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 MAGAZINE



BRIEFS

BOTOX BREAKTHROUGHS

BOTOX

BREAKTHROUGHS

NEW WAYS TO USE INJECTABLES AND FILLERS

ONCE RESERVED STRICTLY FOR FILLING IN LINES AND PLUMPING UP WRINKLES, INJECTABLES AND FILLERS HAVE A NEWFANGLED ROLE IN THE AESTHETIC ARENA AND ARE QUICKLY BECOMING THE GO-TO FOR EVERYTHING FROM CORRECTING NASAL BUMPS TO COMPLETELY RESCULPTING THE FACE. "FILLERS HAVE BECOME A GREAT METHOD FOR RESTORING THE CONTOURS OF YOUTH," SAYS NEW YORK PLASTIC SURGEON ANDREW N. KORNSTEIN, MD. "WHEN FIRST INTRODUCED IN THE 1980s, THE ONLY FDA-APPROVED OPTIONS WERE COLLAGEN-BASED FILLERS. NOW, THANKS TO THE TOOLS WITH WHICH WE HAVE TO WORK WITH, MULTIPLE OPTIONS HAVE OPENED UP."

LOCATION KEY

FACE & NECK

- 01 Raise the eyebrows
- 02 Lessen neck wrinkles
- 03 Minimize enlarged pores
- 04 Lift the corners of the mouth
- 05 Relax teeth-grinding muscles
- 06 Balance out the temples
- 07 Smooth out minor nasal humps
- 08 Shape the cheeks
- 09 Diminish under-eye bags and hollows
- 10 Define the upper eyelids
- 11 Downplay a pointy chin
- 12 Lessen marionette lines

HANDS

- 13 Create youthful-looking hands

BODY

- 14 Fill in cellulite

LIQUID MIRACLES

All of the main injectables and fillers available (think Botox, Restylane, etc.), regardless of how they work, are FDA-approved to treat specific concerns. Many dermatologists and plastic surgeons creatively inject these products off-label (meaning the product is used for something other than its FDA-approved use) to remedy other signs of aging. Off-label use typically doesn't pose any risks, as long as a board-certified, skilled, qualified expert injector, who is familiar with fillers and facial anatomy, is performing your injections. So why are these popular techniques not recognized by the FDA or promoted by the manufacturers themselves? New York dermatologist Heidi Waldorf, MD, says that for fillers and injectables to get additional indications for use, the process is extremely lengthy and expensive. Below, the approved uses for each category of injectable.

1 BOTOX AND DYSPORT
 [denervating agents]
 Both reduce the muscle activity that gives animation to the face, like the area between the eyebrows. Botox is also FDA-approved to control severe underarm sweating.

2 RESTYLANE, JUVÉDERM AND PERLANE
 [hyaluronic acids]
 Hyaluronic acid fillers are typically injected into the mid to deep layers of skin to plump up nasolabial folds.

3 RADIESSE AND SCULPTRA AESTHETIC
 [collagen stimulators]
 These fillers are for patients who need more moderate amounts of volume restoration particularly around the mouth and the jowls. "These act as a global reclinimizer for the face as a whole," says Boca Raton, FL, dermatologist Marta Rendon, MD.

4 ARTEFILL
 [permanent filler]
 This filler is approved for use in the nasolabial folds. Unlike other fillers, it is not absorbed over time, making potential complications harder to correct.

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01 *raise the eyebrows*

Treating the muscles above the eyebrows with Botox or Dysport relaxes them, giving way to flatter brows that are temporarily lifted and sometimes more arched. "The art of maintaining a natural result comes with extensive knowledge of not only facial anatomy and the dynamic musculature but also the way in which these toxins work," says Dr. Kornstein. "When injected skillfully, they can weaken the depressor muscles that pull down the eyebrows. This ability to rebalance the facial musculature allows the eyes, as well as other areas, to be reshaped," he adds.

HOW LONG THE RESULTS LAST

About three to four months

BEFORE



AFTER



To lift the brow and open up the eyes, Botox was injected above the brows. Procedure performed by Sharon Giese, MD; New York, NY.

10 *define the upper eyelids*

With age, the upper lids can become hooded or even saggy. But injecting the brow area with filler, and using Botox or Dysport to relax the muscles that pull the brow down, can help lift the lids and, says Dr. Beer, can make for a more youthful look. For more ways to rejuvenate the eyes, turn to page 118.

HOW LONG THE RESULTS LAST

About three to four months

GET MORE
youthful-looking eyes

09 *diminish under-eye bags and hollows*

The cause of unsightly under-eye bags is the result of fat that has shifted. "If the fat pad underneath the eye is not protruding, fillers can be used to fill the tear trough and fix the hollows," Dr. Beer says. "But this does not work in every patient, and some may end up looking worse." To create the most natural look, it's important for your plastic surgeon or dermatologist to also inject the upper cheek, which will create a seamless contour between the upper portion of the cheek and the area below the eye.

