

Injectable Soft Tissue Fillers: Practical Applications

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AMERICAN ASSOCIATION
OF PLASTIC SURGEONS
& Plastic Surgery
Research Council

Joint
Meeting | May 19-22, 2016
SHERATON NEW YORK
TIMES SQUARE HOTEL
NEW YORK CITY, NY



Disclosures

Instructor for Suneva (Bellafill)

Will describe off-label uses

Will use brand names

Injectable Tissue Filler Options

Silicone

Animal Collagen
(Zyderm, Zyplasty, Evolence)

Human Collagen
(CosmoDerm, CosmoPlast,
Fascian, Autologen,
Cymetra, LaViv)



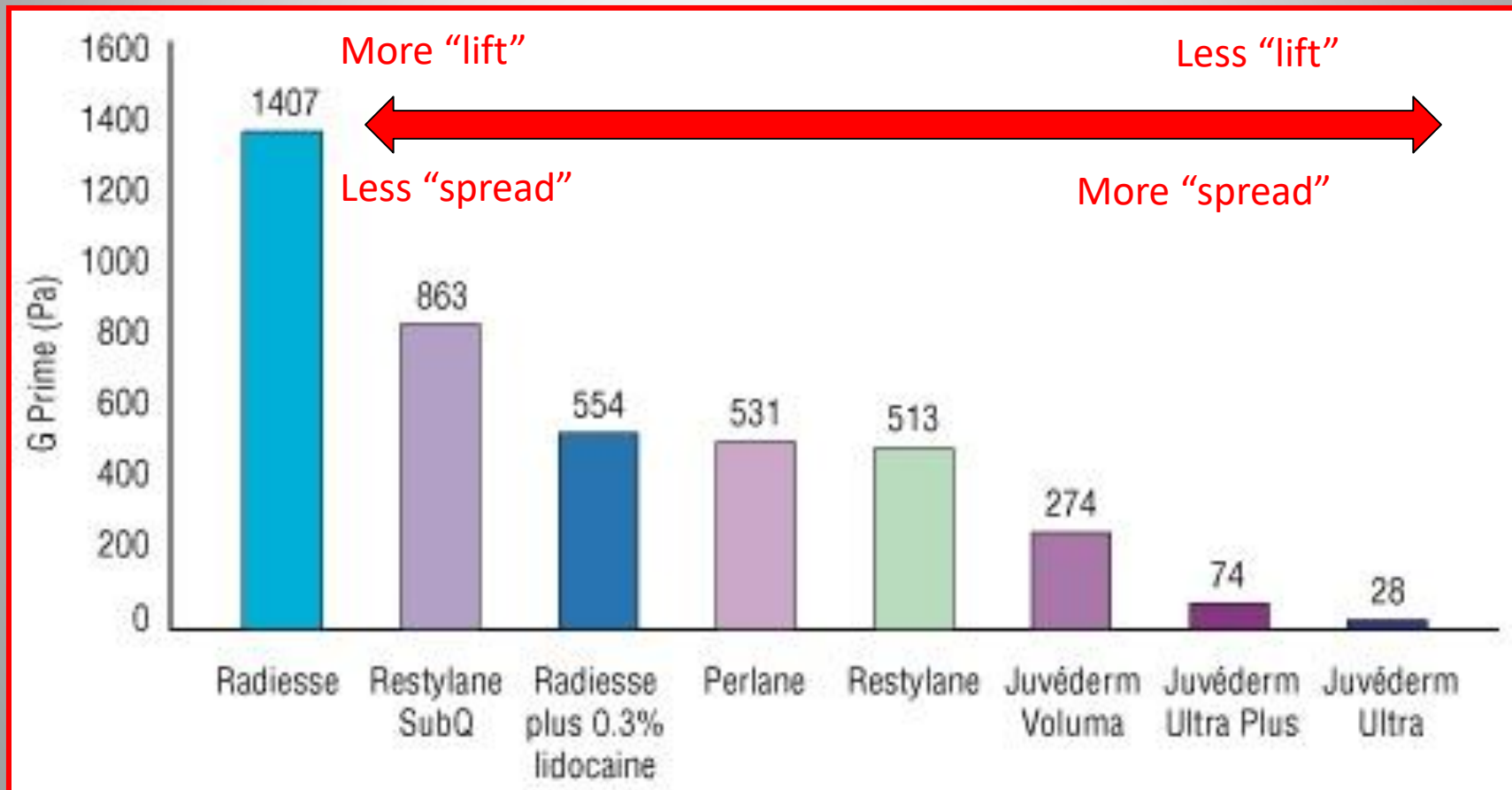
Stimulators
PLLA (Sculptra)
PMM (Bellafill)

CaHA (Radiesse)

Hyaluronic Acids
(Juvederm & Voluma,
Restylane, Belotero)

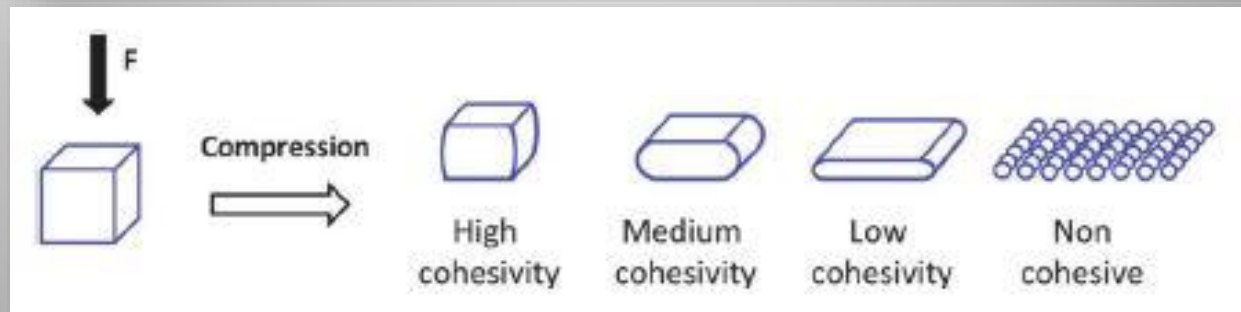
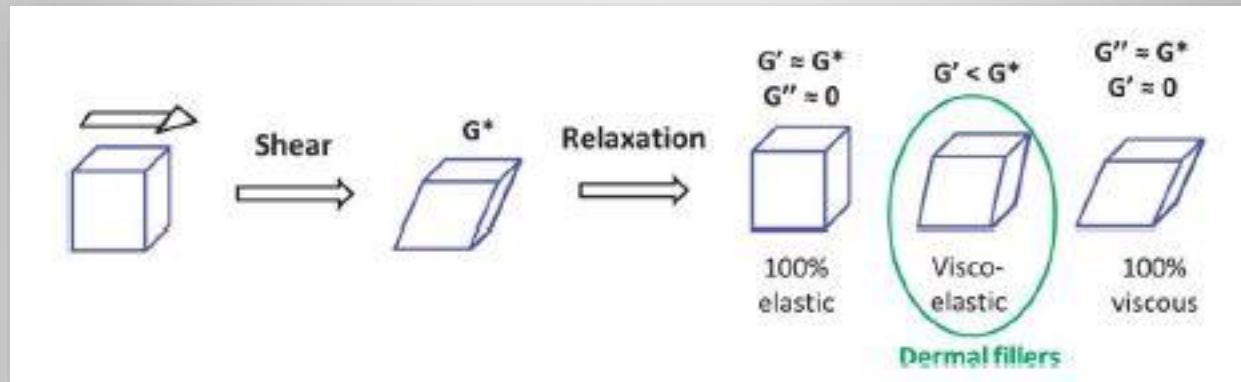
Reversible

Elastic Modulus* (G prime)



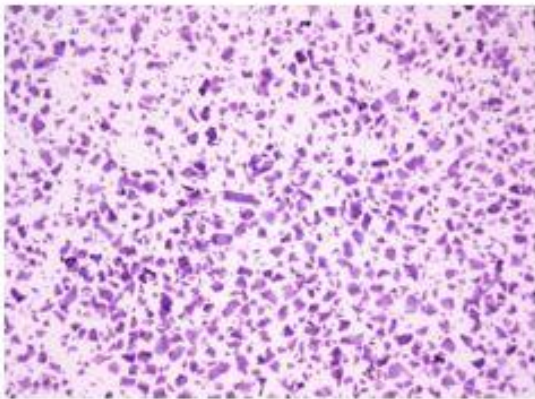
*Mathematical description of product's tendency to be deformed elastically
May not match clinical results

Filler Rheology



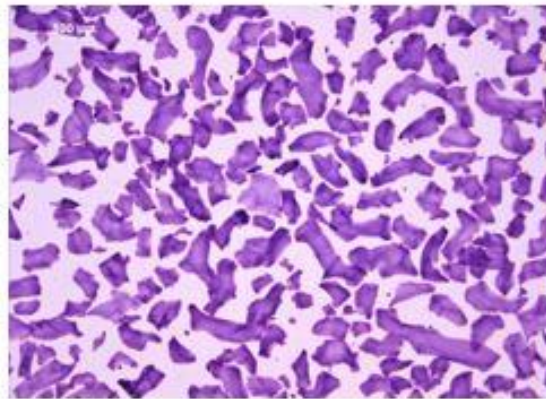
Restylane Product Particle Size

Silk



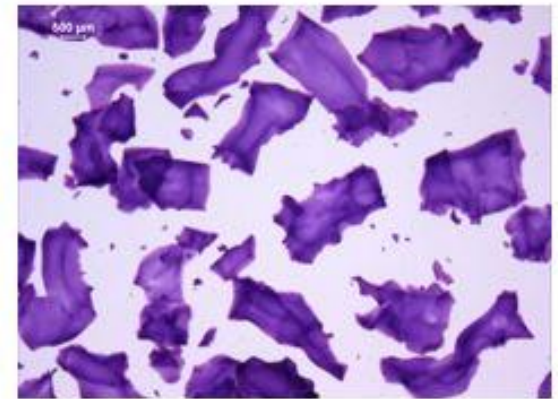
Small Particle HA
Range of 50–220 μm^*

Restylane



Small Gel Particle HA
Range of 330–430 μm^*

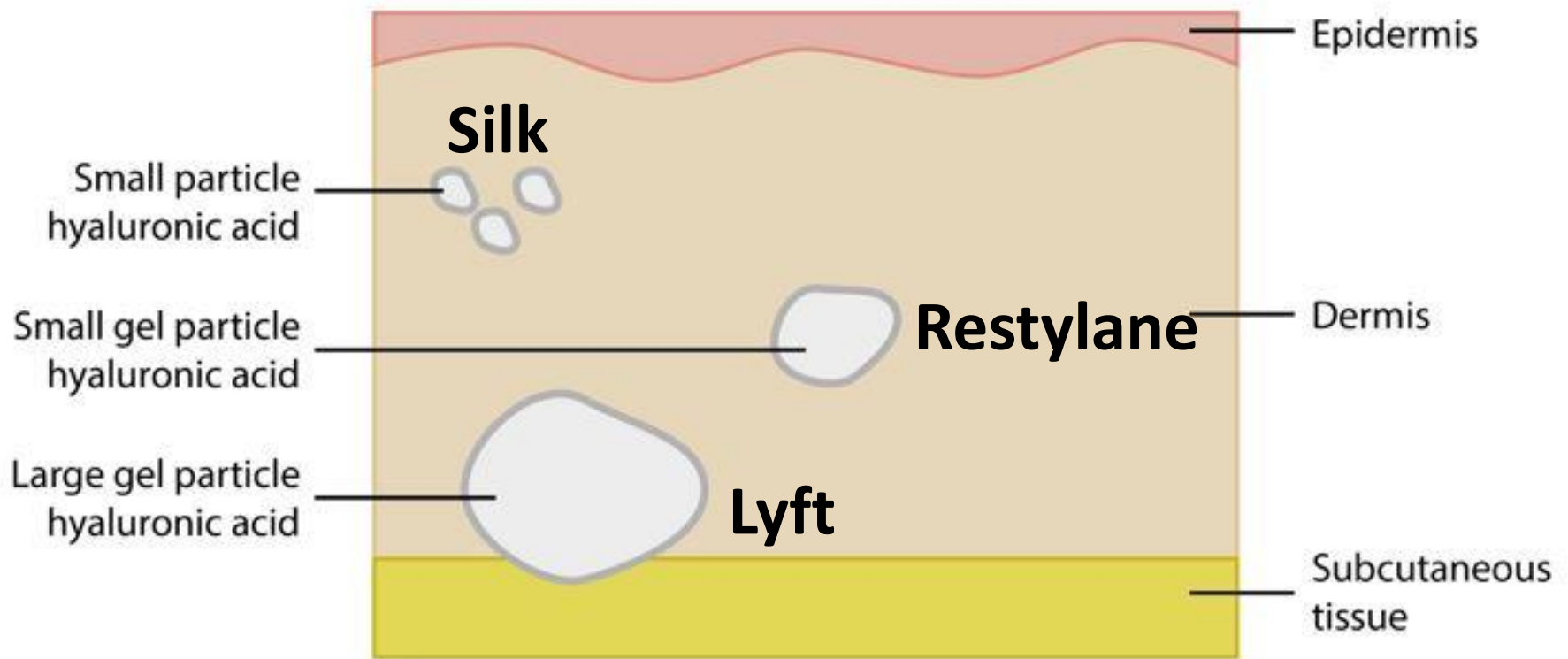
Lyft



Large Gel Particle HA
Range of 750–1000 μm^*

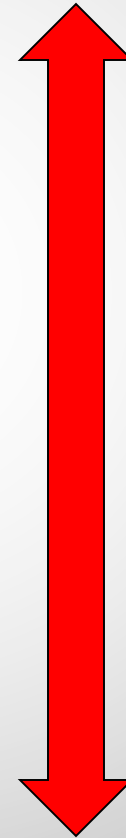
All 3 have 20 mg HA per mL
Particle size is different

Particle Size & Injection Depth



Water Absorption

Prevelle Silk






Less Swelling

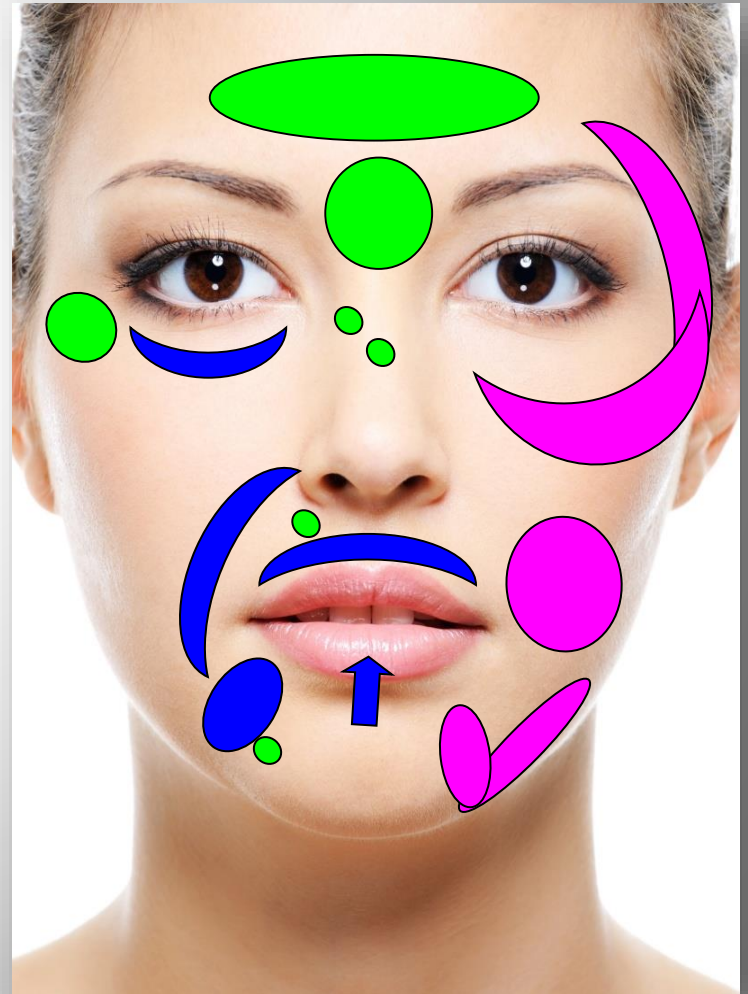
Restylane and Perlane

Juvéderm Ultra Plus

More Swelling

Where & What to Inject

-  Neuromodulator (Botox, Dysport, Xeomin)
For wrinkles with movement
-  Filler (Juvederm, Restylane)
For wrinkles at rest
For small volume deficits
-  Stimulator (Sculptra, Bellafill)
For replacing regional volume loss



