact or fiction, we don't know, but we're going to ask you. So number one, Botox causes atrophy. I literally heard that at a dinner, and I almost.

[00:45:43.160] - Dr. Kandace Kichler
Okay, so fact or fiction, okay? So there is some degree of muscle shrinking, I guess I would call it. So for the masseters, for example, we do want a little atrophy. Some people have those chipmunk cheeks.

They've got super full masseters, and when we inject them with Botox, the muscle does go down slightly. But does it atrophy to the point where it's gone, where it doesn't exist, where it doesn't function? No. So that's where it's a fiction. Fact to some degree, but really not.

[00:46:15.560] - Ashleigh Kehrt
But for your upper part of your face-

[00:46:17.390] - Dr. Kandace Kichler
Upper part of your face, no. Your muscles are still there.

[00:46:22.100] - Ashleigh Kehrt
So you're not going to look like, what's the... Shar-pei?

[00:46:24.560] - Dr. Kandace Kichler
Yes.

[00:46:24.560] - Ashleigh Kehrt
Like a shar-pei dog?

[00:46:26.600] - Jacquelyn Hill
Before Botox when you get all of your wrinkles, yeah.

[00:46:27.440] - Ashleigh Kehrt
That's fair for Botox, but the Botox won't cause you to look like that.

[00:46:30.860] - Dr. Kandace Kichler
Correct.

[00:46:31.340] - Ashleigh Kehrt
Okay, good to know.

[00:46:32.750] - Jacquelyn Hill
All right. So we're going to stick to Botox, because this is when I talk about Botox to my kids. They're like, "It's a toxin. Toxin's in the name. It must be poisonous. Why are you putting poison in your forehead or whatever?" So is Botox poisonous?

[00:46:49.460] - Dr. Kandace Kichler
Fiction. It is not poisonous. Obviously, it is a medication, there can be adverse reactions, but they are extremely, extremely, extremely rare. It is an isolated form of what was a toxin that is no longer an active toxin that's going to cause you paralysis in other areas of your body. It's strictly injected where we inject it to work, where we want it to work. So you are safe getting your Botox. However, do not do this when you're pregnant.

[00:47:22.020] - Jacquelyn Hill
Do not do it when you're pregnant.

[00:47:23.970] - Dr. Kandace Kichler
Yeah, because we don't have any long term studies. We don't have any... No one's going to do a randomized control trial, pregnant versus not pregnant

[00:47:31.450] - Jacquelyn Hill
Yeah, we say the same thing in skincare. Yeah, we say the same thing in skincare, if you're pregnant, just wait.

[00:47:35.520] - Dr. Kandace Kichler
Just wait, just wait.

[00:47:36.120] - Jacquelyn Hill
Just have the baby and wait.

[00:47:37.630] - Dr. Kandace Kichler
Yeah, but otherwise you're good.

[00:47:39.690] - Ashleigh Kehrt
You're a little plumper when you're pregnant, anyway, so there's... they're getting these-

[00:47:41.580] - Ashleigh Kehrt
Exactly, lines and wrinkles are going to be plumped up.

[00:47:44.600] - Dr. Kandace Kichler
Yeah, I didn't even realise. When I had Charlie, the whole time I was pregnant, I didn't even think about needing Botox, which is weird because I'm like a Botox junkie. Like, "Give me that Botox." But no. Yeah, I think your body just... The hormones and everything that's going on. It's not even a priority.

[00:48:01.820] - Ashleigh Kehrt
All of that to say that there are long term studies on Botox.

[00:48:08.060] - Dr. Kandace Kichler
Yes. And that it's safe, you can use it-

[00:48:09.720] - Ashleigh Kehrt
But not for pregnant people. Not for pregnant people.

[00:48:12.330] - Jacquelyn Hill
I slept through my whole pregnancy so I wouldn't have known if I needed Botox.

[00:48:14.530] - Ashleigh Kehrt
Yeah, you were a zombie the whole time?

[00:48:16.860] - Jacquelyn Hill
I was sleeping.

[00:48:17.690] - Ashleigh Kehrt
Oh my God. All right, so Here's one. You touched on it already, but all filler makes you look crazy.

[00:48:23.690] - Dr. Kandace Kichler
Fake news. No, we can do it classy, we can do it tactfully where you look beautiful.

[00:48:29.180] - Ashleigh Kehrt
Right? So if somebody looks crazy and they're going to be doing your filler, it might not be the best person, just saying.

[00:48:34.380] - Dr. Kandace Kichler
Yeah, you know.

[00:48:35.580] - Jacquelyn Hill
Or sometimes-

[00:48:36.350] - Dr. Kandace Kichler
Make sure they know what you want.

[00:48:37.890] - Jacquelyn Hill
And don't forget what you look like. I think sometimes people get a little and it looks good. So they're like, "Oh, give me some more," and they forget that okay, now-

[00:48:48.470] - Dr. Kandace Kichler

That's why before and afters are so important. If your injector doesn't take it before, when they're drawing up the syringe, take your own before so that you stay grounded and you remember what you look like and how beautiful the transformation is.

