



## THE FACIAL FILLER VERSUS FAT GRAFTING DEBATE IS ON!

The most common question asked every month is, which is a better option to fill my lines and wrinkles, my own fat or fillers?

We thought this might be a good time to talk about some of your filler options as we look to the fall season. After all, you've got plenty of time to research these days, and we've got a lot to share.

Before we begin, there are no wrong or right answers because both are good options. However, filler is non-surgical and fat grafting or fat transfer is in the surgical category.

How fat grafting works is we take fat from your abdomen, flanks or hips, and transfer it to your face in order to create a more youthful, sculpted facial appearance. You will often hear this referred to as fat grafting, the donor fat cells are collected by performing liposuction, and then processed before being injected at specific points throughout the face to provide you with your desired outcome.

1. **What is fat grafting or fat transfer?**
2. **What does it do that facial fillers can't or don't do?**

### [1] FAT GRAFTING / FAT TRANSFER (Surgical)

Fat grafting is a minimally invasive surgical procedure. While the injection of the fat into the face is non-surgical, liposuction is surgical and must be used in order to acquire the donor fat cells.

However, fat grafting is not as simple as taking fat from one area and reinjecting it into the face. It takes an experienced surgeon with an artistic eye to know just where to reinject the fat in order to create a natural shape and younger-looking contour that balances your face.



The donor site will depend largely on where you are looking to lose a bit of unwanted fat. Many patients often choose to have liposuction performed on their abdomen, back, thighs, or buttocks where excess fat is a common concern. We will often do both liposuction and fat grafting as part of a combined surgery eliminating the expense of two separate procedures done at different times. The areas of improvement:

- A loss of facial volume or a gaunt/sunken appearance
- Overly angular or aged facial contours
- Moderate to severe facial folds or wrinkles

### [2] FACIAL FILLERS (Non-surgical)

Most facial fillers are essentially hyaluronic acid (HA), which are formulated from a naturally occurring substance found in youthful skin and are great for all purpose skin aging from nasolabial folds to thin lips. The first fillers were introduced in 1993 and have been safely used for almost three decades. Facial fillers are designed to provide immediate results and may require maintenance several times a year to maintain your results. Here are the primary areas of improvement:

- **Nasolabial folds:** vertical lines that run from the outside of the nose to the corners of the mouth
- **Marionette lines:** vertical lines running from the corners of the mouth down toward the chin
- **Loss of cheek volume:** resulting in a gaunt or hollow appearance
- **Jowls:** resulting in loss of jawline definition
- **Thinning lips:** fillers may add volume and restore lip definition and shape

## THE RESULTS ARE IN

The effectiveness of both fillers and/or fat grafting are undeniable. Both procedures produce good results when performed by a qualified cosmetic surgeon. Fat transfer has the benefit of global improvement and the potential for years of benefit. Although fillers may be more precise, they lack the longevity of fat.

### What you can expect at New Look New Life

Dr. Kim and Dr. Karlinsky are experts in both fat grafting and facial fillers.

After examining your face and discussing your areas of concern, they carefully map out the specific facial injection sites, noting just the right amount of fat or filler to add for the desired outcome.

The results with fillers, are for the most part, seen immediately before you even leave your appointment. In some cases, it can take up to a few days, but the point is there is no question you will see improvement.

Depending on how much filler you need for your liquid faceleft, annual cost is approximately: \$3,000 to \$4500

Fat grafting takes a bit more time, but the results are more long-lasting. One-time cost: \$5,500 and may require some touch up over time.

### Research on the fillers we use at New Look New Life:

The Restylane product line of injectable fillers temporarily adds volume to plump lips, lift cheeks, smooth wrinkles, fill in scars and under-eye hollows, and rejuvenate aging hands. All Restylane fillers are made of hyaluronic acid (HA), a substance found naturally in the skin that attracts and holds water to help keep skin plump and hydrated.

Restylane is a great product that can work for mostly anyone, because it creates less swelling than other HA fillers, Restylane is a preferred filler for tear troughs under the eyes—one of the most difficult areas to inject well, according to most injectors.



- **Restylane's classic formula** fills wrinkles and plumps lips. It's also one of the most popular fillers for the tear trough region or the under-eye hollows.

- **Restylane Refyne** is a flexible filler that's ideal for areas of movement.

For example, it can help soften nasolabial folds (also called laugh lines) and marionette lines, the creases that run from the corners of your mouth to your chin. It's also a popular choice for under-eye hollows.

- **Restylane Defyne** fills severe, deep wrinkles and folds, such as laugh lines and marionette lines. Like Refyne, it's a flexible filler meant for areas of high movement.

- **Restylane Lyft** (formerly called Perlane) is a robust filler that adds volume to cheeks and hands. It's also sometimes used in nonsurgical nose jobs, though it's not approved by the U.S. Food and Drug Administration (FDA) for this purpose. Lyft, like the other Restylane fillers, contains lidocaine to numb the area and reduce discomfort.

Juvéderm is a collection of injectable fillers made with hyaluronic acid (HA). Found naturally in the skin, hyaluronic acid has a unique capacity to attract and retain moisture—it can hold up to 1,000 times its weight in water—which helps skin look plump and supple.

In synthetic forms injected beneath the skin, the gel-like substance instantly helps smooth lines and wrinkles, soften creases, enhance facial contours, and restore lost volume. Research also suggests that HA injections may stimulate your body's collagen production, for increased skin firmness and elasticity.

Since hyaluronic acid is found naturally in the skin, the body accepts it, and the filler persists until it's slowly absorbed over time. All Juvéderm fillers have cross-linked hyaluronic acid, meaning the molecule chains are connected. The HA remains clumped together, slowing the rate of absorption, for long-lasting results. Each Juvéderm filler has its own properties, purpose, and longevity.

### The following types are approved by the U.S. Food and Drug Administration (FDA):

#### For cheeks and chin:

- **Juvéderm Voluma XC** contours the face by adding definition and volume to the cheeks and chin. It lasts up to two years.

#### For lips :

- **Juvéderm Volbella XC** adds subtle volume and smooths vertical lip lines for up to a year.

#### For lines :

- **Juvéderm XC** smooths parentheses lines around your nose and mouth (nasolabial folds), lasting up to a year.

- **Juvéderm Ultra XC** treats moderate to severe wrinkles in the mid face region particularly around the mouth by volumizing and smoothing the skin.

- **Juvéderm Vollure XC** (known as Volift in Europe) softens lines around your nose and mouth, lasting up to 18 months.

- **Juvéderm Ultra Plus XC** smooths moderate to severe facial wrinkles, particularly around the nose and mouth, and has been shown to last a year or more.

An experienced injector can choose the right filler or combination in order to achieve the most natural-looking result.

**To schedule an appointment to explore your options, please call 646. 559.2864.**