1 Year Personal Experience

- Injectable patient encounters 1016
 - Neuromodulator only 416
 - Filler only 291
 - Neuromodulator + filler 271
 - Filler touch up 38
- Typical filler volume used 2-3 cc

Fillers Used & Locations

Most Common Sites

- Malar & cheeks
- Lips & perioral
- Tear troughs & periorbital
- Nasolabial folds
- Temples, hands, nose

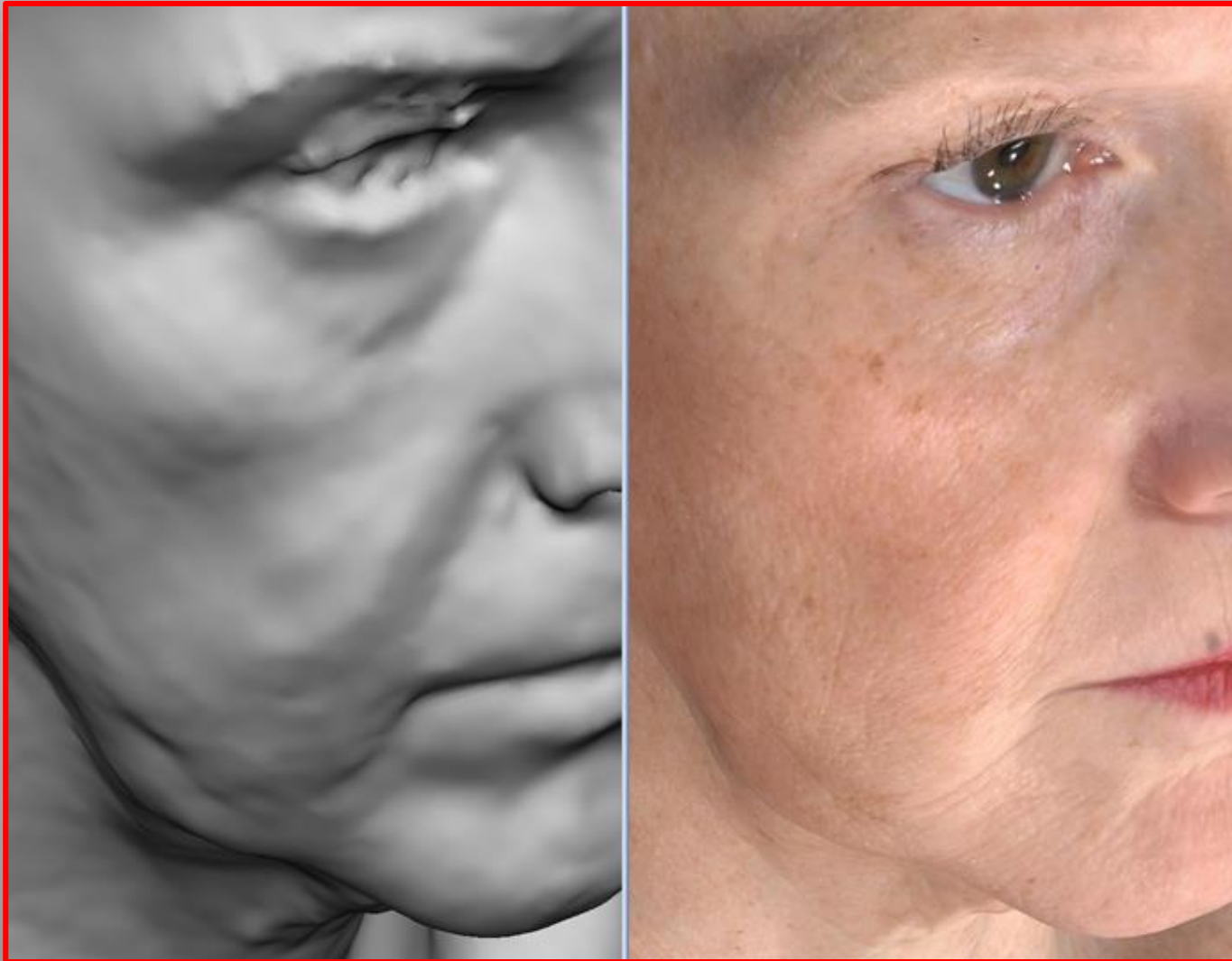
Most Common Filler

- Radiesse
- Restylane products
- Bellafill
- Juvederm products
- Belotero
- Sculptra

Practice Overview

	Karol	Maggie	Chris	Rhonda	Suzie
Instructor	MD	PA	PA	RN	RN
Patients per Month	Bellafill	-	Bellafill	Restylane	-
Ave Volume (cc)	50	120	40	60	20
Restylane Products	2 to 3	2 to 3	5 to 7	2 to 3	3
Juvederm Products	25%	65%	20%	90%	70%
Radiesse	5%	20%	-	10%	30%
Bellafill	50%	5%	-	-	-
Belotero	15%	5%	80%	-	-
Most Common Area	5%	5%	-	-	-
	Malar	Lips, Malar	Malar	Lips, Malar	Malar, Lips

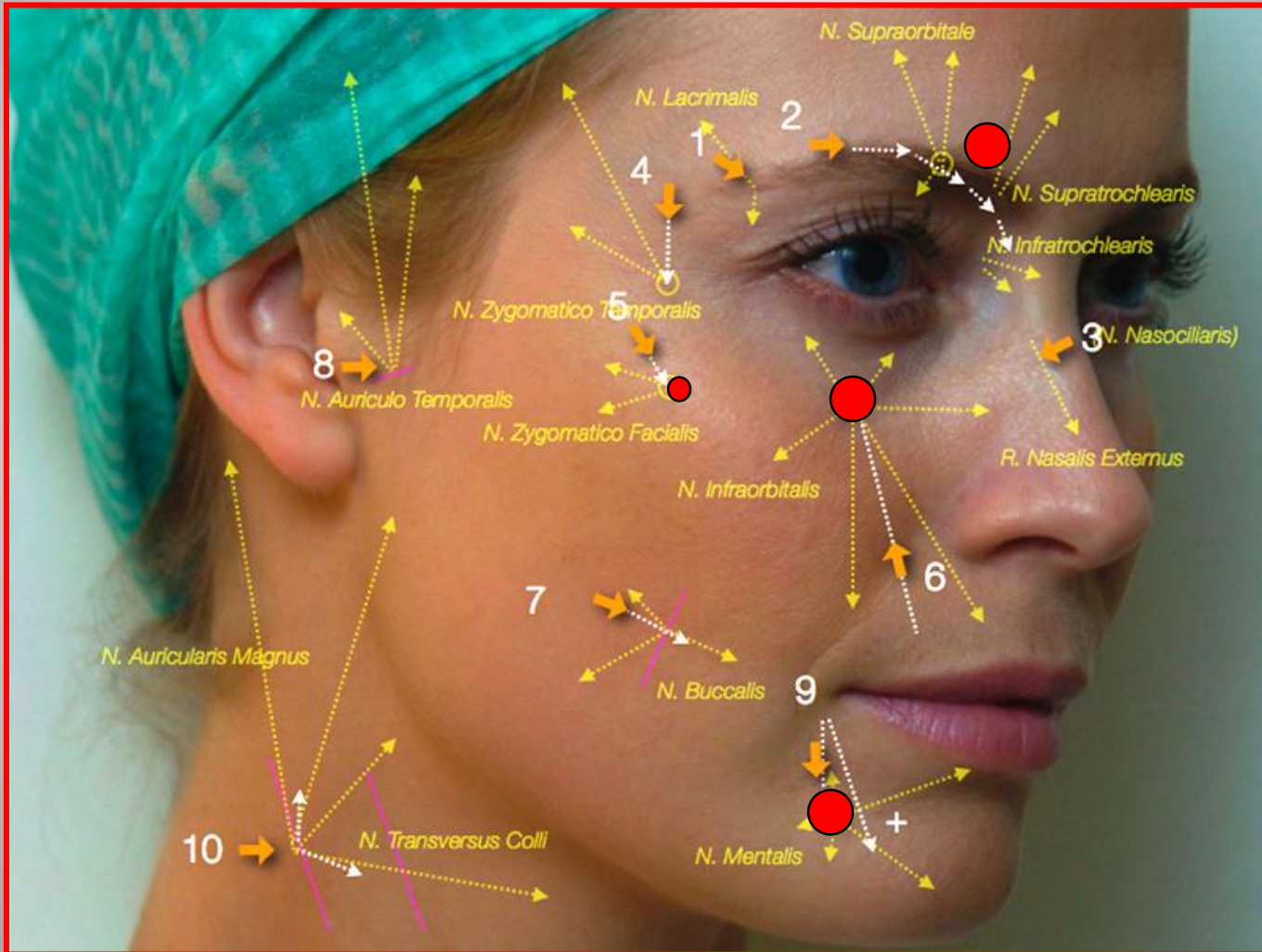
Target the Volume Loss



Basic Set Up



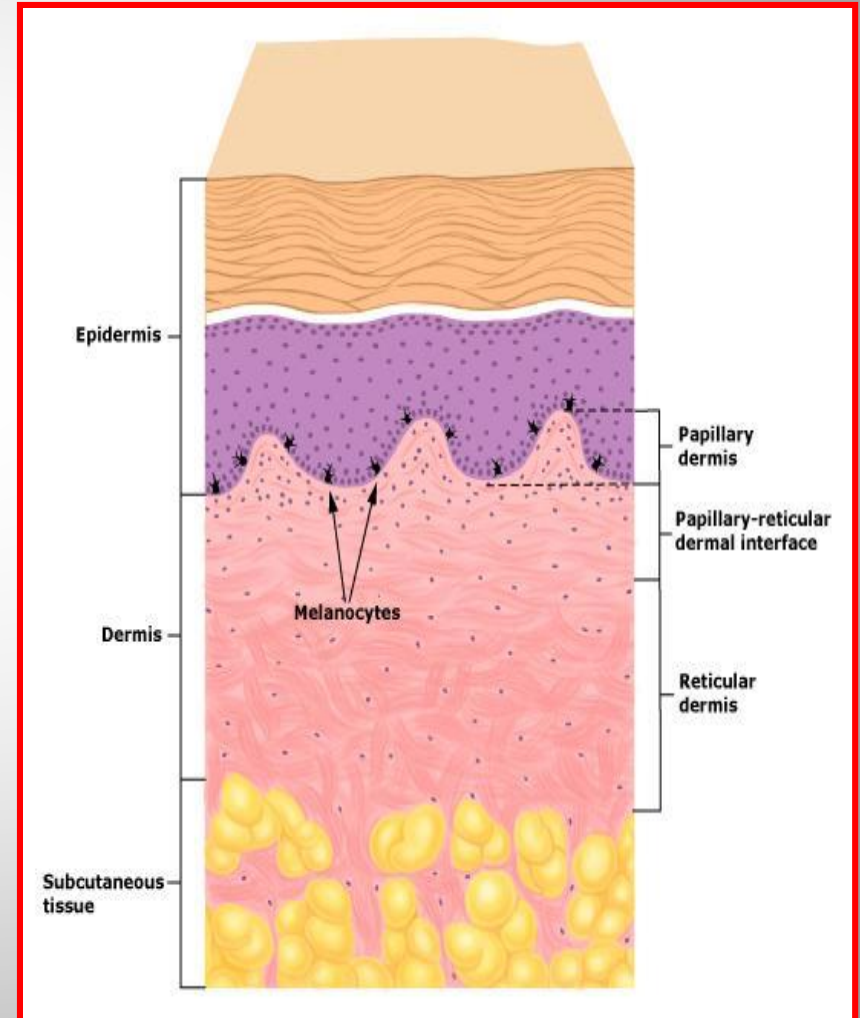
Block & Tackle the Face



Injection Technique

Target the correct level

- Mid to deep dermis
 - Low G' HAs
- Subcutaneous
 - PLLA, CaHA, PMMA
 - Higher G' HAs
- Deep/preperiosteal
 - High G' HAs, CaHA



