



Upper Cape Ear, Nose & Throat, PC

Douglas G. Mann, M.D., F.A.C.S

Diplomate, American Board of Otolaryngology

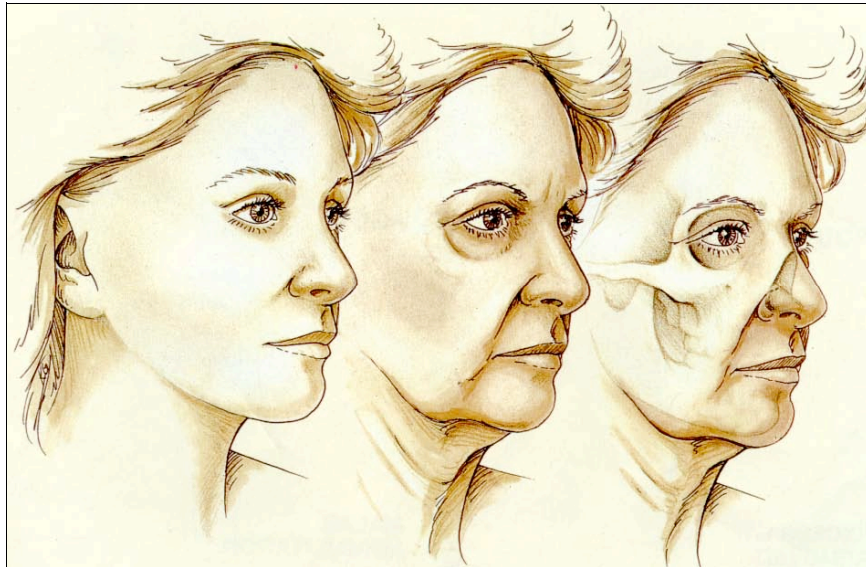
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**FACIAL VOLUME RESTORATION WITH INJECTIONS OF MAN MADE FILLERS
OR FAT**

Why Volume restoration?

A youthful face is characterized by fullness in the cheek and cheekbone area. (Just look at any baby, if you doubt it.) As we age, facial fat descends, leaving the bones and fat within the eye socket visible, as shown below. By contrast, age is characterized by a loss of cheek fat. Does the face fall simply by gravity? Or is it falling because the face has "lost weight"

Imagine, for example, that the facial skin is a pair of pants. The person wearing the pants loses weight - where do the pants go?



YOUTH-----AGED-----AGE WITH SEE THRU TO BONES

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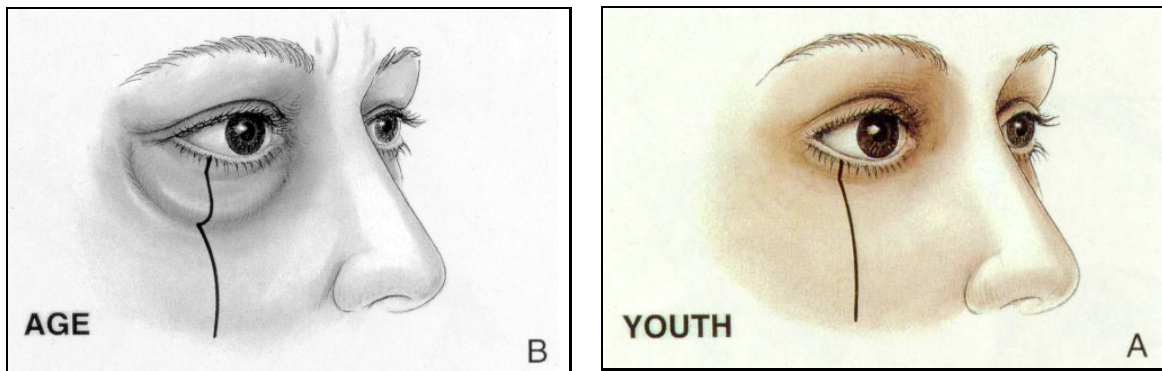
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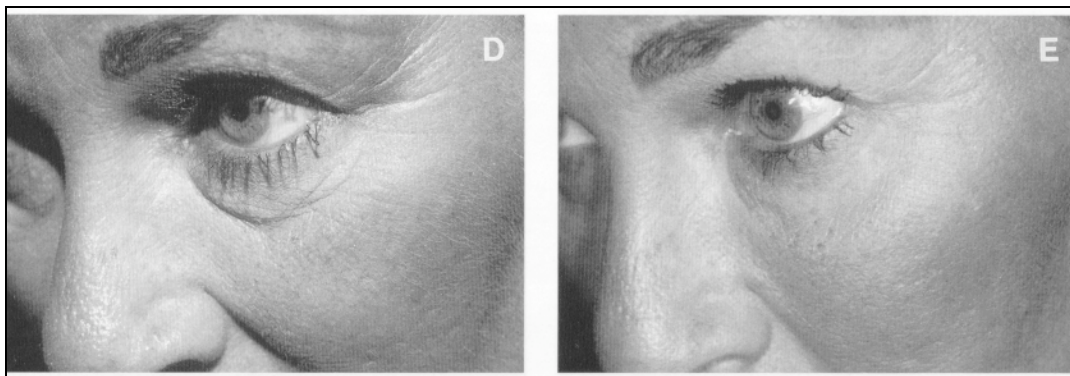
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In order to restore youthful appearance by this theory, we would need to restore volume in the face. This would hide the signs of aging around the eyes, especially in thin individuals, making the cheek once again a structural mound which ends just below the eyelid. Figs. A and B show how one might achieve a reversal of the process. If one could change the double mound of age noted on the left to a single mound, a more youthful appearance could result. Why not add volume to in the areas where it was in the youthful state?



