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### **DERMAL FILLERS**

We have a variety of dermal fillers available to correct wrinkle lines, define and augment the lips, fill depressions and add volume. The appropriate filler is chosen based upon individual need and desired outcome.

### **HYALURONIC ACID BASED FILLERS**

Restylane, Perlane, Juvederm Ultra and Juvederm Ultra Plus are hyaluronic acid based fillers. Hyaluronic acid is a naturally occurring sugar molecule that helps moisture bind to the skin. It is found in large quantities in young skin, but over time, the levels decrease due to pollutants, sunlight and aging. Hyaluronic acid fillers are produced by bacterial fermentation and help to replace volume and structure that have been lost over time. There are no known allergies to hyaluronic acid based fillers.

Juvederm Ultra is very soft and pliable and molds easily, but is also very durable. This filler work best for fine to moderate wrinkle lines and lip augmentation. Restylane is a bit firmer and is ideal for moderate lines, as well as for lip augmentation. Juvederm Ultra Plus and Perlane are heavier and add volume to deeper folds and wrinkle lines.

Average Duration of Results:

Restylane	4-6 months
Perlane	6-9 months
Juvederm Ultra	4-12 months
Juvederm Ultra Plus	4-12 months

### **COLLAGEN BASED FILLERS**

There are 2 categories of collagen based fillers available: animal derived and human derived. Zyderm is derived from bovine (cow) collagen and requires allergy testing. Cosmoderm is derived from human tissue and is manufactured under laboratory conditions. It does not require testing.

Because collagen is a fiber, it is ideal for filling facial wrinkle lines, as it can easily be molded to fill the spaces between existing collagen molecules, lending support to the collagen network within the skin. Zyderm and Cosmoderm are used for fine wrinkle lines, lip augmentation and shallow scars. Average Duration of Results:

Zyderm I	2-2½ months
Zyderm II	3-3½ months
Cosmoderm I	1½-2 months
Cosmoderm II	2½-3 months

## **LONG LASTING VOLUMIZERS**

### **ARTEFILL**

Artefill is composed of 20% polymethylmethacrylate (PMMA) microspheres and 80% purified bovine collagen gel with 0.3% lidocaine. Unlike temporary dermal fillers, the PMMA microspheres create a permanent support matrix for enduring wrinkle correction. Artefill is FDA approved for treatment of nasolabial folds. Benefit is seen immediately after treatment, but may gradually dissipate. Follow up treatments are done every 3 months until desired outcome is achieved. Most people see adequate wrinkle correction in 1-2 treatments. This filler requires allergy skin testing.

Average Duration of Results:

Artefill	5-5 1/2 years
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### **RADIESSE**

This filler is composed of microspheres of calcium hydroxylapatite in an absorbable gel base of glycerin, cellulose and water. Radiesse is a synthetic implantable material of pure calcium and phosphate ions which form a “scaffold” to support and stimulate the growth of the body’s own collagen. It is recently approved by the FDA as a safe and effective filler which replaces volume to deep creases and depressions, although it has been in use for many years in maxillofacial surgery, dentistry and for vocal cord insufficiency. It is not recommended for use in or around the lips or for fine or shallow wrinkles.

After injection to the desired area, the benefits are immediate and may continue to improve for up to 4 weeks as the body’s own collagen begins to fill in between the microspheres of the product. Micro calcium deposits will be visible on X-Ray and MRI scans, but do not interfere with these tests. Over time, the body gradually reabsorbs this biodegradable material. There are no known allergies to Radiesse. Radiesse can be used alone or in combination with other products.

Average Duration of Results:

Radiesse

1-1½ years

### SCULPTRA

Sculptra is a synthetic injectable material known as poly-L-lactic acid. It is a biocompatible, biodegradable material that has been widely used for many years in dissolvable sutures and soft tissue implants. Sculptra is FDA approved for restoration of facial fat loss (lipoatrophy) in patients with HIV, but is being used “off-label” to restore volume to the skin. This material is injected beneath the skin, then slowly degrades to glucose and carbon dioxide. This degradation process stimulates collagen production, leading to a gradual increase in skin thickness for long term improvement. The results of the injections occur over time. More than one treatment may be necessary to achieve desired results. Severe volume loss may require 3-6 treatments. Follow-up treatments are done at 4-6 weeks. A deposit of \$350.00 must be paid in advance, as it is necessary to mix the injection material the day before injection.

Average Duration of Results:

Sculptra

1½-2 years

### **PATIENT PREPARATION FOR DERMAL FILLERS:**

Avoid aspirin, ibuprofen and any blood thinning drugs for 3-4 days prior to treatment.

May apply topical anesthetic cream to the treatment area one hour prior to treatment. For treatment around the mouth, local anesthetic injections may be used.

### **POSSIBLE AFTER EFFECTS:**

Swelling  
Redness  
Bruising  
Tenderness

**POSSIBLE ADVERSE REACTIONS:**

Allergic reaction to animal based fillers  
Bumps of the injection area, which are palpable, or, more rarely visible  
Granulomas  
Skin ulceration

**CONTRAINDICATIONS:**

Pregnancy  
Infection or broken skin at the sites to be treated  
Sensitivity or allergy to product used, or any of its components  
Uncontrolled Diabetes Mellitus

**ADVANTAGES:**

All of these fillers have the same advantages:

Ease of application  
Improvement of appearance without surgery  
Most give immediate, easily observable improvement  
Duration of benefit is predictable within a reasonable range of time  
Most do not require allergy testing prior to use  
Most give quick benefit for a special occasion  
Topical or local anesthesia is sufficient to avoid discomfort of treatment  
Reasonable cost when compared to surgery and other cosmetic procedures

**DISADVANTAGES:**

All of these fillers have the same disadvantages:

Temporary redness or swelling following application  
Bruising may occur and require several days to resolve  
Some patients do not benefit from an individual filler but may from another  
Some patients attain less than desirable results  
Some patients attain much shorter duration of benefit than expected  
Some patients do not benefit at all  
Inadvertent injection into a blood vessel may cause damaging or scarring injury