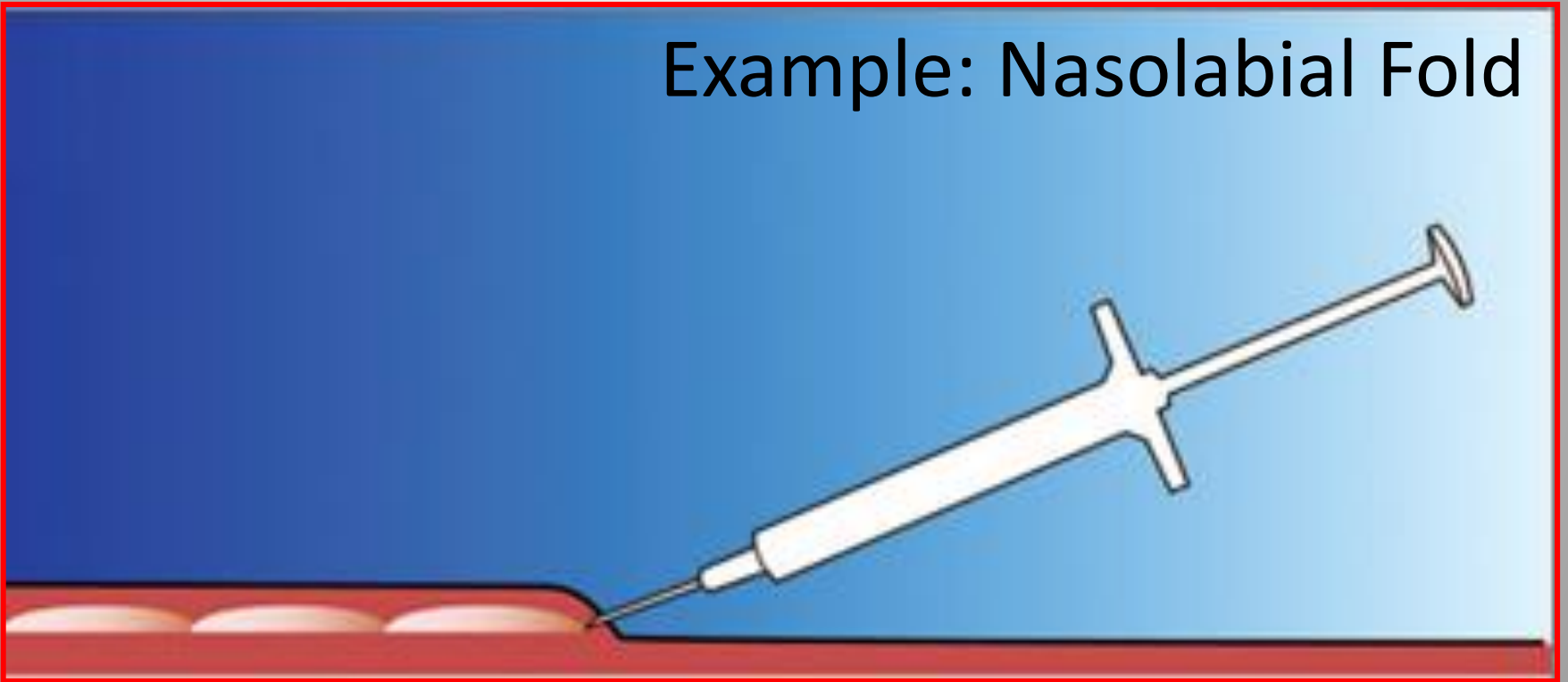
Serial Puncture

Example: Tear Trough

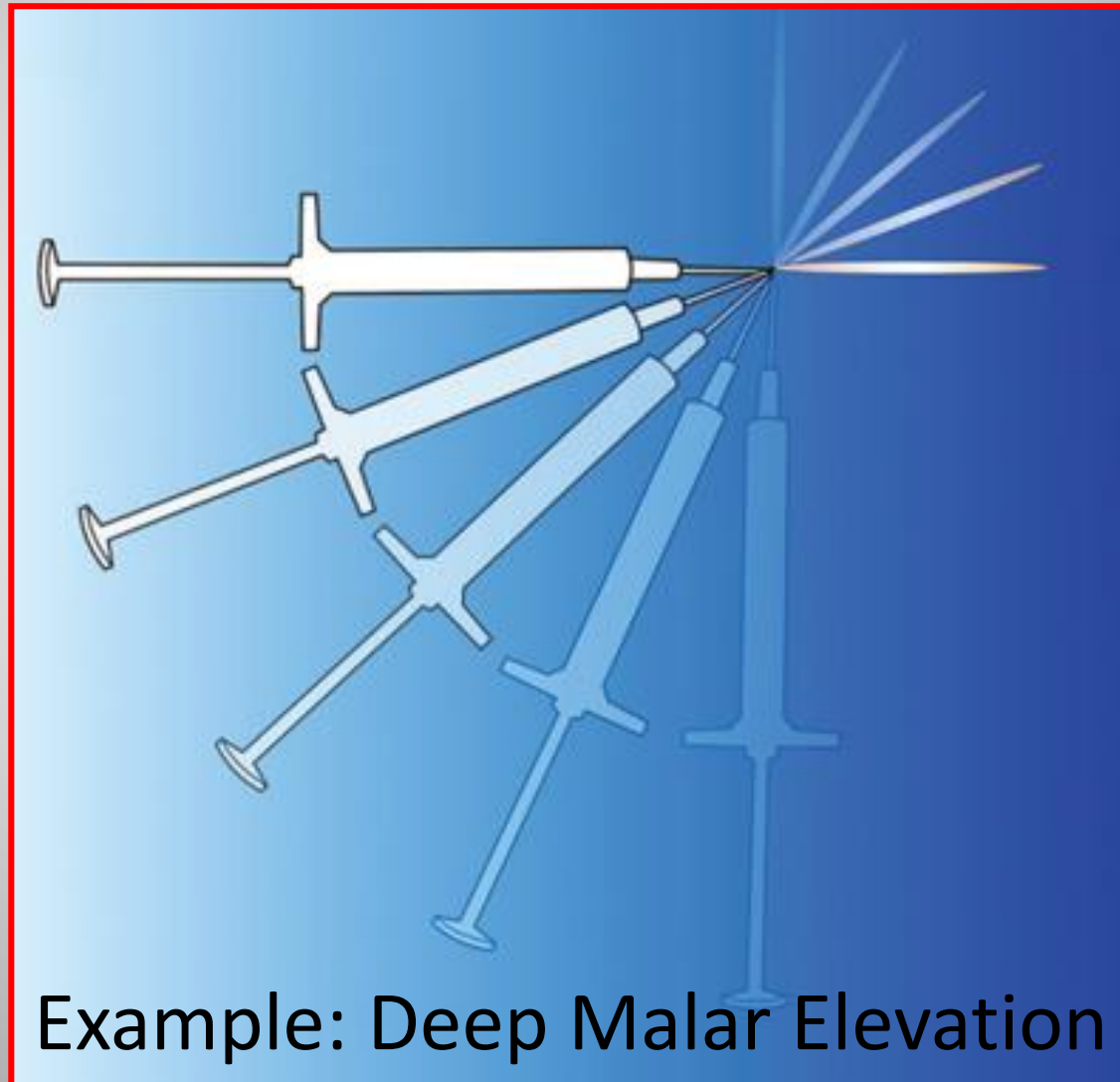


Linear Threading

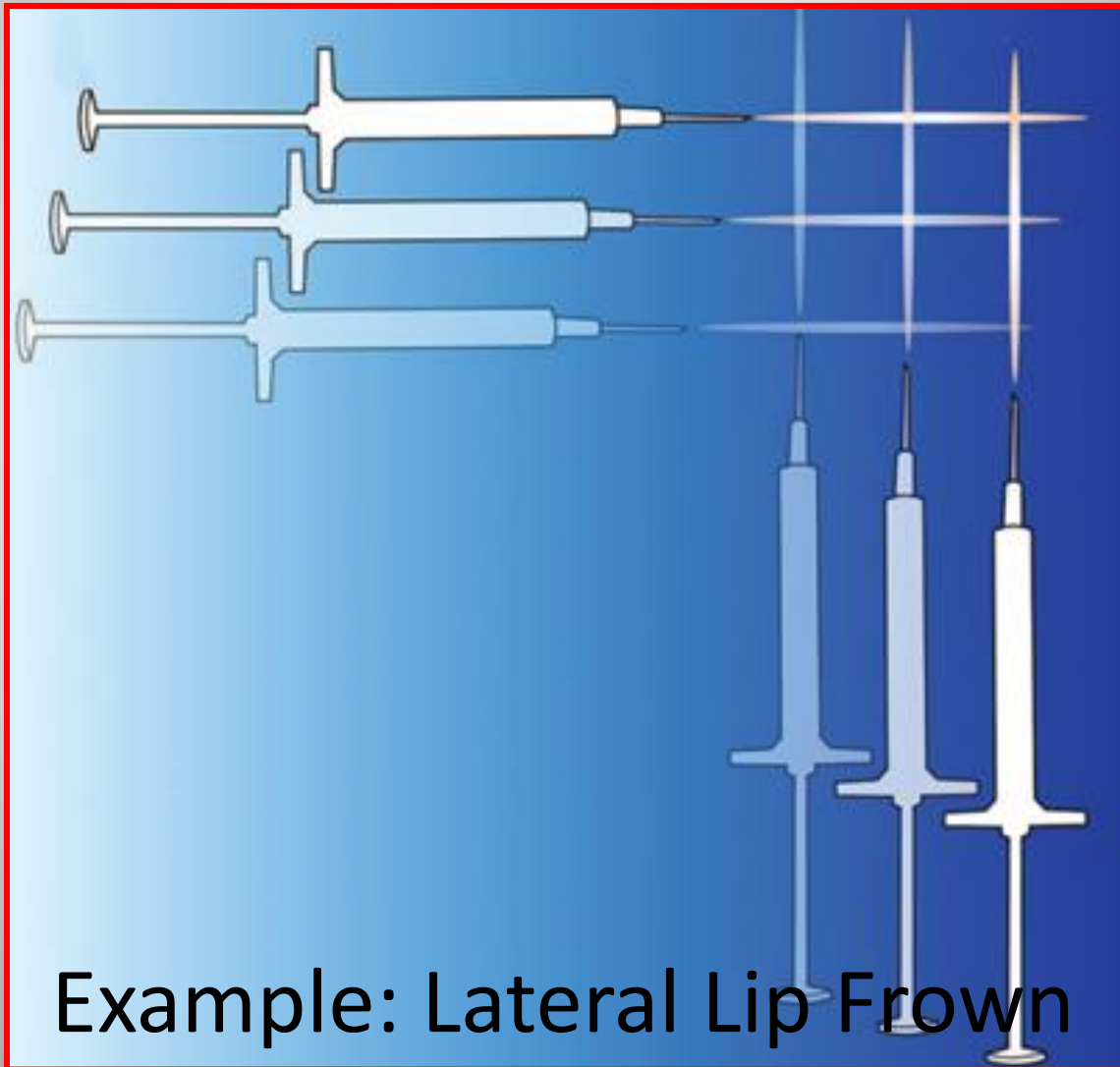
Example: Nasolabial Fold



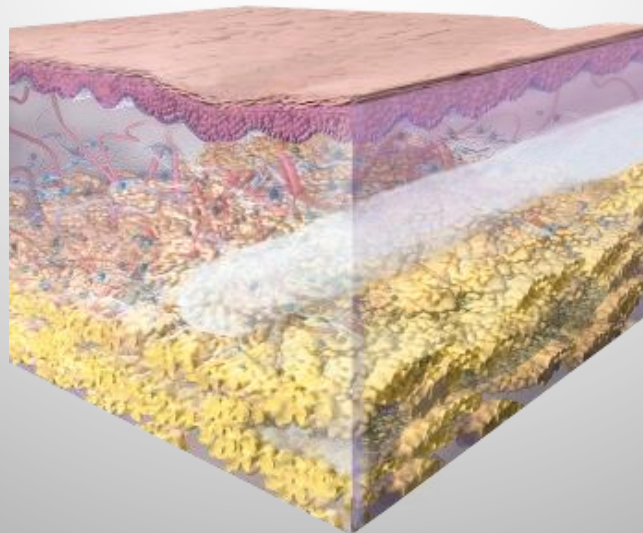
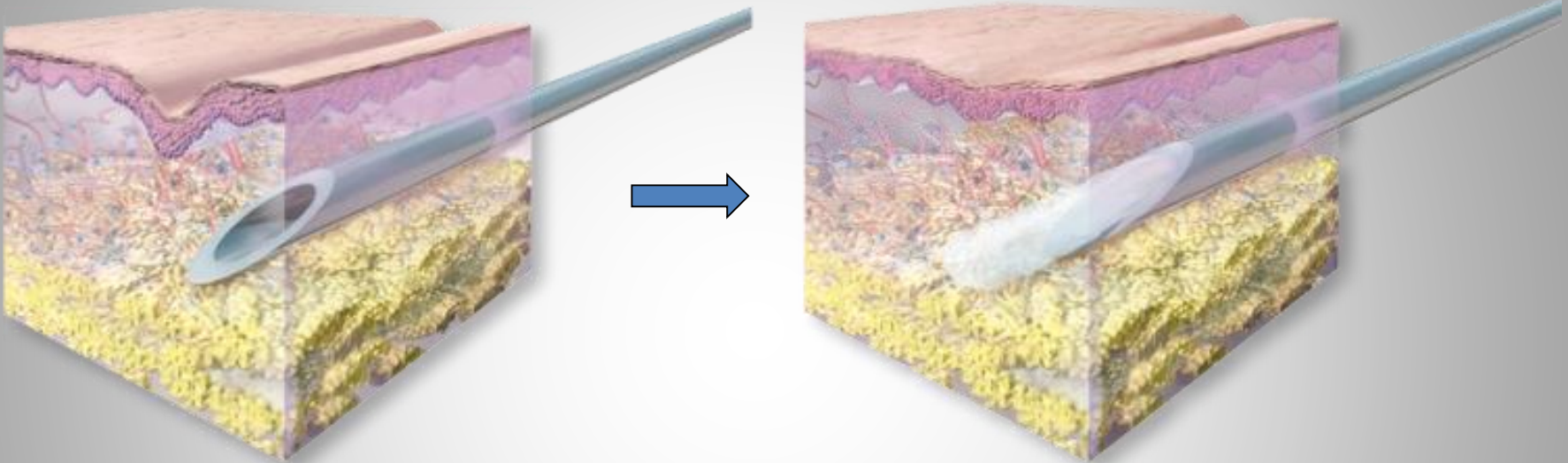
Fanning



