Fillers: Pearls to select the right patient and right filler

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Disclosures

• None
The first step to success...
Proper Patient Positioning
Case 1

Understand the anatomy
• Superficial medial cheek pad
• Deep medial cheek pad
Filler can also improve fine lines
Pearls

• Understand anatomy of fat pads (superficial and deep fat pads)
• Re-inflate fat pads, not specific “lines”
Case 2

*Delayed onset complications*
The Friday 6pm call...

2 months after filler
Delayed onset granulomas

- 400 patients, lips or tear-troughs
- 4% with delayed onset granulomas
- Vycross: average 2 months
  - Up to 6 months after injection
Thickening of the fibrous septa of the subcutaneous tissue

Perivascular lymphocytic inflammatory infiltrate
Treatment of HA granulomas

- Hyaluronidase (30-100 units/nodule)
- Oral ciprofloxacin or moxifloxacin or rifampicin for 3 weeks
- Oral, IM, IL steroids less effective
- Average recurrences: 3.17 (relapse after 2 weeks)
Pearls

• Small aliquots (0.1cc) when using Vycross products
• Strict antiseptic technique
• Watch for **delayed** complications with Vycross products
Case 3

Picking the right product
Filler properties to consider

• $G'$ (elastic properties)
  • How well does it retain its shape with deformation?

• Flexibility
  • How well does it stretch and move with deformation?

• Is it reversible?

• Hydrophilicity
Filler properties to consider

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### TABLE 1. Rheological Properties of HA Dermal fillers

<table>
<thead>
<tr>
<th>Filler</th>
<th>$G'$ (Pa)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juvéderm Ultra XC</td>
<td>207</td>
</tr>
<tr>
<td>Juvéderm Ultra Plus XC</td>
<td>263</td>
</tr>
<tr>
<td>Juvéderm Voluma XC</td>
<td>398</td>
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<tr>
<td>Juvéderm Volift with lidocaine†</td>
<td>340</td>
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<tr>
<td>Juvéderm Volbella with lidocaine†</td>
<td>271</td>
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<tr>
<td>Restylane-L</td>
<td>864</td>
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<td>Perlane-L</td>
<td>977</td>
</tr>
<tr>
<td>Belotero Balance</td>
<td>128</td>
</tr>
</tbody>
</table>
Filler properties to consider

• $G'$ (elastic properties)
  • How well does it retain its shape with deformation?

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• Hydrophilicity

• Is it reversible?
40-year-old with infraorbital hallows
s/p calcium hydroxylapatite in Tijuana
s/p 4 treatments with off label intralesional sodium thiosulfate
58yo patient with chief complaint: “I look tired”
Fine lines
Mid cheek fat pad volume loss
Lateral cheek fat pad volume loss
NLF
Marionette lines
Mid cheek fat pad volume loss $(G' \geq \text{elasticity})$

Lateral cheek fat pad volume loss $(G'>>>\text{elasticity})$

NLF $(\text{Elasticity} > G')$

Marionette lines $(\text{Elasticity}>>>G')$
Pearls

• Understand filler properties
• Optimize these properties when picking your product
  • Infraorbital
  • Cheeks
  • Lips
Summary of Pearls

• Understand anatomy of fat pads
• Re-inflate fat pads, not specific “lines”

• Small aliquots (0.1cc) when using Vycross products
• Strict antiseptic technique
• Watch for **delayed** complications with Vycross products

• Understand filler properties
• Optimize these properties when picking your product
Thank you