[00:49:01.170] - Ashleigh Kehrt

And I will say I did some... I didn't do the study, but I read a bunch of studies about the whole filter thing, and the Kardashian filter thing, and how so many people, especially younger girls in their early 20s, et cetera, are paying for all these fillers to get that augmented look to look like a filter. So if you start too young... So that leads me into the next-

[00:49:27.060] - Jacquelyn Hill

Next question.

[00:49:27.980] - Ashleigh Kehrt

If the younger you start, the better? I feel like that's both.

[00:49:32.030] - Dr. Kandace Kichler

Yeah, I would say fuction again. Yes, for Botox. I use the analogy, it's a crinkled piece of paper. And if you go to iron that out, you can only get so many of the wrinkles out, whereas if you start with a nice fresh sheet of paper and you don't let the wrinkles or the crinkles develop, then yeah, it's preventative. And the earlier you start to a certain degree is good. Filler, I think, is probably the opposite, because over time, yes, any time I put a needle in your face or inject a substance, your body is reacting, your body's building collagen.

[00:50:05.810] - Dr. Kandace Kichler

We want that collagen right now, but 75 syringes down the road, you may not. That'll be me, I'll let you know who goes.

[00:50:14.830] - Ashleigh Kehrt

I'll be right there with you, sister. And then the procedures are substitutes for plastic surgery.

[00:50:23.230] - Dr. Kandace Kichler

False. So obviously, like I said before, if someone is very anti plastic surgery, then the these are great options for you. But the end of the day, plastic surgeons are amazing. This is what they do, this is what they're trained in, and if you've got a certain look in your eye of how you want to appear, or you've got a certain thing that you want fixed, Botox and fillers are only going to do so much. We have to be realistic, and you should make sure your injectors should be very open with that conversation as well.

[00:50:56.680] - Ashleigh Kehrt

Absolutely.

[00:50:57.300] - Jacquelyn Hill

All right, so if they go home, and they look in the mirror like me, and they start pulling stuff and saying, "I want this done," how do they find you?

[00:51:04.800] - Dr. Kandace Kichler

Yes. So I think the easiest way is to find me on The Gram.

[00:51:10.590] - Jacquelyn Hill

I have to find you on The Gram.

[00:51:12.270] - Dr. Kandace Kichler

Yeah. My personal Instagram is Slimming Surgeon, so that's for my weight loss, my... Just random life pics. And then I link it to North Palm Beach Aesthetics, which is also on Instagram. You can DM, you can call, the phone number for North Palm Beach Aesthetics is on that page, but it's 561-231-0193,

and then northpalmbeachaesthetics.com, yeah.

[00:51:36.020] - Ashleigh Kehrt

And then you can also go on your website to schedule too, right?

[00:51:38.670] - Dr. Kandace Kichler

Yeah, you can schedule online, it's super easy, super fast. But we get back to people ASAP, we love you.

[00:51:45.770] - Ashleigh Kehrt

Well, this was my favorite topic, and I could honestly talk about this for about two more hours, but you might be bored with us. So thank you, everyone, for listening. Thank you, Dr. Kichler for joining us. Thank you, Jacquelyn, for-

[00:52:01.140] - Jacquelyn Hill

Being open minded.

[00:52:02.440] - Ashleigh Kehrt

Being open minded. I can't wait to go with you. I'm going to hold your hand appointment.

[00:52:06.610] - Jacquelyn Hill

You might have broken fingers.

[00:52:07.960] - Ashleigh Kehrt

That's fine. I willing to take on the challenge, and maybe we'll film it if she ever decides to do it.

[00:52:12.460] - Dr. Kandace Kichler

Yes.

[00:52:13.270] - Ashleigh Kehrt

So I just want to make sure that you are tuning in, add us on Spotify, add us on Apple, Podbean. And next month we're talking about wellness. It is National Wellness Month, so you want to make sure you tune in to that. Also, follow us on IMAGE Skincare on Instagram, online. Check out our website and I hope you all have a wonderful rest of your day.

[00:52:35.890] - Jacquelyn Hill

Don't forget TikTok. We're on TikTok now.

[00:52:37.710] - Ashleigh Kehrt

Oh, and we're on TikTok. I'm not good at it, but I'm going to learn. Maybe Jacquelyn and I will do TikTok dance.

[00:52:44.090] - Jacquelyn Hill

Yes.

[00:52:44.600] - Ashleigh Kehrt

Stay tuned to see.

[00:52:45.440] - Jacquelyn Hill

Stay tuned for that, yes.

[00:52:45.440] - Ashleigh Kehrt

We'll talk about it, for that. Bye, everyone.

[00:52:49.550] - Dr. Kandace Kichler

Bye.

[00:52:49.980] - Jacquelyn Hill
Bye.

[00:52:51.110] - Ashleigh Kehrt

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