



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

We help people **Feel Good, Look Good & Function Well**

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www.IvyCollaborative.com

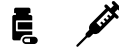


RESTORING FACIAL VOLUME WITH EMFACE

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Facial Volume Loss Can Feel Like

Cheeks flatten. The mid-face looks tired even after sleep. Makeup sits in hollows. Volume loss is not only “less fat”—facial muscles thin with age (atrophy), fat pads descend, and collagen and elastin decline. Fillers add what is missing from the outside. Another path is rebuilding the muscular foundation so the face holds itself again. Sun, genetics, and time all speed the change. Wanting a less hollow look is not vanity; it is asking structure to do its job.



2. Self-Help Strategies

- Daily sunscreen; UV accelerates collagen loss
- Do not smoke; it thins skin and muscle support
- Sleep and protein support tissue repair
- Skip extreme crash dieting that hollows the face first
- Use photos in the same light to track change—not only the mirror at 6 a.m.
- Know the myth: more concealer will not restore mid-face structure
- See a clinician for sudden one-sided change, pain, or skin breakdown

3. Traditional Medicine Options

- Dermatology or aesthetic consultation to separate volume loss from skin laxity
- Skincare and procedures that target collagen (topicals, energy devices)
- Hyaluronic acid fillers for selected hollows after shared decision-making
- Surgery (lift or fat transfer) for selected candidates
- Understand limits: filler adds volume but does not strengthen the muscle underneath
- Ask about needle-free, FDA-cleared facial muscle stimulation plus RF

4. How Ivy Collaborative Can Help

- Emface (BTL) — FDA-cleared HIFES plus synchronized RF for facial rejuvenation
- Applicators on cheeks (and forehead as planned) stimulate elevator muscles and heat dermis
- Published averages include increased muscle tone, more collagen/elastin, and a lifting effect*
- 20-minute sessions; typically, 4 visits over 2–4 weeks; no downtime*
- Needle-free alternative or complement to filler—not a guaranteed filler replacement

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
aad.org/sunscreen niams.nih.gov/skin <i>Sun • Sleep • Protein</i>	aad.org/aging/skin/plasticsurgery.org <i>Consult • Filler • Surgery options</i>	ivycollaborative.com — Emface Schedule your consultation <i>Emface • Needle-free lift</i> <i>Physician-directed care with Dr. Jocelyn Bayliss, MD</i> <i>dual board-certified psychiatrist</i>

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461

Complimentary Wellness Assessments available • Needle-free facial muscle and skin support

A tired mid-face is often structure, not just “needing more rest”—support is available.



*Emface (BTL) is FDA-cleared for non-invasive facial rejuvenation using HIFES muscle stimulation and synchronized radiofrequency. Published averages include increased muscle tone, collagen/elastin, and a lifting effect; individual results vary. Typical course is four 20-minute sessions over 2–4 weeks and may be individualized. TMJ-related jaw tension is a functional use after physician evaluation—it is not a replacement for dental, oral-surgery, or acute joint care. Pacemakers, facial metal implants, pregnancy, nursing, active skin infection, and certain nerve disorders are common contraindications. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.