Cross Hatching



Tunneling or Linear Threading



Placement at
dermal/subdermal
junction

Proper Dermal Injection

Too Superficial



Too Deep



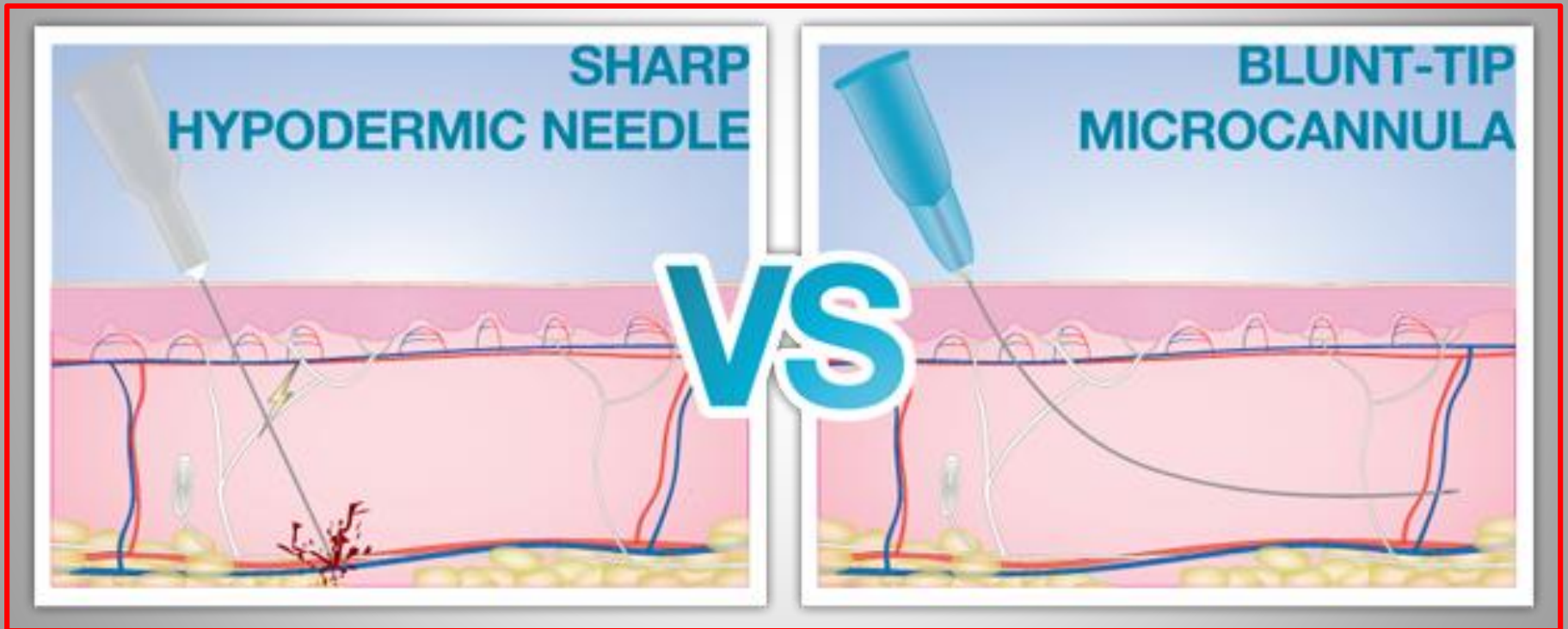
Correct Placement



Blunt Injection Cannulas



Blunt Injection Cannulas

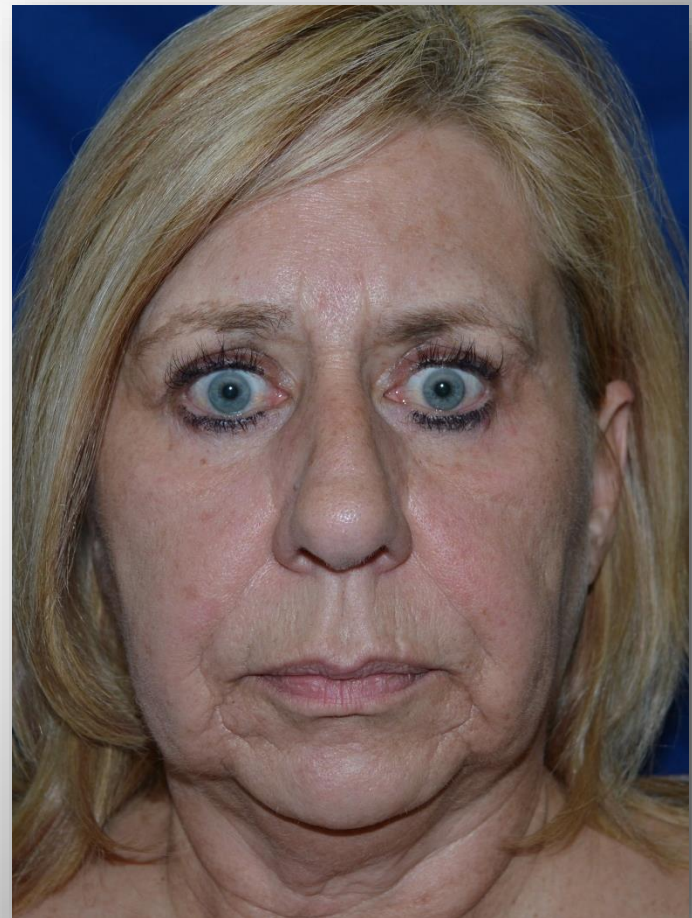


Patient Selection

Volume Loss Fillers



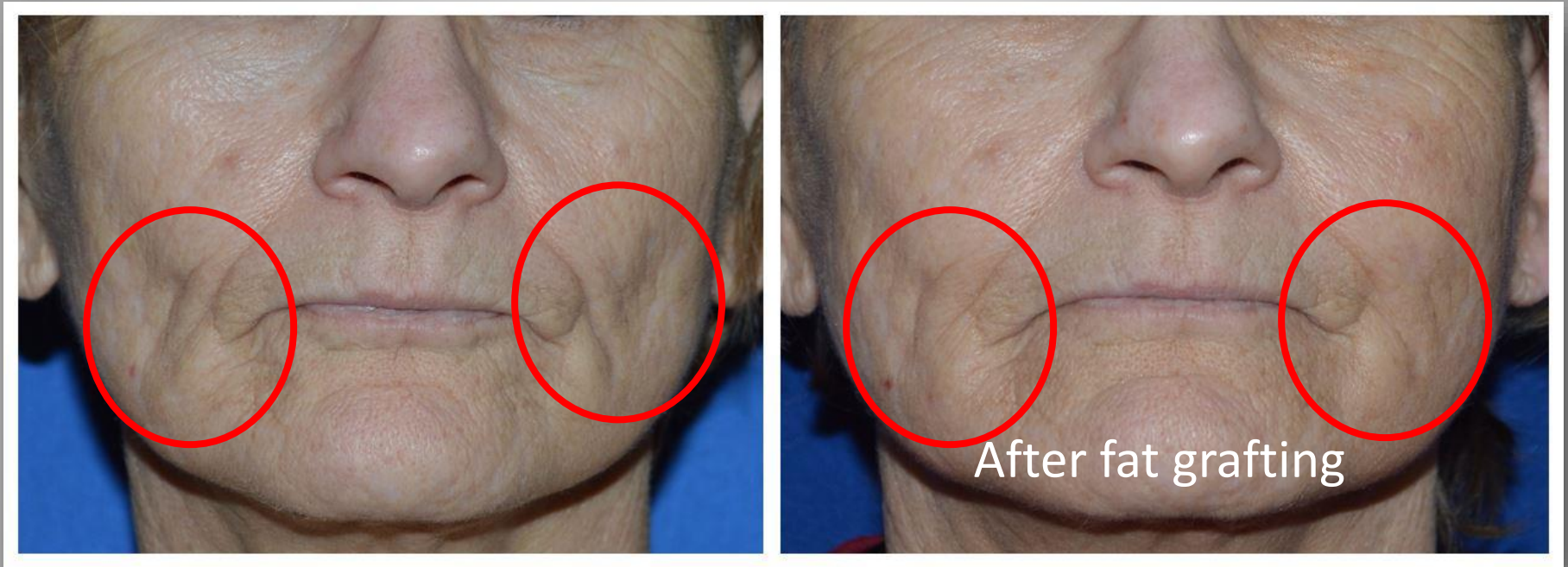
Volume Descent Facelift



The Power of Volume



The Power of Volume



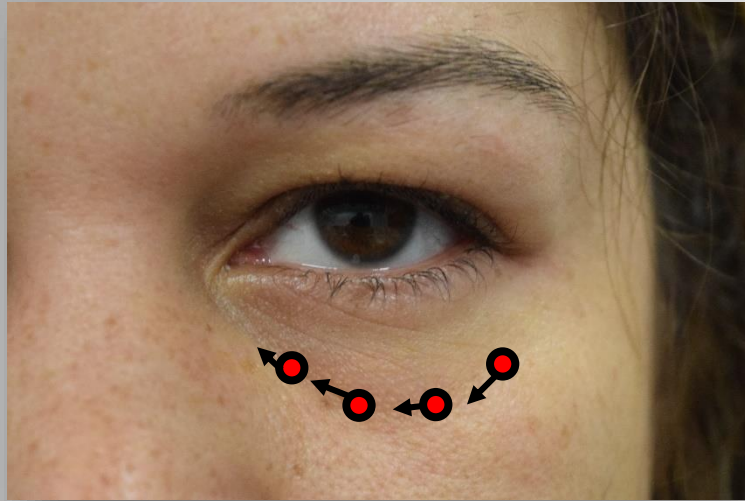
Rebuild the deep volume with fat
Then fill fine lines with a filler

