

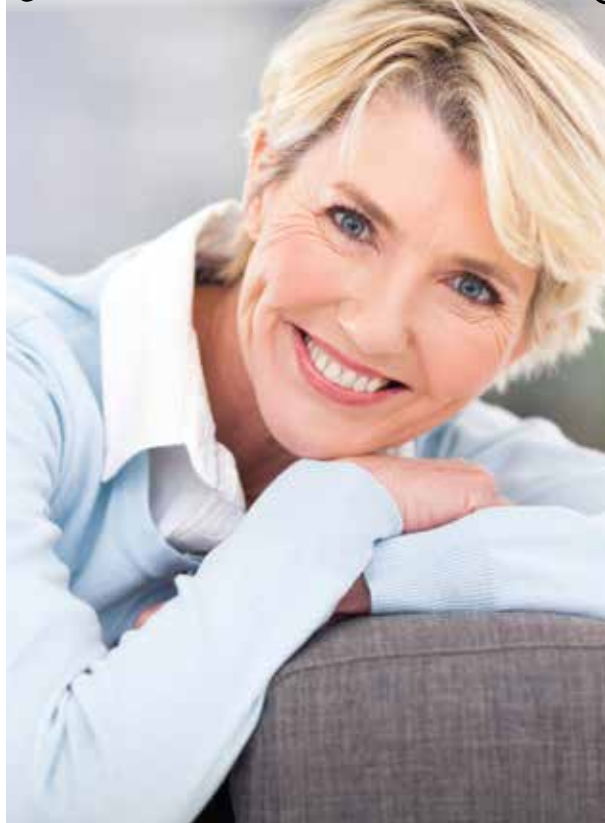
Filler Finesse

FACIAL FILLERS, ALSO KNOWN AS DERMAL FILLERS, ARE USED TO PLUMP TISSUE AND FILL LINES.

They are a mainstay of the techniques to fight aging and keep a youthful appearance. More and more of these products have come to market, and if Europe is an indicator, that trend will continue for a long time. Patients and their injectors now have access to products specifically tailored to individual areas or applications. In the human face, a one-size-fits-all approach is never the best choice. Some products are designed to be injected very shallow and fill small lines in highly mobile areas, consider vertical upper lip lines. At the opposite end of the spectrum, there are fillers used to volumize larger areas where natural plumpness has been lost.

MICRO CANNULAS USED FOR FILLER INJECTION ARE ANOTHER TECHNOLOGY WHICH HELPS IMPROVE QUALITY AND SAFETY.

Although our practice has been using micro cannulas for many years, a recent article in the JAMA Dermatology journal added scientific documentation to the benefits of cannulas. A cannula is basically a blunt needle with the exit hole located on the side instead of the end. Cannulas offer several theoretical advantages. First, the risk of bruising is decreased since the blunt tip is more likely to push a small blood vessel out of the way instead of puncturing it like a sharp needle. The second theoretical advantage is that the



cannula causes less pain. In our experience, both advantages have rung true. The biggest benefit of a cannula, however, is safety. Vascular occlusion, when a filler is inadvertently injected into a small blood vessel, is an exceedingly rare, yet feared complication. The JAMA article found the rate of vascular occlusion was lower with the use of cannulas, and lower for injectors with more experience. Cannulas may not be useful in all areas, so needles must still be used for many injections.

THE PRODUCTS ARE ONLY AS GOOD AS THE

SKILL, ARTISTIC VISION, AND TECHNIQUE OF THE PERSON INJECTING THEM.

Learning to inject safely is a matter of anatomic knowledge and training. Achieving a good clinical result repeatedly is a function of experience and having a good aesthetic sense. The latter cannot be taught, rather it is an intrinsic quality of the injector.

Dr. David Kirn is a Board-Certified Plastic Surgeon who is devoted to advanced techniques in Cosmetic Surgery of the Face, Breast, and Body.

Dr. Kirn, Carey Sanders, RN, Shirley Ramsey DNP, APRN, and Tara Smith APRN offer

a full spectrum of non-surgical treatments such as Botox®, Dysport®, Dermal Fillers, & Laser.



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