Instructor for Suneva (Bellafill)

Will describe off-label uses

Will use brand names
Injectable Tissue Filler Options

**Hyaluronic Acids**
- Juvederm
- Voluma
- Restylane
- Belotero

**Reversible**

**Animal Collagen**
- Zyderm
- Zyplasty
- Evolence

**Human Collagen**
- CosmoDerm
- CosmoPlast
- Fascian
- Autologen
- Cymetra
- LaViv

**Stimulators**
- PLLA (Sculptra)
- PMM (Bellafill)

**CaHA (Radiesse)**

**Fat**

**Silicone**
Elastic Modulus* (G prime)

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

More “lift”
Less “lift”
Less “spread”
More “spread”
Filler Rheology

- Shear
  - $G^*$
  - Relaxation
    - $G' \approx G^*$
    - $G'' = 0$
    - 100% elastic
    - Visco-elastic
    - Dermal fillers
    - G$'' = G^*$
    - 100% viscous
- Compression
  - High cohesivity
  - Medium cohesivity
  - Low cohesivity
  - Non cohesive
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

- Silk
- Restylane
- Lyft
Water Absorption

Prevelle Silk

Less Swelling

Restylane and Perlane

More Swelling

Juvéderm Ultra Plus
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

<table>
<thead>
<tr>
<th>Most Common Sites</th>
<th>Most Common Filler</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Malar &amp; cheeks</td>
<td>• Radiesse</td>
</tr>
<tr>
<td>• Lips &amp; perioral</td>
<td>• Restylane products</td>
</tr>
<tr>
<td>• Tear troughs &amp; periorbital</td>
<td>• Bellafill</td>
</tr>
<tr>
<td>• Nasolabial folds</td>
<td>• Juvederm products</td>
</tr>
<tr>
<td>• Temples, hands, nose</td>
<td>• Belotero</td>
</tr>
<tr>
<td></td>
<td>• Sculptra</td>
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# Practice Overview

<table>
<thead>
<tr>
<th></th>
<th>Karol</th>
<th>Maggie</th>
<th>Chris</th>
<th>Rhonda</th>
<th>Suzie</th>
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<tbody>
<tr>
<td>Instructor</td>
<td>MD</td>
<td>PA</td>
<td>PA</td>
<td>RN</td>
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<tr>
<td>Bellafill</td>
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<td>-</td>
<td>Bellafill</td>
<td>Restylane</td>
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<tr>
<td>Patients per Month</td>
<td>50</td>
<td>120</td>
<td>40</td>
<td>60</td>
<td>20</td>
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<tr>
<td>Ave Volume (cc)</td>
<td>2 to 3</td>
<td>2 to 3</td>
<td>5 to 7</td>
<td>2 to 3</td>
<td>3</td>
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<tr>
<td>Restylane Products</td>
<td>25%</td>
<td>65%</td>
<td>20%</td>
<td>90%</td>
<td>70%</td>
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<tr>
<td>Juvederm Products</td>
<td>5%</td>
<td>20%</td>
<td>-</td>
<td>10%</td>
<td>30%</td>
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<tr>
<td>Radiesse</td>
<td>50%</td>
<td>5%</td>
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<tr>
<td>Bellafill</td>
<td>15%</td>
<td>5%</td>
<td>80%</td>
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<tr>
<td>Belotero</td>
<td>5%</td>
<td>5%</td>
<td>-</td>
<td>-</td>
<td>-</td>
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<tr>
<td>Most Common Area</td>
<td>Malar</td>
<td>Lips, Malar</td>
<td>Malar</td>
<td>Lips, Malar</td>
<td>Malar, Lips</td>
</tr>
</tbody>
</table>
Target the Volume Loss
Basic Set Up
Block & Tackle the Face

Jesper Sorensen
Zide 1998
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

Example: Deep Malar Elevation
Cross Hatching

Example: Lateral Lip Frown
Tunneling or Linear Threading

Placement at dermal/subdermal junction
Proper Dermal Injection

Too Superficial

Too Deep

Correct Placement

Needle lifted
Blunt Injection Cannulas
Blunt Injection Cannulas
Patient Selection

Volume Loss
Fillers

Volume Descent
Facelift
The Power of Volume

After fat grafting
The Power of Volume

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

After fat grafting
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
Tear Trough & Malar Support
Tear Trough & Malar Support
Tear Trough & Malar Support
Tear Trough & Malar Support

Restylane
Tear Trough & Malar Support

Restylane

Radiesse
Tear Trough & Malar Support
Tear Trough & Prominent Orbicularis
Tear Trough & Prominent Orbicularis

Juvederm
Low G’
Tear Trough & Prominent Orbicularis

Juvederm
1:1 Saline

Juvederm
Low G’
Tear Trough & Prominent Orbicularis
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)
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 - 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

1 cc Radiesse
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

4.6 cc Bellafill
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

0.3 cc Radiesse/side
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
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