Hollow Temples

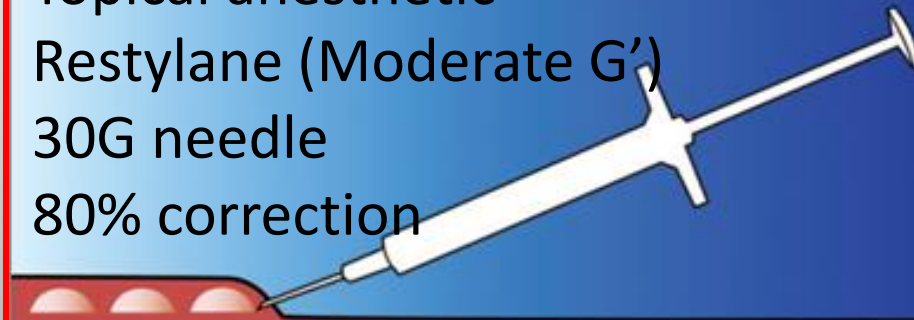
Lower Lids & Tear Troughs

Proceed with Caution

Tear Trough Asymmetry



Topical anesthetic
Restylane (Moderate G')
30G needle
80% correction



Tear Trough Asymmetry



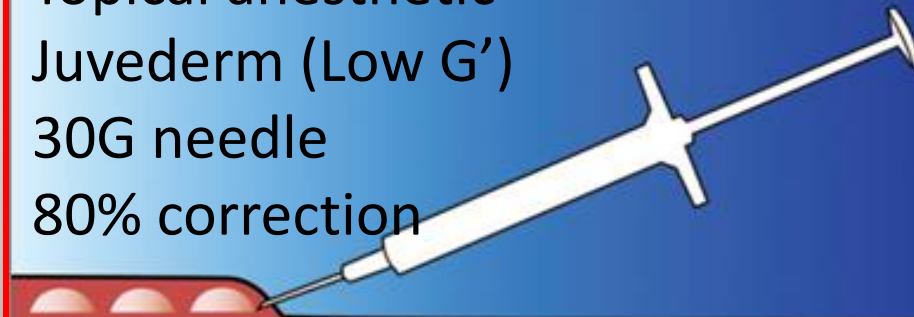
Mild Fat Pad Herniation



Mild Fat Pad Herniation



Topical anesthetic
Juvederm (Low G')
30G needle
80% correction



Fat Pad Herniation Correction



Fat Pad Herniation Correction



Fat Pad Herniation Correction



Fat Pad Herniation Correction



Tear Trough & Malar Support



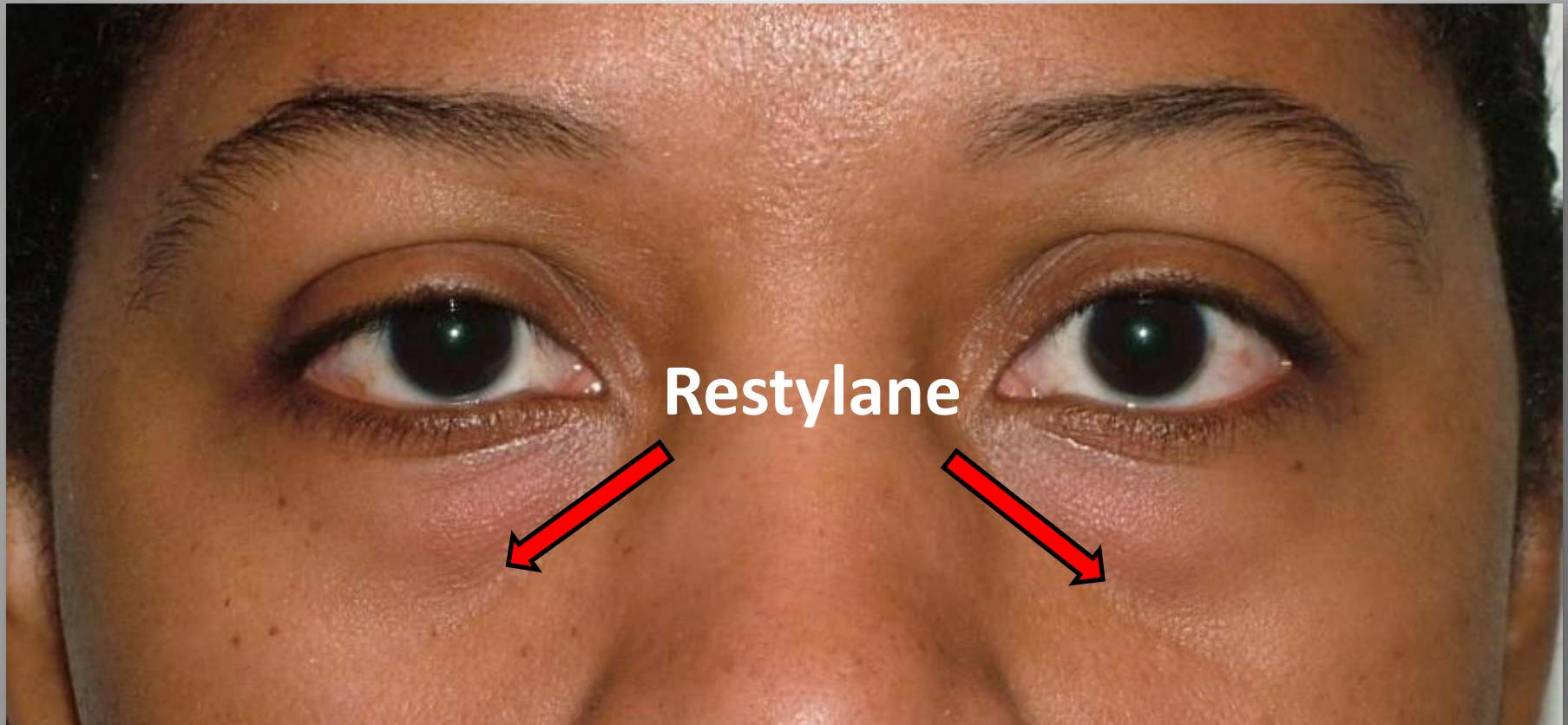
Tear Trough & Malar Support



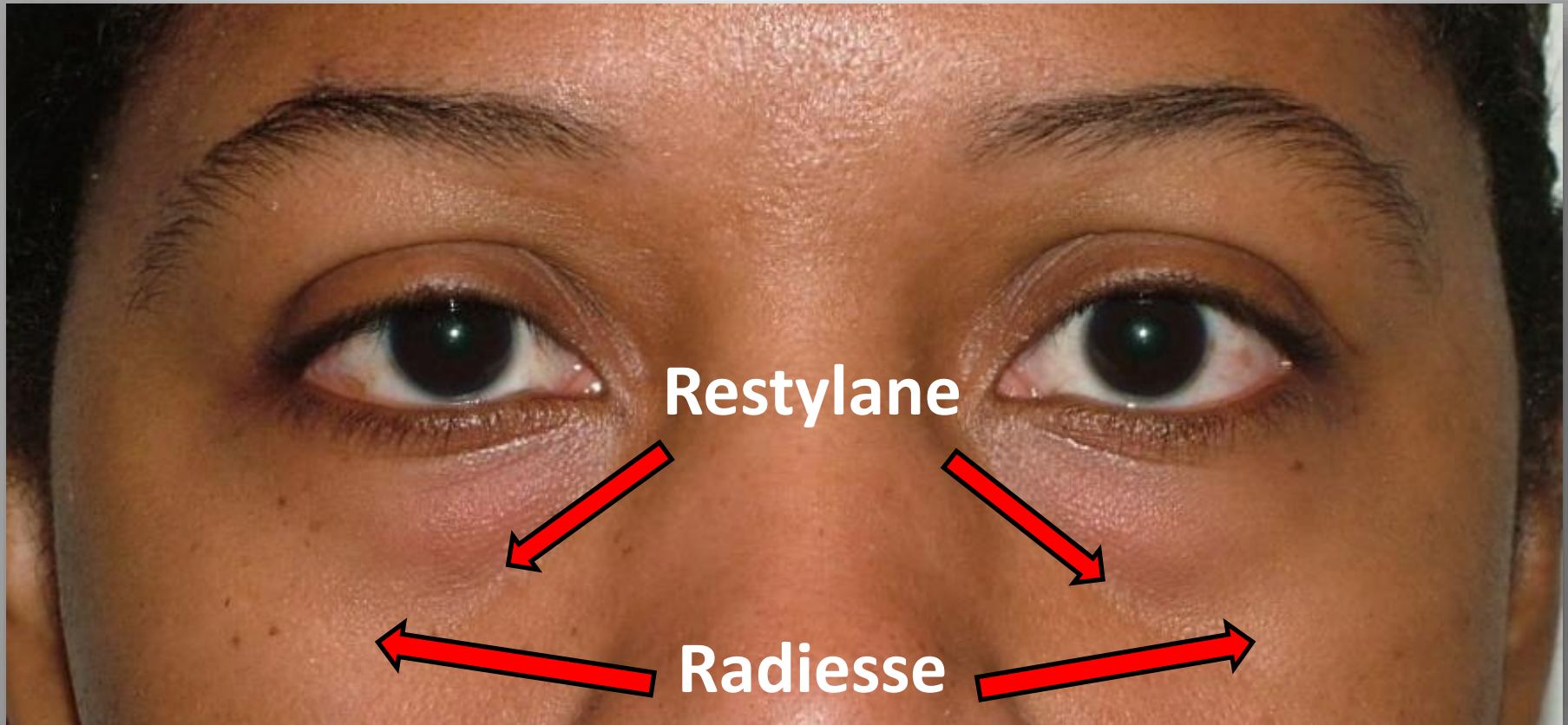
Tear Trough & Malar Support



Tear Trough & Malar Support



Tear Trough & Malar Support



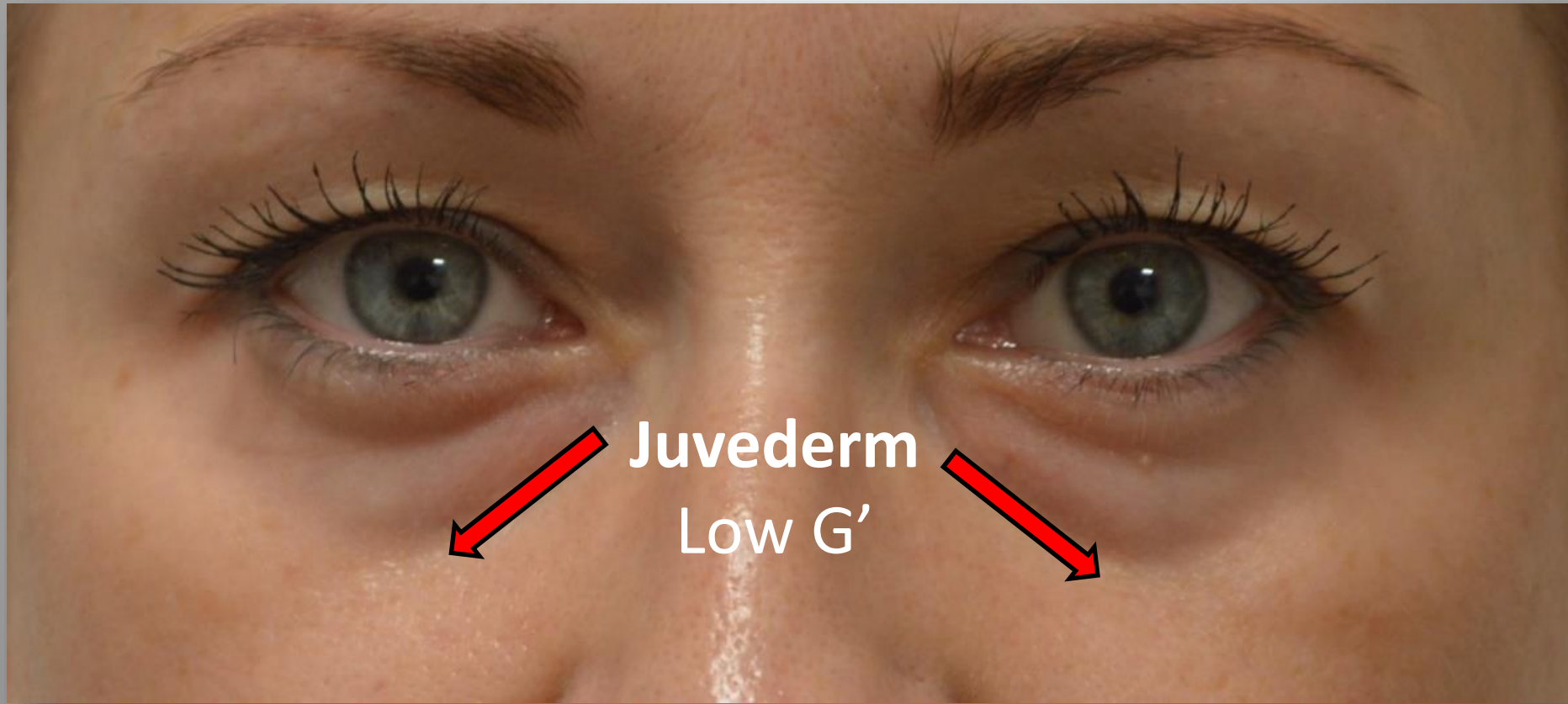
Tear Trough & Malar Support



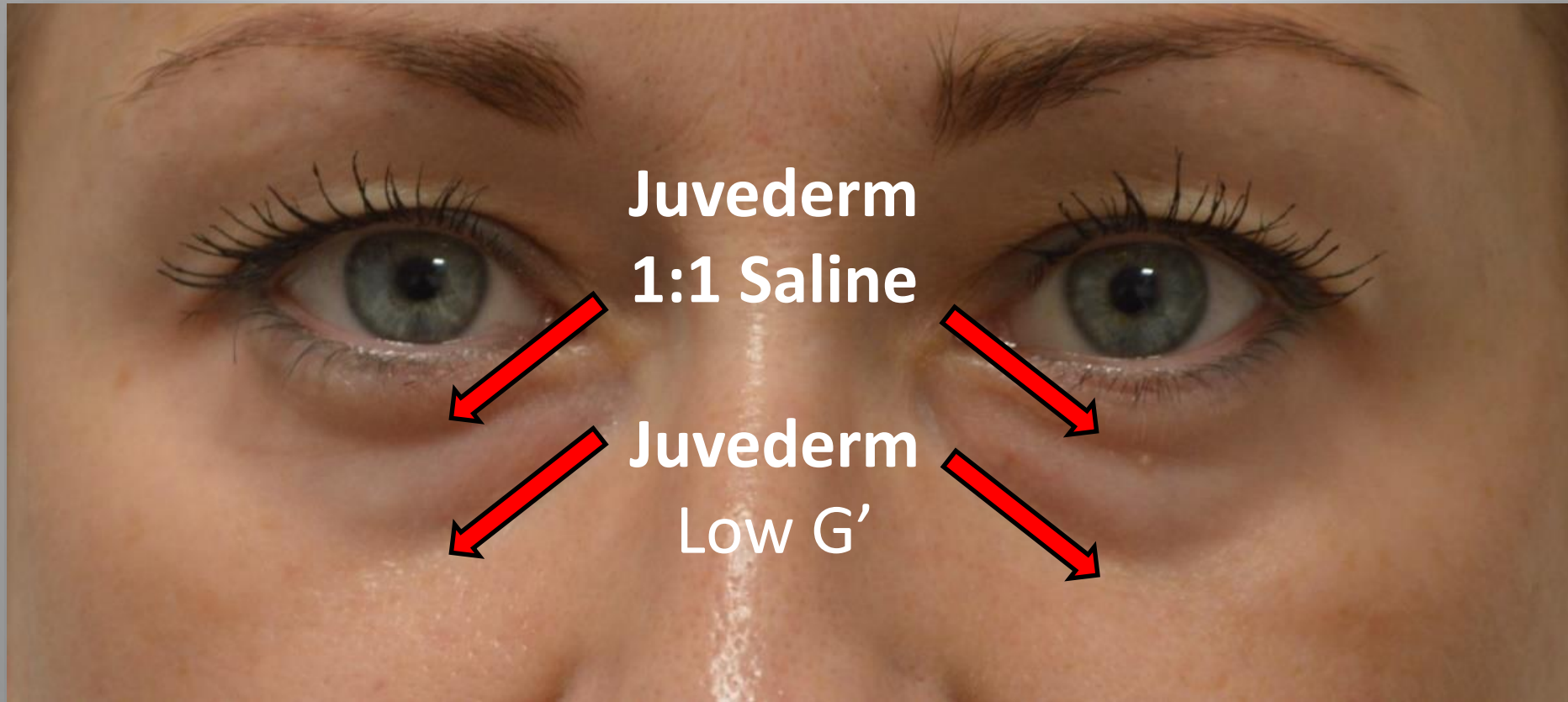
Tear Trough & Prominent Orbicularis



Tear Trough & Prominent Orbicularis



Tear Trough & Prominent Orbicularis



Tear Trough & Prominent Orbicularis



Lower Lid & Midface



Lower Lid & Midface



Belotero 1cc per side



Tear Trough & Lower Lids

- Inject on periosteum
- Expect edema & ecchymosis
- Under correct
 - Touch up in 2 weeks
- Prolonged edema
 - Treat early
 - Hyaluronidase
- May persist for years

Not for novice injectors

Malar & Cheek

Best Bang for the Buck

Hollow Cheeks



Hollow Cheeks



After 1 vial Sculptra to each cheek

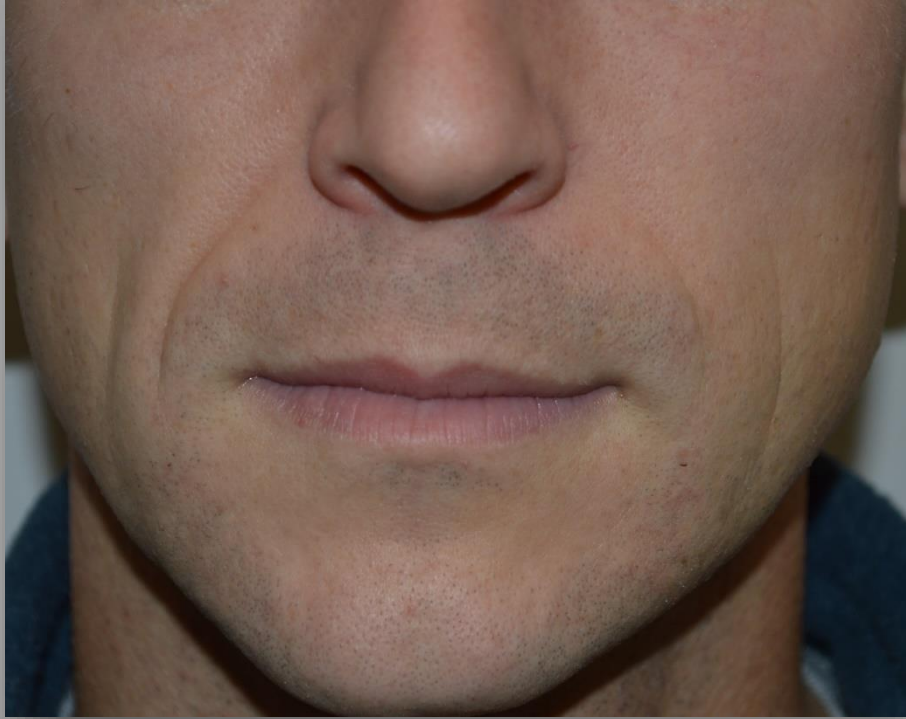
Malar & Cheeks

- Malar
 - High G' (Radiesse or Lyft, Bellafill for long-term)
 - 0.1 cc needle bolus at 2-4 points on periosteum at malar prominence
 - Massage & shape to desired form
- Cheeks
 - Moderate to high G' blunt cannula injection
 - Subcutaneous fanning or cross-hatching
- Treat before nasolabial folds

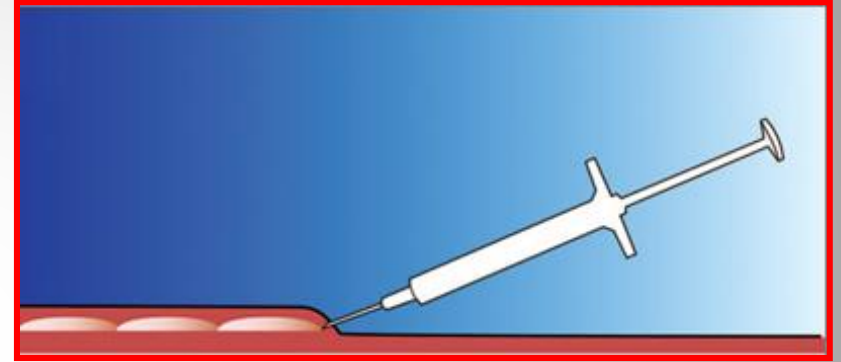
Nasolabial Folds

After Malar Correction

Mild Nasolabial Folds

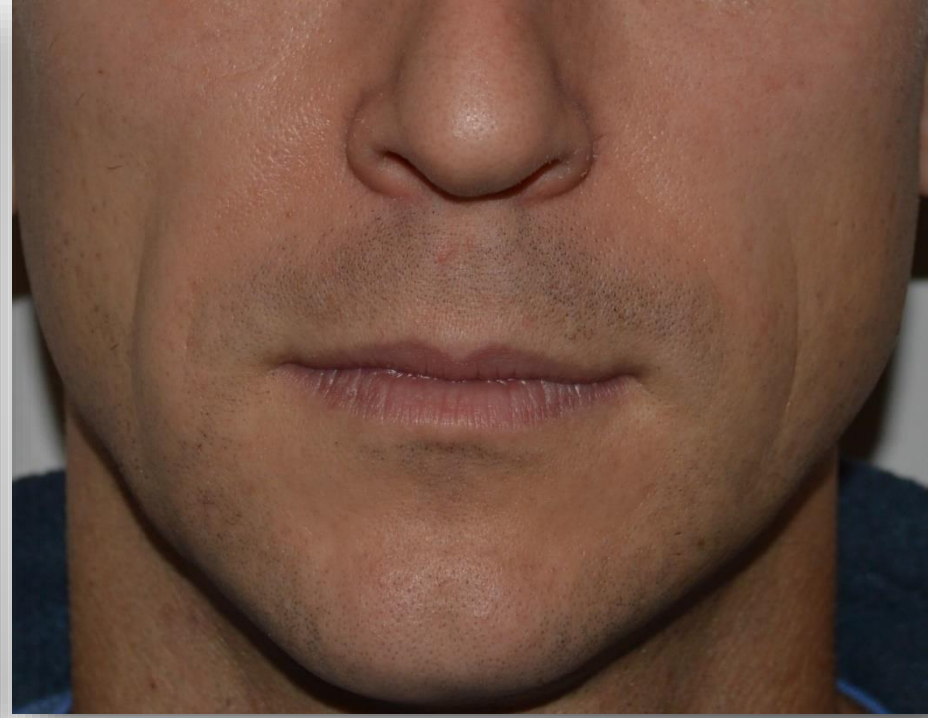
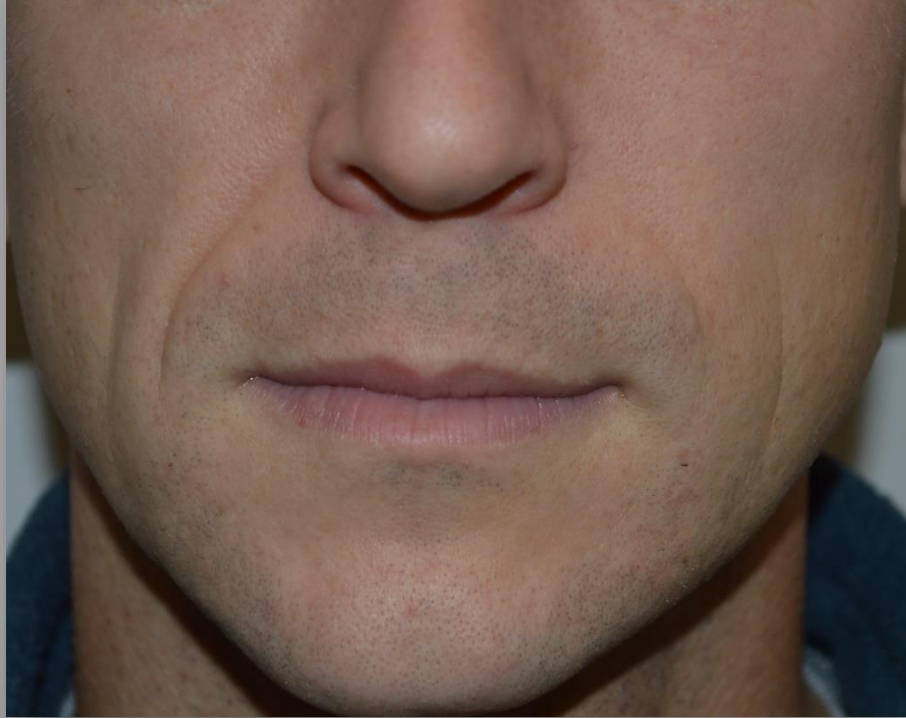


Mild Nasolabial Folds



Low to moderate G'
Blunt cannula
Subdermal injection

Mild Nasolabial Folds



Before and after **Bellafill** to nasolabial folds
2 syringes (Right 1.2 cc, Left 0.5cc)

Moderate Nasolabial Folds



Before and after **Juvederm Ultra Plus** to nasolabial folds
1 syringe (Right 0.45 cc, Left 0.55cc)