Amazingly, placing more volume in the crease below the eye can soften that depression and approximate the single mound that represents a more youthful appearance, often without the necessity of removing skin or fat!



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Other areas of the face also lose volume over time. Compare your appearance now with how it was 10 or 15 years ago. There is probably a bit of a hollow in your cheek, less fat above your eye as well.

What are the alternatives for volume restoration?

Man-made Fillers

Restylane, Juvederm, and Radiesse are our current alternatives to native fat. They can be used in the deep tissues of the face to provide a similar volumizing effect. They are not permanent, but can last for 6-18 months. Sometimes this can be an advantage: it enables one to "try on" the freshening effect of fat without the worry that the changes are permanent. Subsequent procedures can be done with fat or with smaller amounts of the man-made substances, at less expense.

Man made fillers can all be injected in the office under local anesthesia with virtually no discomfort or down time.

Structural Fat Transplantation is a procedure developed by Dr. Sidney Coleman, a New York plastic surgeon. The technique has been practiced and perfected by him and has been in wide use for over a decade.

The procedure consists of removing fat from the body and placing it in the face, in locations that soften the signs of aging.

The procedure we now employ removes the body fat most gently and replaces it into the face in tiny parcels which have a high rate of survivability, thus making the procedure controllable, precise, and long lasting.

The fat is harvested with a syringe and a blunt needle from the abdominal or thigh area. The living fat parcels are carefully isolated, then injected into the precise areas where fullness is required. This injection is also done with a blunt needle, to minimize trauma to the tissues. Very small incisions are made to allow for the introduction of these needles. For very localized procedures, local anesthesia alone may suffice. Though there is some swelling and bruising of the treated area which will last a week or two,

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there is only minor discomfort. Risks are asymmetry, loss of correction over time, or visibility of bumps of the injected fat.

Potential uses for Volumizers in the face (in order of “bang for the buck”)

- Giving fullness to the cheek (especially when there is a cheek groove)
- To provide new strength to the jaw line or chin
- Filling in the folds below the corner of the mouth
- Filling in the smile lines between the nose and the corner of the mouth

Which method should I choose?

We recommend starting with man-made fillers. Up-front costs are lower, and you can see how you like the result. Other considerations pro and con are outlined in the table below:

	Fat	Fillers
Permanence	Permanent generally not necessary to repeat Good if it’s placed correctly Bad if a piece is visible	Must repeat, less often with time HA about 6-9 months Sculptra 2 years, but need multiple injections Silicone never, but must build slowly
Anesthesia	general	Local/topical
Where done	OR	Office
Expense	5000	600-1800
Down time	3-7 days, and bruised	None-slight bruise possible
Complications	Lumpiness, especially in eyelid region not common, but difficult to treat if it occurs	Bruise Too much or too little, Visible lumps (very rare, will disappear with time)

For specific information about individual volumizers see Q&A on FAT, Restylane®, Juvederm®, and Radiesse®.

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