

# Celebrity Injectables: 3D Filling

By Anna D Guanche, MD

Do celebrities use injectables? Of course! Most injectable treatments, when done properly, look natural and beautiful. It is when something goes wrong or is overdone that the world notices. For those in the public eye, the pressure to look great has increased exponentially. Celebrity injectable treatments embody the perfect intersection of science and art.

In the 'old days,' celebrities were photographed mainly at red carpet events. Now, the paparazzi have declared open season, photographing and documenting these



Model

individuals' every move (one was photographed on the way into my office the other day). It is not enough to look great with glamorous hair and full makeup anymore. Celebrities are being snapped more on their leisure days than on the red carpet! Besides paparazzi, technological advancements have put the stress on those who are on film. "This HD TV is killing me," says my patient, an actress, as she eyes the handheld mirror. "I can't believe the detail. Every single pore and wrinkle shows up!" High Definition TV and widescreen have significantly raised the bar for celebrity skin by showing so clearly every line and contour. There are movie editors who specialize in editing out blemishes and imperfections frame by frame!

Smooth, youthful contours of the face, when filmed or photographed at all angles, is more desirable than ever. Subtle three-dimensional (3-D) filling is the key to a natural-looking youthful appearance. Judicious use of injectables is important. When done right, wrinkles and imperfections can be reduced while preserving a natural appearance. Our needs are the same as the needs of someone in the public eye: a talented injector who is discreet, trustworthy and available, and will take measures to minimize bruising and, thus,

down time. This person must be detail-oriented and experienced with the different texture and qualities of the various types of fillers and the skin types/anatomy of the persons they treat.

The key to rejuvenating the face is not to focus only on lines. The face must be evaluated in three dimensions, while moving and at rest. Flattened cheeks, recessed jawline, hollow tear troughs, nasolabial lines, marionette lines and hollow temples are some of the changes that betray aging. Therefore, filling only around the mouth is not sufficient to restore the face to camera-ready. Actors, hosts and TV personalities need to look good not only at rest but also when they are talking or emoting. Generally, more treatments can be done during red carpet season and less during actual filming.

## What areas of the face can be re-contoured with 3-D filling?

**Cheek Restoration:** The cheeks lose volume and flatten over time. Filling the cheeks is a subtle but powerful rejuvenating technique. It provides the equivalent of a mid-face lift.

**Jawline Restoration:** Besides losing the plumpness of both the fat and the collagen in the face, the facial bones recede. The jawline can be augmented in a subtle way to provide a more defined appearance, particularly in profile.

Filling the cheeks and jawline re-drapes the facial skin and minimizes the appearance of jowls.

**Dark Circles (Tear Troughs):** The "bags" under the eyes are often what people complain about, however it is the scalloping, or tethered skin under the bulge, that highlights the "circles" under the eyes. Since the facial anatomy is all about balance and topography, when the semicircular troughs (tear troughs) under the eyes are filled, the shadows are dramatically improved.

**Hollow Temples:** Imagine the temples of beautiful Cinderella. Now imagine the temples of Cruella de Vil. What is the difference? Cruella (as portrayed by Glenn



Close) has deeply indented temples, which is a tip-off to aging. Filling these areas is simple and makes a big improvement in the face's 3-D appearance. Many times, people just barely miss the mark by filling their cheeks and leaving the temples, resulting in a distinct Cruella-ish look.

**Lip Restoration:** The lips can be augmented in such a subtle way that we call it a restoration rather than an augmentation. Lip injections are truly an art, and when done correctly can give a soft, beautiful improvement that is so natural-looking that no one would know they were touched.

**Smile Lines (Nasolabial Folds):** These are the "parentheses" or deepening nasolabial folds. They should be filled in such a way that they are still there, only softer and less angular looking. Hard, straight lines and angles on the face are unwelcome. We can banish them without making the face look overfilled.

**Downturned Corners of the Mouth (Marionette Lines):** These lines start from the corners of the mouth and head south toward the jawline, giving a sad-face effect. These can be filled very simply to provide dramatic improvement in appearance.

**Sagging Earlobes:**

The earlobes can be filled! This gives a beautiful, natural-looking restoration of the lobes, which over time can lose tone, sag and wrinkle. This is especially noticeable after a facelift, where the new taught skin is in contrast to the earlobe, and it becomes a giveaway.

**Smoker's lip:** These are also known as pursing lines, and can be caused by habits of facial expression or from smoking. They appear on the upper lip and cause lipstick bleeding, etc. These can be filled individually without changing the lip size at all. It works even better with a tiny bit of Botox.

**Frown Lines (Glabella):** Lines between the brows, known also as the "11s" can be filled. This works best in conjunction with Botox.

**Nasal contouring:** The bridge and tip of the nose can be reshaped and balanced with fillers. This restores symmetry in the nasal tip or camouflaging a bridge bump.

**Chin contouring:** The crease between the lip and chin can deepen over time and betray aging. Also, the chin itself can be filled to improve projection, thus resulting in a "stronger" chin.

**Cellulite dimples:** The indented contours of cellulite, whether natural or as a result of liposuction, can be corrected. Even the most perfect legs (or arms) can have a pesky dimple or two.

**Acne Scars/Surgical Scars:** Fillers can be used to correct acne scars or surgical scars on the face. Over time, as the number of treatments accumulates, the scars need less and less filling.

**Breast restoration:** Not approved in the U.S. yet, there are fillers being used in Europe for the inner upper quadrant of the breasts to restore volume without implants or surgical lifts.



The fillers I use for 3-D volumization include Juvederm, Sculptra, Radiesse and Belotero. Of these, my go-to filler is Juvederm. It is versatile and safe, since we have an enzyme that can reverse it overnight. With proper preparation and avoidance of certain supplements and blood-thinning medicines, down time is minimized.

Another useful tool is the post-treatment cytoactive gel that we apply to help reduce bruising. If a dark bruise occurs, we offer VBeam treatments at low setting to break it up and allow it to dissipate sooner than usual. Right now, we are pushing the envelope by experimenting with topical pre-treatments that may dramatically reduce the likelihood of bruising.

"I love my face!" says the actress during her two-week follow-up. "You know," she says conspiratorially, "I did my new head shots the day after I saw you?" As this is not recommended, I held my breath, waiting for her to tell me she had bruising. "The make-up artist couldn't believe how good I looked, and the team said I looked amazing on camera last week! Now I can watch myself without cringing!"

Whew. I was thrilled that she was thrilled. "In the future," I said, "lets put about seven days between fillers and head-shots — just in case!" ■