Moderate Nasolabial Folds



Before and after 1.5 cc **Radiesse** to nasolabial folds

Moderate Nasolabial Folds



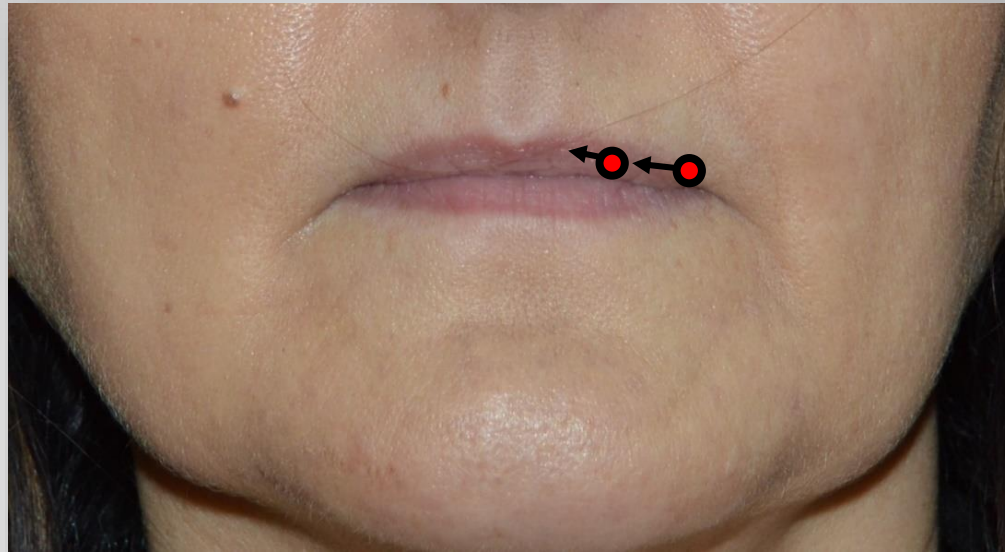
Before and after 1.5 cc **Radiesse** to nasolabial folds

Lips & Perioral

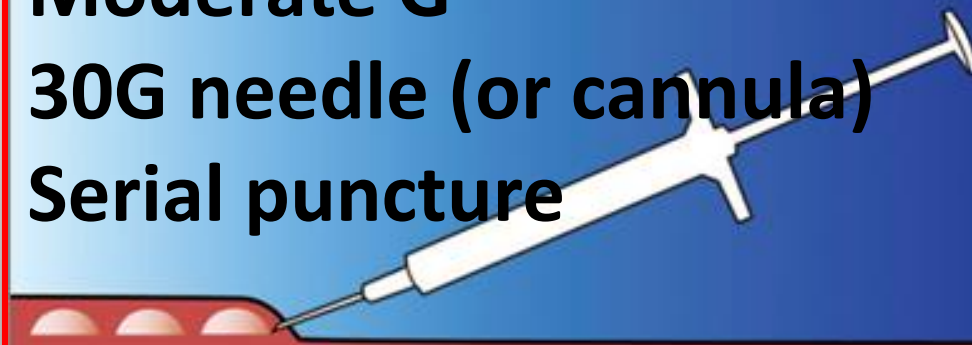
Lips & Corners



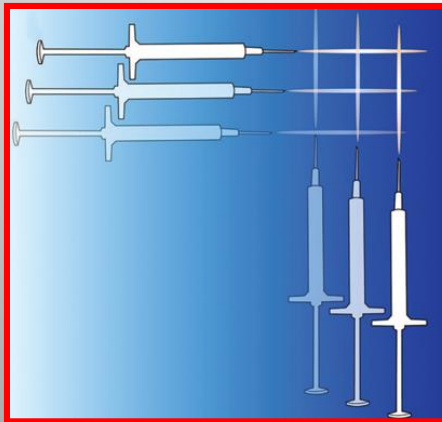
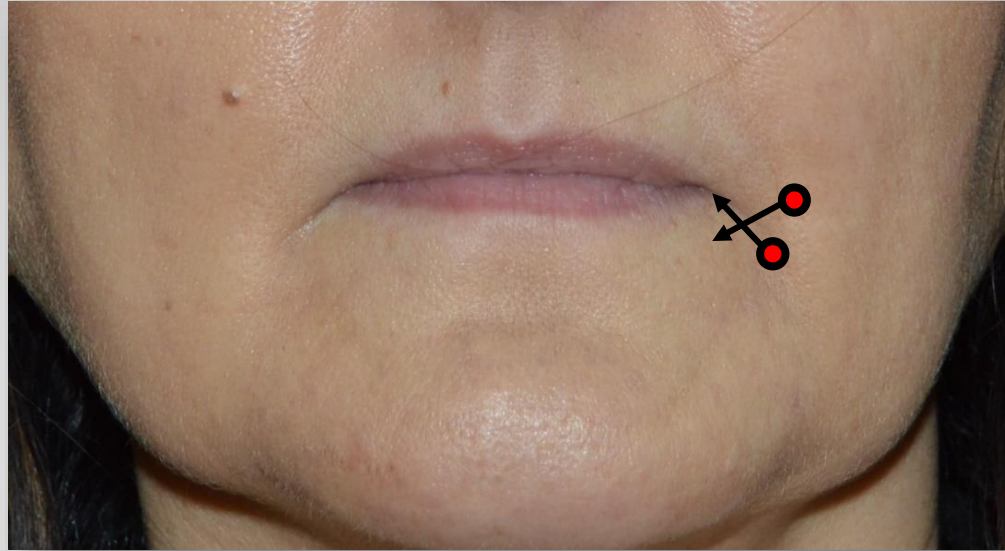
Lip Vermilion



Moderate G'
30G needle (or cannula)
Serial puncture



Lip Corners



Moderate to high G'
29G or 30G needle
Cross hatch

Lips & Corners



2 cc Restylane

Thin Lips & Lip Lines

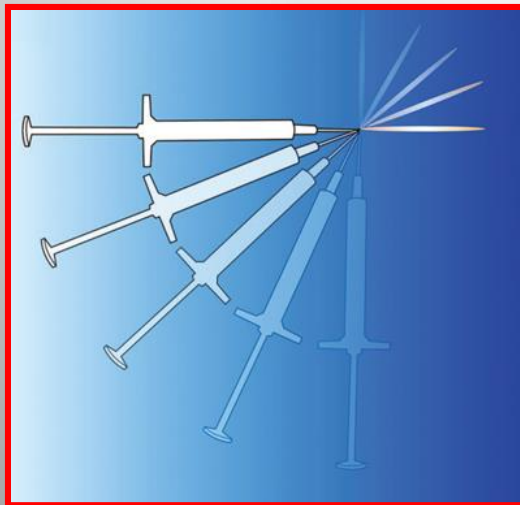


1 cc Restylane

Marionette Lines



Marionette Lines



Moderate to high G'
27G or 29G needle
Fanning

Marionette Lines

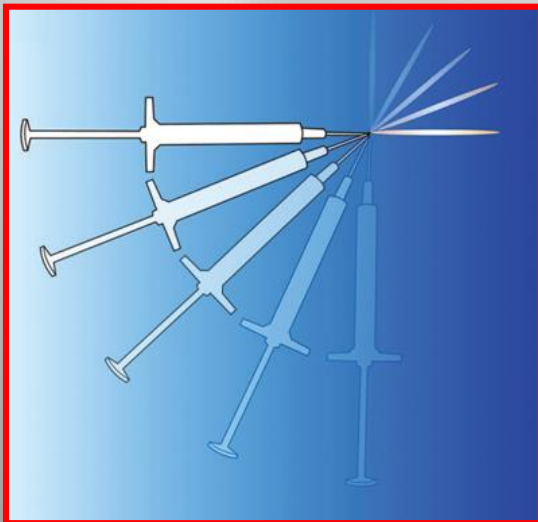


0.25 cc Radiesse/side

Marionette Lines

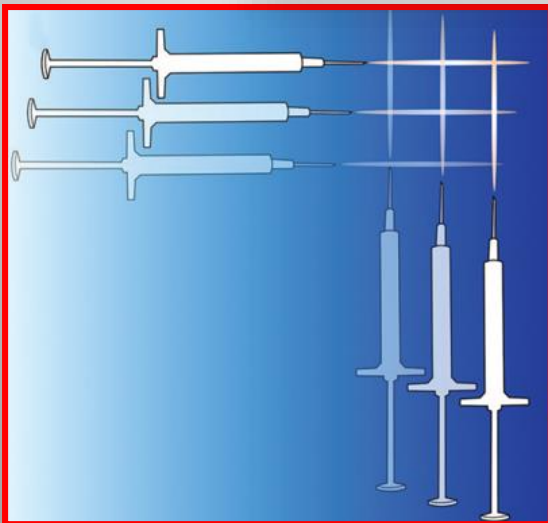


Marionette Lines



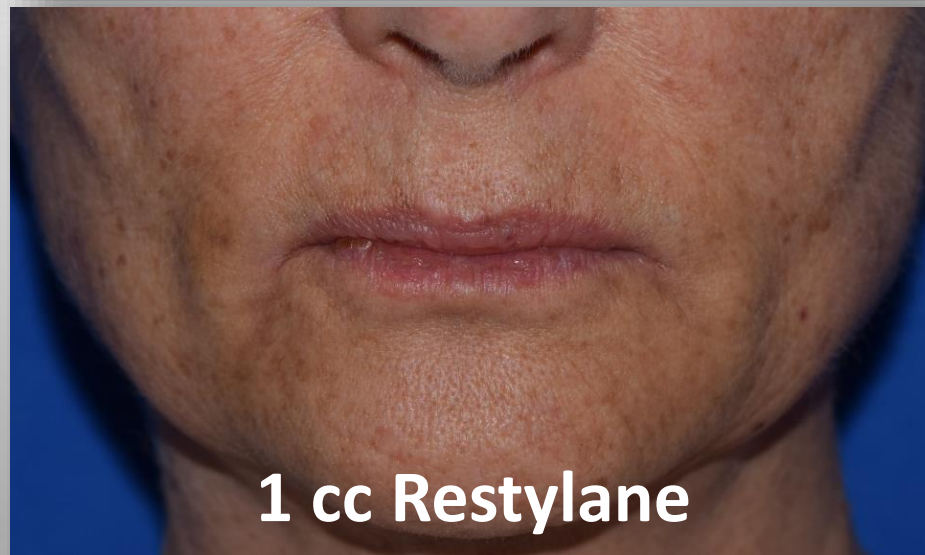
Moderate to high G'
27G or 29G needle
Fanning

Marionette Lines



Moderate to high G'
27G or 29G needle
Cross hatch as needed

Marionette Lines



1 cc Restylane

Gummy Smile



Gummy Smile - Neuromodulator



Consider Central & Corner Lip Lift



1 cc Radiesse

Neuromodulator for Lip Lines



Neuromodulator for Lip Lines



2u BTA per side

Neuromodulator for Lip Lines

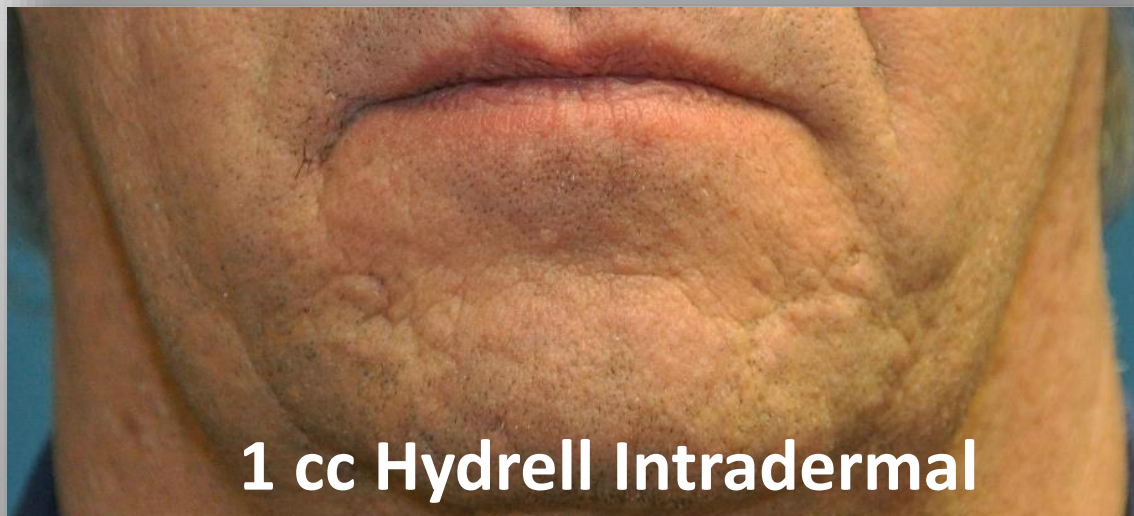


Filler for Lower Lip Support



2 cc Juvederm Plus

Chin Fine Lines & Creases



1 cc Hydrell Intradermal

Neuromodulator for DAO



BTA 5 u DAO + 1 cc Restylane

Lips, Perioral, Cheeks



4.6 cc Bellafill

Lips, Perioral, Cheeks



Jaw Line & Pre Jowl Sulcus

Small Volume, Big Result

Mild Jowls



Mild Jowls

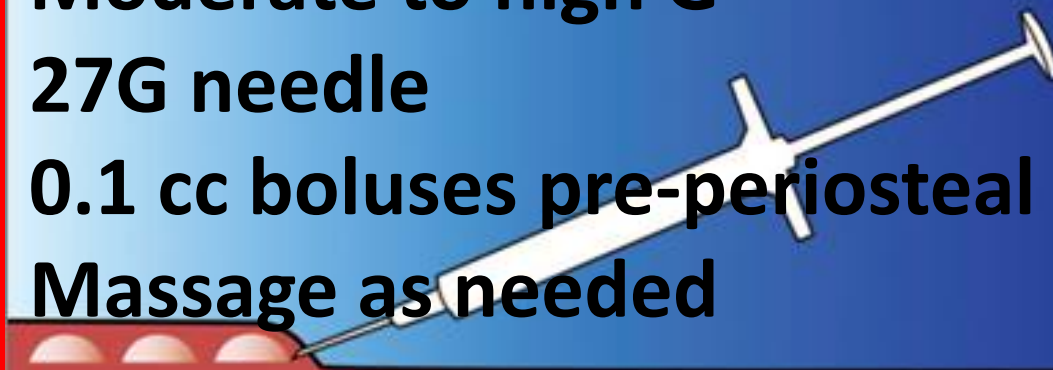


Moderate to high G'

