

OPTION 02

Collagen

Although collagen fillers changed the face of beauty when they entered the marketplace in the 1980s, they quickly fell out of favor when longer-lasting hyaluronic acid was introduced. However, many doctors still use collagen, especially for plumping the lips and filling in "smoker's lines" around the mouth. Boca Raton, FL, oculoplastic surgeon Steven Fagien, MD, says, "Collagen-type products are still best in many patients when treating particular facial lines, such as the horizontal lines on the forehead. It provides a softer fill and avoids the bumps that can be seen in this region with hyaluronic acid, or a drop of the eyebrow that can occur in some individuals after treatment with botulinum toxin."

Another advantage of collagen: It's great for recreating structure. New York City dermatologist David Goldberg, MD, says, "Collagen's biggest strength is its structural effect. It can be used along a drooping or disappearing upper lip line to help hold the entire lip up."

CosmoDerm and CosmoPlast, which currently are the most popular collagen products, do not require an allergy test, and results are immediate. Although overfilling is necessary to achieve the desired result, the excess fluid is absorbed over the first few hours after treatment, and minor redness and swelling subside in a few days. CosmoDerm and CosmoPlast contain an anesthetic to make injections more comfortable, and results last from two to three months.

COLLAGEN

WHAT IT IS

This naturally occurring component of the skin acts as a support structure, yet its abundance declines with age.

BRANDS

CosmoDerm*, CosmoPlast*, Evolence**

PRO

Instant results

CON

Short-lived effects

HOW LONG IT LASTS

Two to three months (Evolence is purported to be the longest lasting.)

*CosmoDerm and CosmoPlast are FDA approved for the treatment of soft-tissue deformities, such as scars and wrinkles. All other uses are considered off-label.

**Pending FDA approval



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Doctors reveal inside information on top cosmetic enhancement procedures. Turn to page 185

A new kind of collagen

With the imminent FDA approval of Evolence (as of press time), collagen is getting attention once again. Doctors who have used the porcine (pig-derived) collagen are optimistic about Evolence, saying that it's easy to inject and it causes less bruising and swelling than the hyaluronic acids. According to West Palm Beach, FL, dermatologist Kenneth Beer, MD, "Studies show that Evolence lasts up to nine months, which is a significant improvement from the collagen products currently available." Though it's slated to be approved for the nasolabial folds, Evolence can be used off-label in other wrinkles and folds, and a lighter formulation suitable for fine lines and lip augmentation called Evolence Breeze is in the works. And because it's porcine and not bovine (cow) collagen, there's a lower risk of allergic reaction and no need for skin tests.

FILL WRINKLES WITH YOUR OWN FAT

You just may have an abundant supply of filler on your hips or thighs, and you can take it from where you don't want it and have it injected where you do. A liposuction-like procedure can be used to harvest the fat, and then it is treated with antibiotics and processed before it is reinjected into the wrinkles and furrows of your face, where you'll see instant plumping. The advantage of fat: It's your own tissue, so there's no risk of an allergic reaction. And fat injections are considered permanent, since 30 to 50 percent of the fat transferred survives long term. The downside: Fat injections require another procedure to harvest the fat, which is slightly more invasive than injections alone. "There's more to fat injections than 'suck it out here and inject it there,'" says Dr. Wolf. "The fat is more likely to survive in areas around muscle and good blood supply."

Sculptra

HOW IT WORKS

As we age, the cheeks lose their fullness, along with their ability to support the nasolabial folds. Rather than replacing lost volume like the replacement fillers, stimulating fillers like Sculptra contain microscopic particles that actually prompt your skin to produce more collagen, in turn rebuilding the skin's support structure and restoring a more youthful appearance. Dr. Wolf uses the analogy of throwing grass seeds into dirt. "Rather than injecting directly into a wrinkle, you focus on a general area to fill, and it grows in over time." The boost in collagen is essentially an immune reaction to the filler that helps plump the injected area from within, and Sculptra decreases the appearance of the nasolabial folds by building up the midface. "Rather than filling lines, we're adding volume that lifts the soft tissues, in turn diminishing the lines," explains Dr. Wolf. "We're recontouring and using mechanical force in a way that smooths the folds and furrows."



Age 49. Seven months after Sculptra injections to the cheek area. Procedure performed by Joseph A. Eviatar, MD; New York City.

THIS FILLER STIMULATES YOUR SKIN TO PRODUCE MORE COLLAGEN, THANKS TO MICROSCOPIC PARTICLES.

