

WHAT CAN I DO ABOUT MY "SMILE LINES"?

Dr. David Goldberg Introduces a Variety of Choices in Fillers

Q: Dr. Goldberg, I have just entered my 40's and have begun to notice that the lines between my nose and lips are starting to get deeper. I do not want surgery and I also do not want collagen injections.

What shall I do?

A: It is very common, starting even in the thirties, to notice a deepening of the nasolabial folds. The nasolabial folds, also called smile lines, are those lines that run between the nose and the outer portion of the lips. They do not respond to surgery. They also are not ideally treated with Botox® injections. In the 1980s a skin filler known as collagen injections, derived from cow collagen, became very popular for the treatment of nasolabial folds. Unfortunately, because the filler was derived from cow collagen, a small number of patients were allergic to the product. Skin tests to determine allergy were required and the popularity of the product waned with time. Now there are alternatives.

Q: What are the most popular fillers used today for my nasolabial folds?

Today the most commonly used filler is derived from hyaluronic acid, a sugar like substance seen throughout nature. The 3 currently FDA approved hyaluronic acid products are Captique™, Hyalform™ and Restylane™. In Europe where hyaluronic acid injections have been used for many years before they were approved in the US, multiple other brand names are available. It is likely this will happen in the US as well. Hyaluronic acid injections do not require a skin test. The material feels very natural and generally leaves no bumps –as had been quite common with cow collagen injections. In general the filler lasts about 6 months and gradually is broken down into natural substances by the human body. Hyaluronic acid injections also can be used to plump up the lips and in a variety of other facial wrinkles.

Q: What if I Want Longer Lasting Results?

A: Some patients want to see a filler last longer than six months. In this situation an increasingly popular choice among fillers is calcium hydroxyapatite – sold under the brand name Radiesse™. This filler when injected into the smile lines can last up to 2 years. It is also very natural and does not require any allergy skin testing. Because this filler is made of a thicker material, it is not injected into very superficial wrinkles.

Q. Can These Fillers Also Be Used For My "Sunken" Cheeks?

A. They can. However, another material called Sculptra™ is very popular for people wishing to increase volume in their sunken cheeks. This problem is increasingly seen when patients enter their fifties. Sculptra™ is best used for increasing volume and represents a wonderful alternative to surgery. It like Radiesse™ is considered a longer acting filler agent.

Q: Can Fillers be used for the Forehead and Crow's Feet Wrinkles?

A: In theory the answer is yes. However, since these lines are caused by over contraction of the adjacent muscles, they are best treated with something that softens the muscle tone – such as Botox®.

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*** Dr. Goldberg on the Road:**

8/12/2005 Controversies and Conversations in Lasers and Cosmetic Surgery

9/10/2005 Florida Society for Dermatologic Surgery Annual Meeting, Orlando FL

9/15/2005 Professional Insurance Association of America Conference, Washington, DC

9/22/2005 International Society for Dermatologic Surgery Meeting, Dublin, Ireland

9/23/2005 European Society for Laser Dermatology Meeting, Dublin Ireland- Laser Hair Removal

9/28/2005 American Society for Dermatologic Surgery Annual Meeting, Atlanta

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