HOW LONG THE RESULTS LAST

About six months

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THE KEY TO GETTING GREAT RESULTS

Not doing your homework, responding to a discount promotion or not seeking a qualified injector puts you at a risk for unfavorable results. Unqualified doctors and other professionals who routinely use injectables and fillers may not have received the proper education and training, and therefore can put you at a higher risk for problems like lumps, bumps, discoloration, prolonged bruising and swelling, and even disfigurement. To make sure that you don't run into trouble, only a reputable and board-certified plastic or facial plastic surgeon or dermatologist, who is up to speed on what is FDA-approved to inject and the proper techniques on how to do so, should treat you. To find an expert injector, visit expertinjector.com.

CHANGE THE SHAPE OF YOUR FEATURES *and improve your look*

08 *shape the cheeks*

Both hyaluronic acid injectables and collagen-stimulating fillers can reinstate definition to the cheeks, giving a more defined profile and a similar look to what's achieved with fat without surgery or the "forever" factor. "Fillers are useful in reestablishing the shape of the cheek around the orbital rim, where the signs of aging often begin. This area should be injected with a deeper technique to reduce the risk of visible irregularities since the skin can be thin," says Dr. Kornstein. To get the most natural look that doesn't look "done" or "injected," filler should be placed in the front of the cheeks, as opposed to the outside of the cheekbones, which causes the filler to push the eyes up.

HOW LONG THE RESULTS LAST

Hyaluronic acid fillers, about six months; longer-lasting fillers, up to one year

11 *downplay a pointy chin*

Both fillers and toxins—either on their own or in tandem—can be injected into a chin that's too pointy or pronounced to soften the angles and contours and relax its muscles (only toxins can do this). To detract attention away from a cleft chin, hyaluronic acid fillers can be used as a means of filling in the indentation.

HOW LONG THE RESULTS LAST

Toxins, three to four months; fillers, about six months to one year

07 *smooth out minor nasal humps and bumps*

Injecting the nose with hyaluronic acid fillers (or, in more complex cases, with Radiesse) is ideal for those who want to test drive what they could look like after rhinoplasty surgery (depending on their anatomy and the defect they want corrected). The technique can also be used on those with a small depression that doesn't necessitate surgery, or have had surgery in the past that needs some fine-tuning. Botox or Dysport can also be used to lift the tip just a bit or fix a tip that's too pinched.

HOW LONG THE RESULTS LAST

Six months to two years (depending on the filler), since the nose has minimal movement

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FIGHT THE
signs of aging

04 *lift the corners of the mouth*

When the corners of the mouth fall flat or begin to point downward, a few injections of hyaluronic acid fillers can help. It repositions the corners of the mouth horizontally so they don't point down and provide an unintended frown.

HOW LONG THE RESULTS LAST
 About six months

02 *lessen neck wrinkles*

Thick bands and wrinkles are a dead giveaway that the aging process has begun, but one of the easiest ways to get rid of them is with regular injections of Botox or Dysport, which help ease the bands that pull down on the neck. However, Dr. Rendon says that differentiating between bands and saggy skin is important. "Some vertical bands in the neck can be softened with injections, but if there is significant laxity, surgery is a better option. Botox and Dysport will not tighten the skin," she says.

HOW LONG THE RESULTS LAST
 About three to six months

06 *balance out the temples*

Until recently, the temples had been avoided (for the most part) because they are one of the harder areas to inject properly. "When our bones shrink, hollowing of the temples becomes very pronounced," says Dr. Kornstein. "Injecting the temples with hyaluronic acid fillers must be done precisely as the skin is very thin and any irregularities will be seen. When done properly, the temples can harmonize the transition from the brows to the cheeks, leading to a more complete restoration." Longer-lasting fillers can also be used for this purpose, but, in some, may produce lumpiness.

HOW LONG THE RESULTS LAST
 About three to six months; longer-lasting fillers, about one year or longer

12 *lessen marionette lines and nasolabial folds*

Those pesky fine lines that run downward from the outer corners of the mouth can easily be corrected with hyaluronic acid and long-lasting fillers, like Radiesse (which is FDA-approved for this mode of treatment) and Artefill. Some dermatologists and plastic and facial plastic surgeons choose to also inject the surrounding areas as well as the upper lip to give a more uniform and natural look.

HOW LONG THE RESULTS LAST
 Hyaluronic acid fillers, about six months; Radiesse, about one year or longer; Artefill is more permanent.



To diminish the nasolabial folds, Artefill was injected. Procedure performed by Jan Turkle, MD; Carmel, IN.

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