THE COLLAGEN BUILDER

Although Sculptra is used off-label for cosmetic purposes (It was formally FDA approved to treat the atrophy of facial fat associated with HIV.), dermatologists and plastic surgeons have been using Sculptra on healthy patients for a number of years now. Most patients require an average of two to three treatments spaced three to four weeks apart for optimal results. And results can last from 18 to 24 months.

Treatment takes about 10 minutes, during which your doctor will give you 10 to 20 injections. Local anesthetic is used beforehand to numb the treated area, and most patients don't feel much pain. After treatment, expect soreness and puffiness that subside after a day or two, and don't be surprised if you don't notice a difference after the first treatment, since results usually aren't apparent until after the second or third session. **Dr. Goldberg believes the gradual results are a plus for patients who don't want friends or family to know. "When improvement becomes visible over two to four months, it isn't at all obvious to others that anything is being done," he says.**

SCULPTRA*

WHAT IT IS
Microscopic particles in a synthetic carrier gel

PRO
Long-Lasting Results

CON
Requires a series of treatments

HOW LONG IT LASTS
18 to 24 Months

*All Aesthetic uses for Sculptra are considered off-label

INSTANT RESULTS

STIMULATE COLLAGEN
PRODUCTION FOR
LONG-TERM IMPROVEMENT

SCARS

FACIAL CONTOURING

combination fillers
ARE GOOD FOR...

NASOLABIAL FOLDS

THE LONGEST-LASTING SOLUTIONS

WHAT IT IS

Artefill contains synthetic microspheres suspended in a collagen base, which is why an allergy test is necessary before treatment. These microspheres do not disintegrate over time; instead they remain in the tissue after the collagen gel is absorbed, and new collagen grows around the microspheres much like scar tissue. Artefill is most appropriate for deeper filling and contouring, and is not recommended for use in high-movement areas like the lips. **According to Dr. Goldberg, "I don't recommend Artefill for the first-time filler patient, but it's ideal for the patient who has used Radiesse or Sculptra for smile and loved it."**

*Artefill is FDA approved for the treatment of nasolabial folds, and Radiesse is FDA approved for the treatment of facial wrinkles and folds. All other uses are considered off-label.

BACKS OF THE HANDS

SOLES OF THE FEET

MARIONETTE LINES



Botox

Plumping wrinkles up with injectable fillers is one approach to addressing the visible signs of aging, and using Botox to prevent the muscle contractions that cause furrows when the face is in motion is another. Botox has played a major part in the injectable age, and it shows no signs of waning. In fact, dermatologists and plastic surgeons continue to find new and novel uses for Botox, as well as innovative ways to use it in conjunction with fillers. It's important to know the difference between Botox and fillers (Botox stops the muscle contractions; fillers plump up the furrows.), but it's even more important to emphasize that in trained hands, Botox does not paralyze muscles. Rather, it is used in an artistic fashion to restore a more youthful appearance to the face.

BOTOX PREVENTS THE MUSCLE MOVEMENT THAT LEADS TO FINE LINES AND FURROWS

NEW ALTERNATIVES?

Although Botox is currently the only FDA-approved drug of its kind, a similar product called Reloxin is on the cusp of FDA approval. Studies have been under way for quite some time, and doctors who have used Reloxin report that it diffuses more, which means that the effects travel further from the injection site than Botox. For example, patients treated for furrows between the brows see improvement in horizontal lines on the forehead, as well. Another Botox-like product called PurTox is also in trials, although it's in early stages and further from approval. And yet another type-A toxin called Xeomin, which is widely used in Europe, is poised to begin FDA trials. "The differences in these products are subtle," says Dr. Goldberg. "Some kick in faster, some may last longer, but it will take time to make comparisons since these studies can't be performed in the U.S. until all of the products are FDA approved." Only time will tell when Xeomin, Reloxin and PurTox will actually become available to patients, so turn to NewBeauty for the latest.

BOTOX*

WHAT IT IS

Botulinum toxin A that inhibits muscle action

PRO

Stop wrinkles; can lend subtle lift to brows

CON

Can't be used in all areas of the face

HOW LONG IT LASTS

Three to four months

STOP THE WRINKLES BEFORE THEY START

THE DETAILS

Just like injectable fillers, a topical anesthetic may be applied to make treatment more comfortable. Then, over a short period of time (roughly 10 minutes, depending on how many areas are being treated), your doctor will strategically place several injections. You may be red or bruised at the injection sites for up to a few days, and in rare instances, patients will report mild flu-like symptoms after treatment. Results become visible in three to seven days, and last for three to four months.



After one treatment with Botox

For more information visit www.skinandlasers.com