27G needle

0.1 cc boluses pre-periosteal

Massage as needed



Mild Jowls



Mild Jowl & Pointing Chin



0.4 cc Radiesse/side

Mandible Angle Enhancement

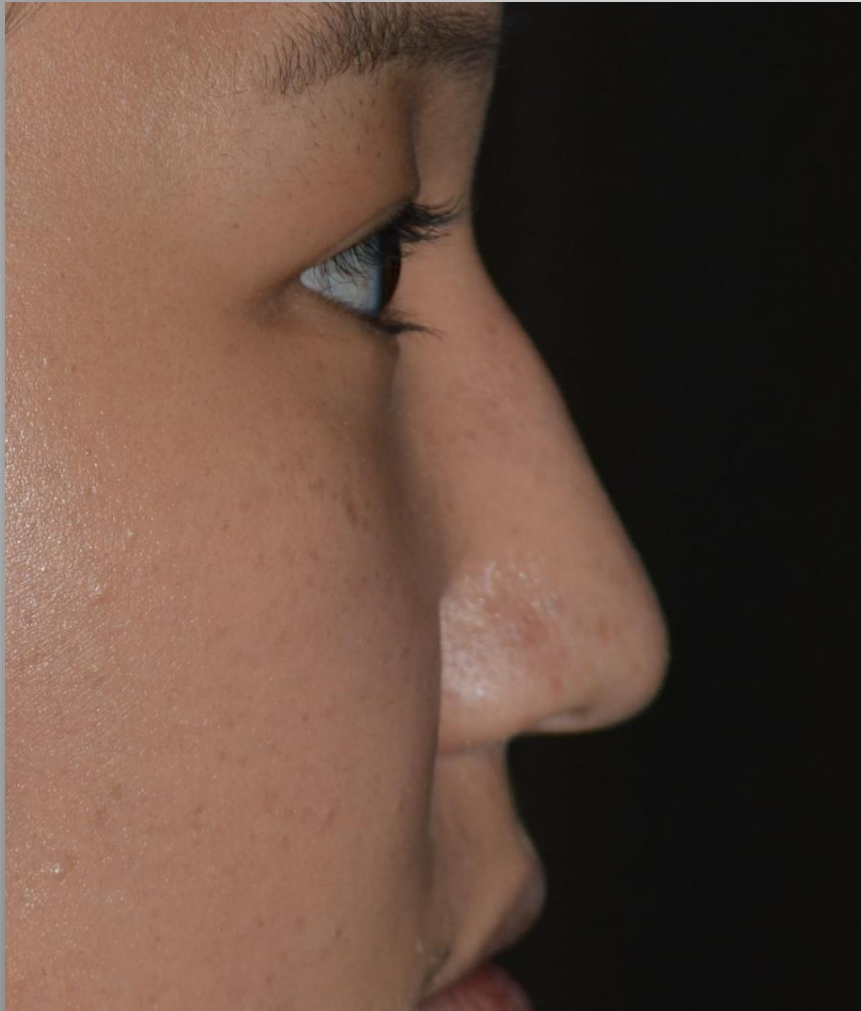


1.2 cc Bellafill/side

Nose

Proceed with Caution

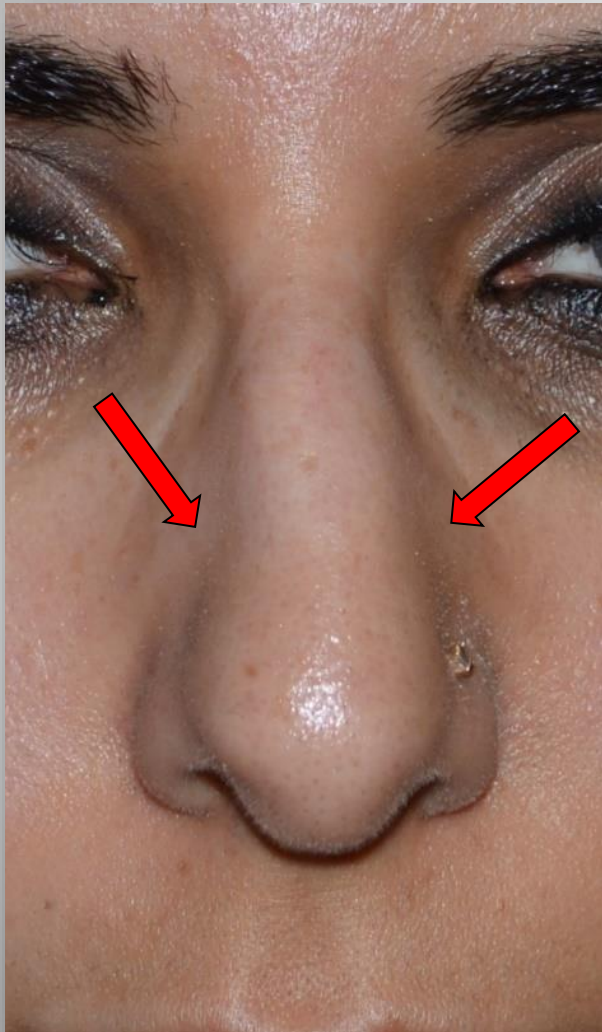
Bellafill Rhinoplasty



Restylane Rhinoplasty



Restylane Rhinoplasty



Restylane Rhinoplasty



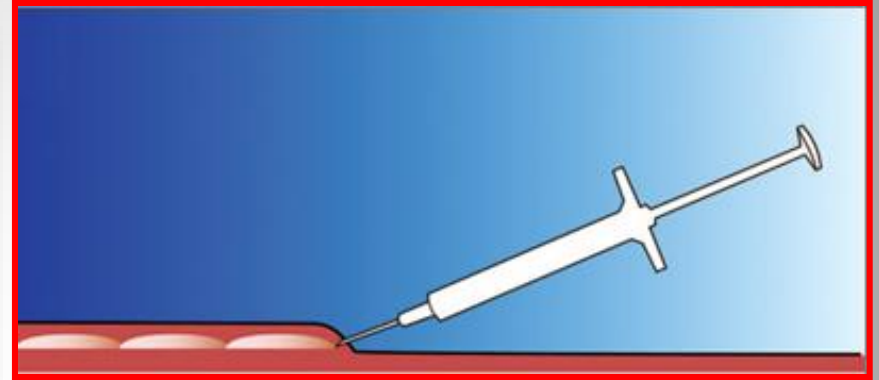
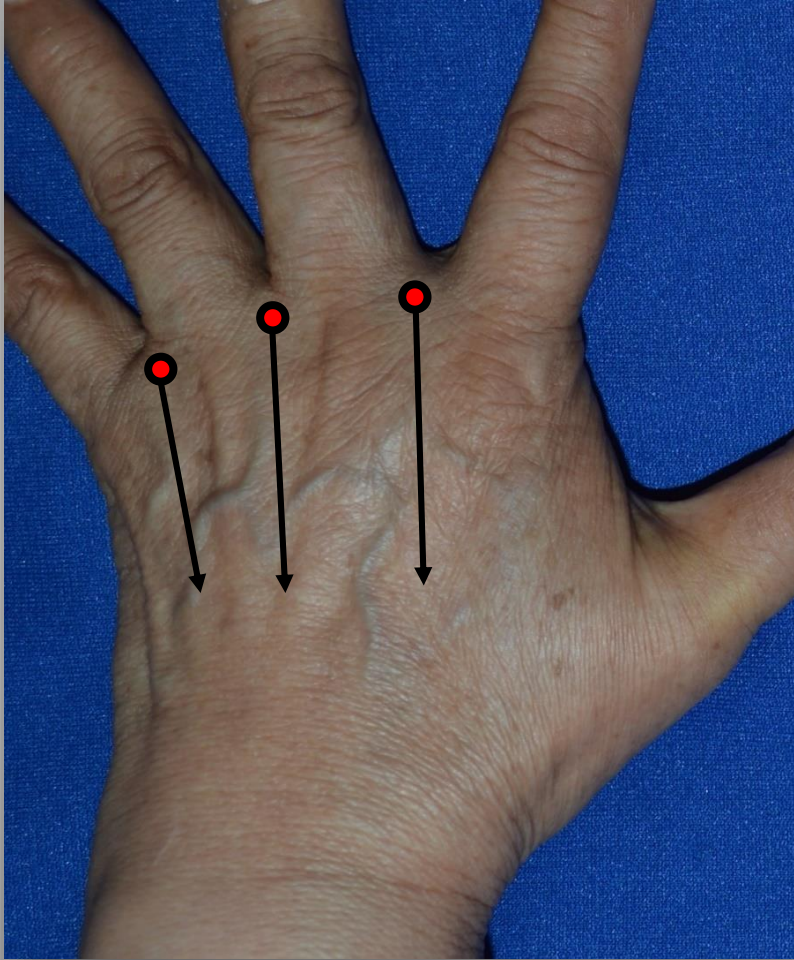
Hands

Why Stop at the Face?

Aging Hand



Aging Hand



High G'
Blunt cannula
Linear threading
Massage to position

Restore Dorsal Hand Fullness



Before and after 1.5 cc **Radiesse** to dorsum (FDA Approved)

Restore Dorsal Hand Fullness



Before and after 1.5 cc **Radiesse** to dorsum (FDA Approved)

