

Are All Fillers The Same?



Welcome William Dougherty, MD

It's the new year and as we look towards resolutions and goals, facial rejuvenation is sure to be at the top of the list for many. Injectable fillers are one of the most common cosmetic facial procedures, second only to Botox®. With an ever-increasing number of fillers on the market, choosing a product can be confusing.

Thankfully, we can help familiarize you with the various options and their differences.

Hyaluronic acid (HA) fillers are the most commonly used fillers on the market. Hyaluronic acid is naturally abundant in the human dermis, which explains why HA fillers are excellent for volume restoration in the face. Another significant advantage of HA fillers is their reversibility if the results are not as desired.

The JUVÉDERM® family of products contain a number of HA fillers.

The main difference between the various HA fillers is the softness or firmness of the product. Each product is designed for a specific area of the face, depending on the softness or firmness needed. Softer products are designed for superficial injections into the lips, whereas firmer products work best in lifting the cheek area.



The Hylacross family of products from JUVÉDERM® consist of JUVÉDERM® Ultra and JUVÉDERM® Ultra Plus. JUVÉDERM® Ultra is a versatile filler commonly used for lips, and lines around the mouth and cheeks. JUVÉDERM® Ultra Plus is great for adding volume to the temples and cheeks.

The newer Vycross™ family of products include JUVÉDERM VOLUMA®, JUVÉDERM VOLBELLA® and JUVÉDERM VOLLURE®, which are each tailored to optimize specific

problem areas on the face. JUVÉDERM VOLUMA® is used for creating volume and lift in the cheeks, chin and jawline. JUVÉDERM VOLBELLA® is the softest of the JUVÉDERM products and is ideally suited for superficial use in the lips allowing for improved definition and enhancement. It is also commonly used to smooth out the superficial fine lines around the mouth. JUVÉDERM VOLLURE® is useful for deeper lines around the mouth and for deeper lip enhancement.



Now is the perfect time to consider injectable fillers to help rejuvenate and refresh your appearance. With all the options described, let us individualize and tailor a treatment plan which will work best for you and your goals.

The Double Chin

Lambros Viennas, MD

Some people would like to get rid of a double chin, because it can make them look older. A double chin is not always associated with weight gain. Other reasons include loss of skin elasticity that can occur with aging and a person's genetics. Sometimes, there is a lack of jaw or chin support, which can result in the appearance of a double chin.

It is important to examine the elasticity of the skin to identify the location of the fat in order to determine if it is under the skin or deep to the muscle. We can then determine if there is adequate jaw and chin support of the neck soft tissue.

continued on back

continued from front

Once the underlying cause has been identified, then a treatment can be planned to improve the neck contour.

If there is localized fat under the skin, there are several options, including noninvasive procedures, such as chemical lipolysis, which is an injectable substance that can dissolve fat. The results may be subtle, so patients may require several sessions for treatment. Cryolipolysis is another noninvasive method, which uses cold temperature application to the skin to destroy fat cells. These noninvasive procedures are usually used for mild excess fat. On the other hand, liposuction of fat is considered the standard treatment because the results are more predictable.



When the skin is inelastic or redundant, surgical removal of the skin is necessary. This may require direct skin excision of a necklift procedure. If there is a deficiency of chin support, a chin implant can be used to improve neck contour.

A comprehensive approach for managing the double chin is essential to achieve the best result.

Dry Skin

Edward Prodanovic, MD

Dry skin develops when your skin does not retain enough moisture. In more advanced cases, the skin may crack and bleed producing pain and even a possible skin infection. The outer layer of skin contains natural oils and dead skin cells that hold water. Cold temperatures, low humidity and high winds strip your skin of its moisture. Fortunately, there are ways to keep your skin healthy year-round and using a good moisturizer is a simple way to start.

Occlusive moisturizers, such as petroleum jelly, are one of the most effective because



they act as a barrier to hold moisture in. *Natural oils*, such as coconut oil, may replenish moisture, but many dislike these options, because they are too greasy. The drier the skin, the thicker or greasier moisturizer you will likely need. Another type of moisturizers are known as *humectants*, e.g. glycerin and hyaluronic acid. They attract water and help your skin draw in and retain more moisture. Aquaphor, contains several humectants, including panthenol and glycerin, but it also has petroleum jelly in it. .

Cream moisturizers disappear when rubbed into the skin without a greasy feel. Examples include Cetaphil Moisturizing Cream, Vanicream, CeraVe.

Lotion moisturizers are suspensions of oily chemicals in alcohol and water. For very dry skin, lotions are typically not as effective as previously mentioned options.

Many moisturizing products contain additional ingredients, such as fragrances and preservatives, which can cause skin irritation

or allergic reactions. It is best to look for a fragrance and preservative-free formula. If moisturizers seem to aggravate your skin, it is best to seek the advice of your dermatologist or family physician. There are prescription topical medications that could help.

Listed below are some prevention tips to avoid dry skin and itch:

- A humidifier can add moisture to the air around you.
- Wear gloves when immersing your hands in water or cleaning with chemical products.
- Take short baths or showers (no more than 10 minutes) only once in a 24-hour period.
- Use warm rather than hot water with unscented mild soaps
- After showering, quickly pat the skin partially dry with a towel.
- Within 2-3 minutes after bathing, apply your moisturizer to seal the water in the skin before it evaporates.
- Reapply moisturizers liberally during the day and evening, especially to those areas prone to dryness.

▼ Edward Prodanovic, MD, EVMS Dermatology, Eric Dobratz, MD, EVMS Facial Plastic Surgery, Lambros Viennas, MD, EVMS Plastic Surgery



The EVMS Aesthetic Center is the only cosmetic program in Hampton Roads that includes physician expertise from three specialties, Plastic Surgery, Facial Plastic Surgery and Dermatology. By offering a collaborative and academic approach, we are able to provide a comprehensive plan to achieve each patient's unique cosmetic goals. We use the most cutting edge techniques and technologies for both surgical and non-surgical (minimally invasive) procedures to rejuvenate and enhance your appearance