Fat Graft Dorsal Volumization



Before and 6 months after **Fat Grafting** to dorsum

Fat Graft Dorsal Volumization

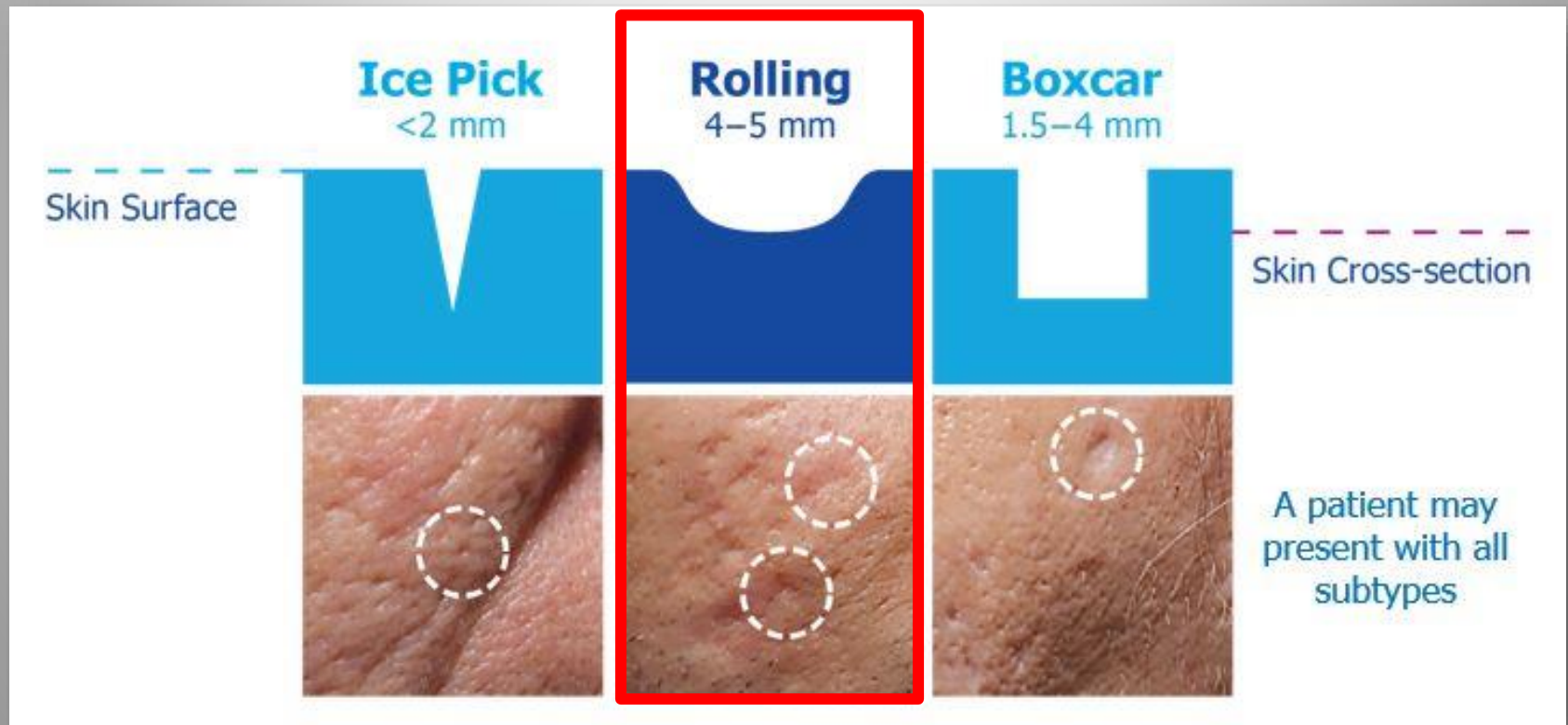


Before and 6 months after **Fat Grafting** to dorsum

Acne Scars

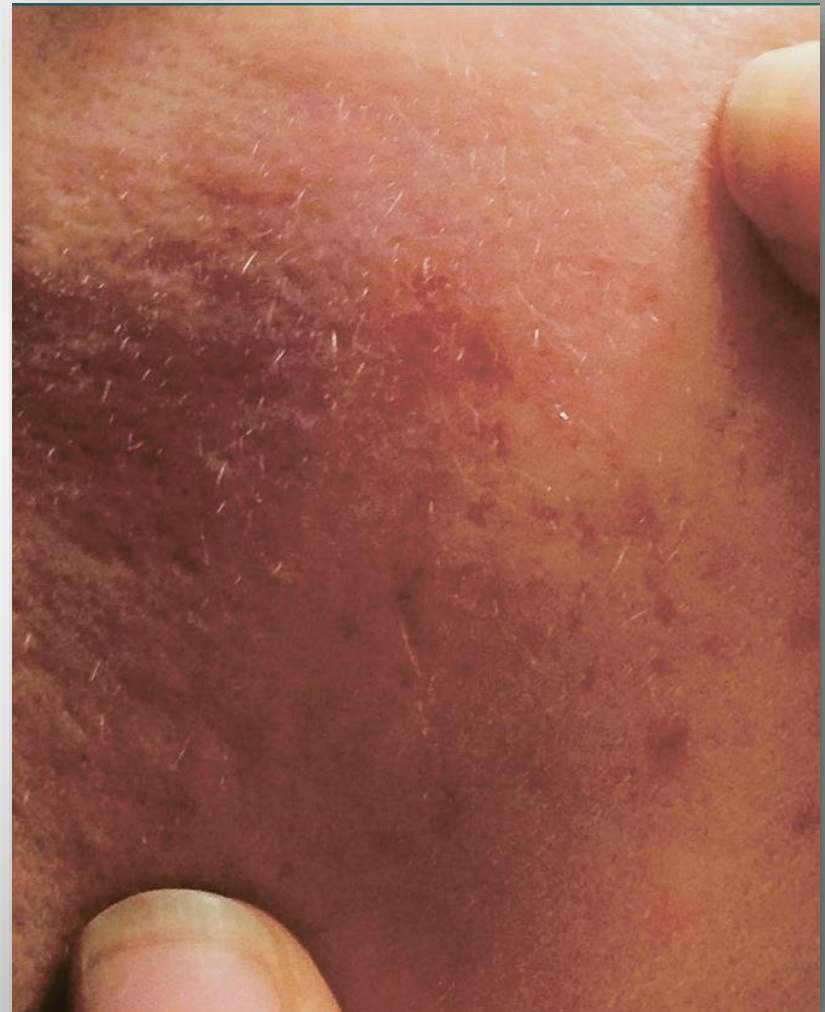
Atrophic Acne Scars

Rolling scars improved with skin traction

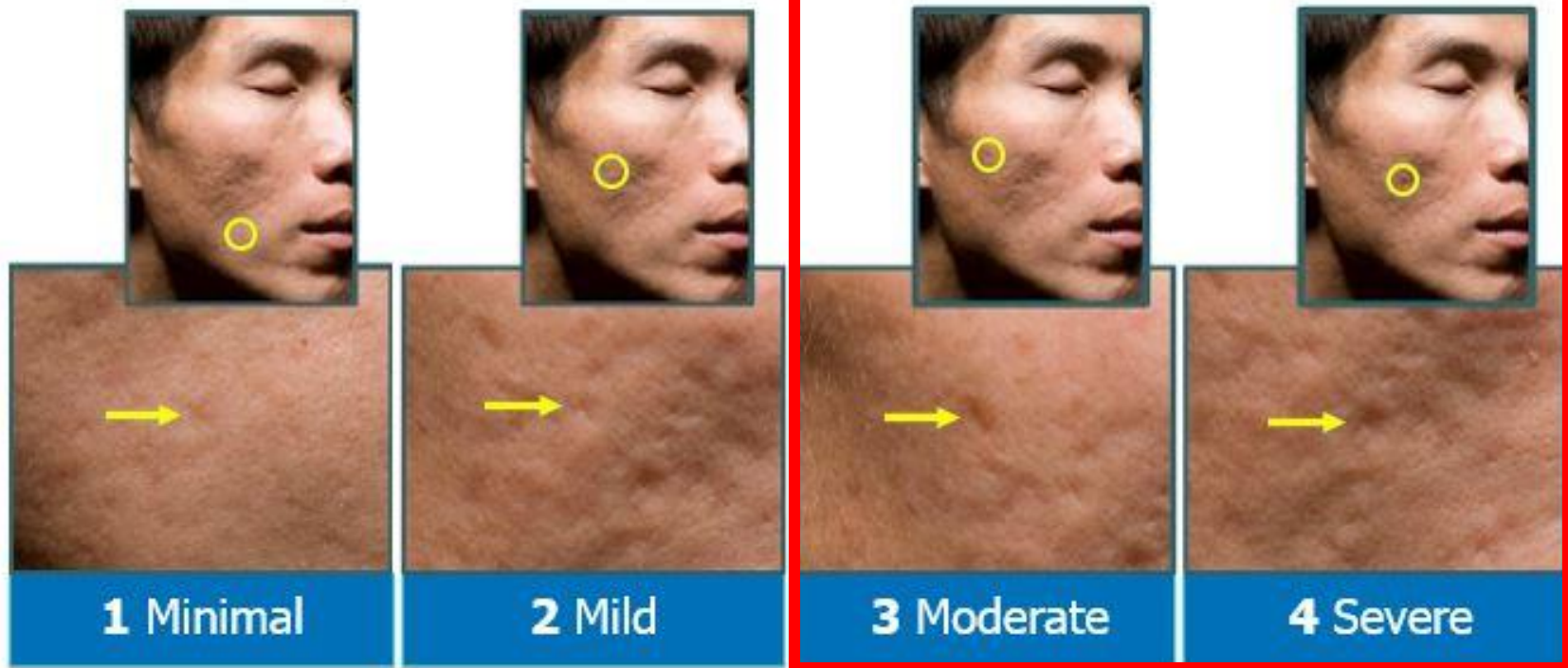


Bellafill FDA Approved for Acne Scars

Scars Improved with Traction



Patient Selection



Study: Grade 3 & 4 rolling acne scars

Acne Scars Treatment



0.8 to 1.6 cc Bellafill

Rolling acne scars that improve with stretch

Putting it Together

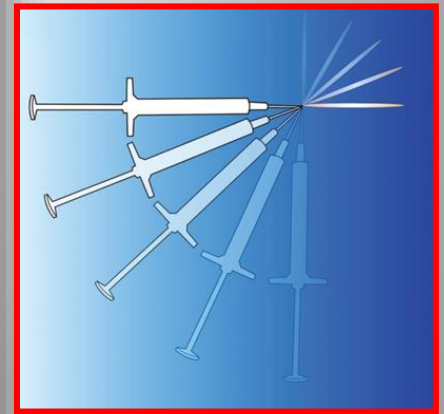
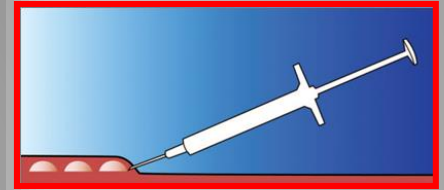
Facial Volumization



Start Superior & Lateral

0.8 cc syringe
40 to 50 passes
27G blunt cannula

**Supraperiosteal
Microdroplets**

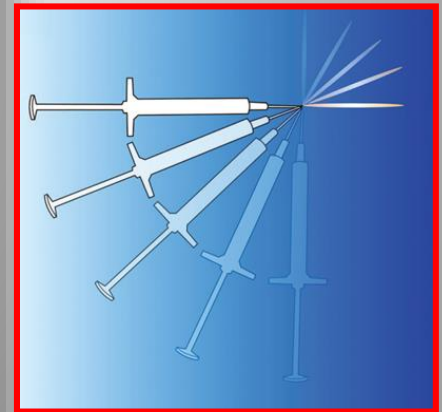
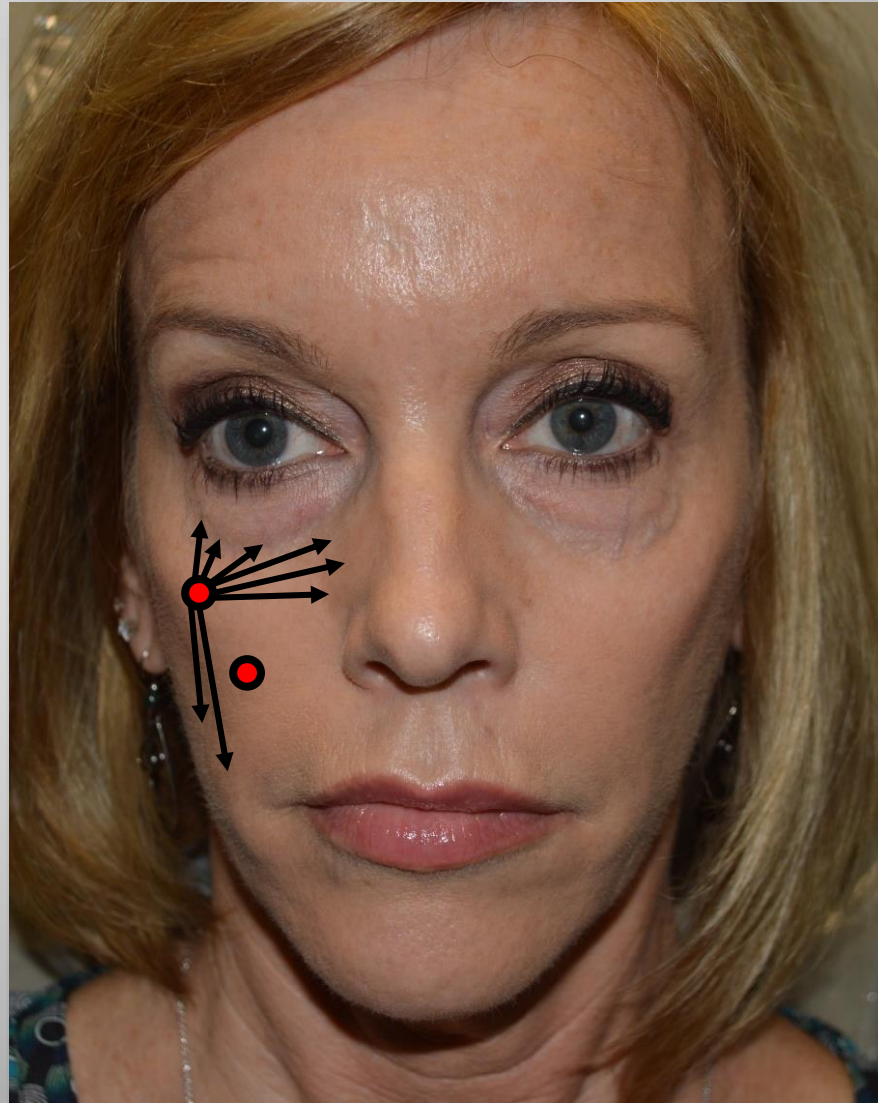


Volumize Inferior Orbit & Malar Area

0.8 cc syringe
40 to 50 passes
27G blunt cannula

Supraperiosteal

**Subdermal
Fanning**



Treat Hollow Cheek

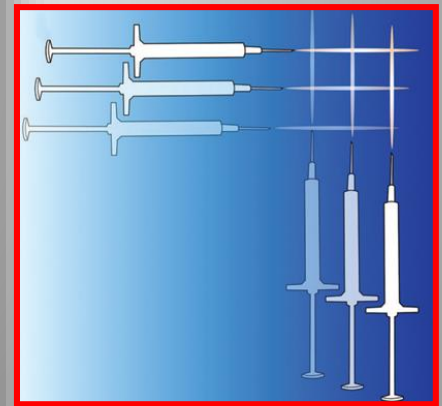
0.8 cc syringe
40 to 50 passes
27G blunt cannula

Supraperiosteal

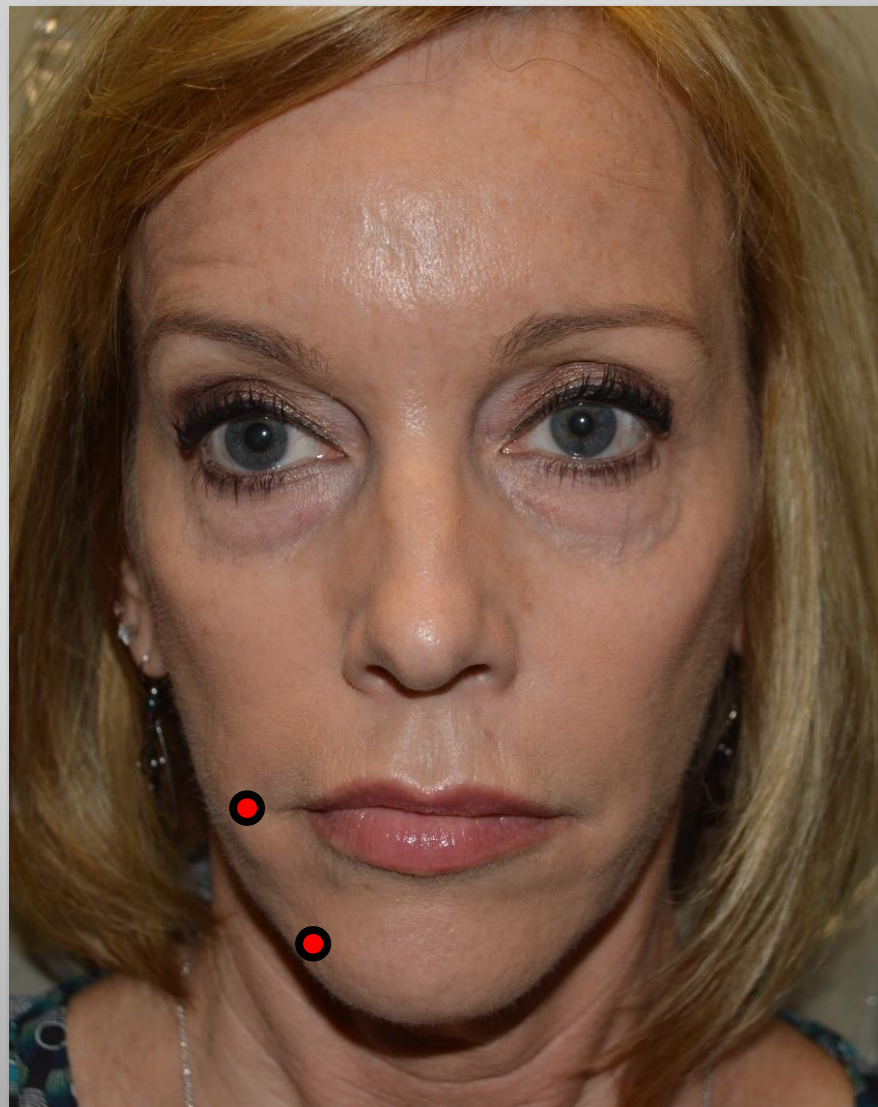
Subdermal

Subdermal

Cross Hatching



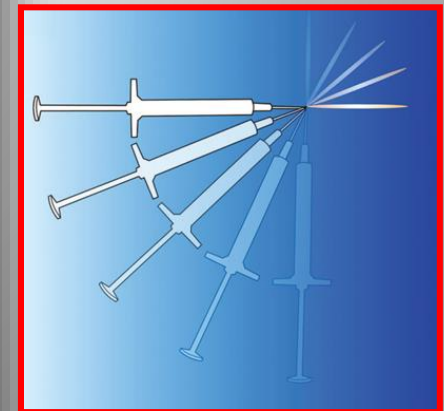
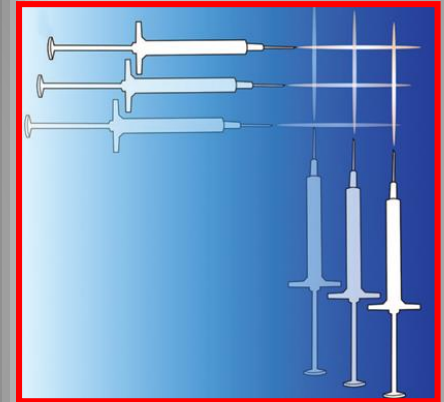
Move to Lower Face



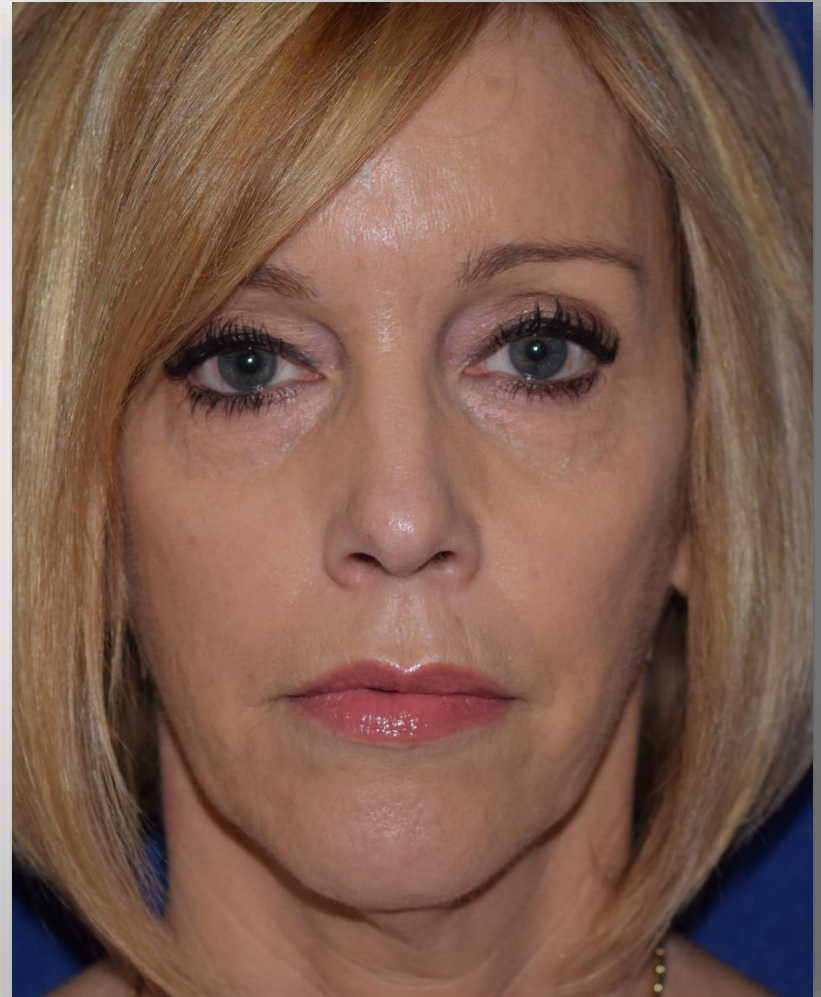
Lower Face

0.8 cc syringe
40 to 50 passes
27G blunt cannula

**Subdermal
Fanning &
Cross Hatching**



Facial Volumization: Bellafill 4.6 cc



Realistic Expectations!

YOU SHALL NOT AGE!

ITS A SYRINGE, NOT A MAGIC WAND

Injectable Soft Tissue Fillers: Practical Applications

Karol A Gutowski, MD, FACS

AMERICAN ASSOCIATION
OF PLASTIC SURGEONS
& Plastic Surgery
Research Council

Joint
Meeting | May 19-22, 2016
SHERATON NEW YORK
TIMES SQUARE HOTEL
NEW YORK CITY, NY

