

ALL MEDICAL TREATMENTS HAVE RISKS AND COSMETIC INJECTABLE TREATMENTS ARE NO EXCEPTION

There are so many cosmetic injectables on the market today, it is difficult for a consumer to determine exactly what they want or need. A large number of cosmetic injections are performed each business day by qualified plastic surgeons and dermatologists designed to treat facial wrinkles, improve the signs of aging, enhance facial appearance and treat skin imperfections. These treatments can provide safe, beautiful results when you wisely choose a qualified doctor and an approved, branded injectable material.

Your safety and your beauty are at risk when the provider injecting you is not qualified, when injectable treatments are not legally approved and have no qualified research to support safety or claims.

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الجمعية اللبنانية لجراحة التجميل والترميم هي الممثل الوحيد للاختصاص في لبنان. مهمة الجمعية هو المحافظة على مستوى الأعضاء العلمي والمهني والأخلاقي. جميع أعضاء الجمعية هم مجازون من قبل وزارة الصحة العامة ونقابة الأطباء في لبنان لمزاولة كافة الأعمال الطبية والجراحية المتعلقة بجراحة التجميل والترميم.

CHOOSING YOUR DOCTOR IS THE MOST IMPORTANT DECISION YOU WILL MAKE ABOUT INJECTABLE BEAUTY TREATMENTS OF ANY KIND.

BEFORE YOU UNDERGO ANY INJECTABLE TREATMENT, ASK YOUR DOCTOR THESE KEY QUESTIONS.

Exactly what brand of injectable do you recommend for me?

Is it legally approved specifically for cosmetic purposes?

May I see the packaging to verify the brand name?

What are the potential risks of treatment?

How long will my results last?

REDUCING YOUR RISK OF POTENTIAL COMPLICATIONS REQUIRES THAT YOU

Recognize that injectables are medical treatments and belong in the hands of a qualified doctor, not technicians or hair dresses and, Make-up artists.

Make sure that the doctor making these injections is a member of the Lebanese order of physicians with proper qualifications

Choose only legally approved injectable for a use that is specifically cosmetic and an application that is similar to your condition.

Accept that there is no such thing as a "generic" or "substitute brand" for legally approved injectables.

Do not accept bargain prices or deep discounts, as you may not be getting an approved injectable or an appropriate dosage.

Do not accept treatment at a party, public gathering, spa, salon or other non-medical setting.

Do not act on impulse when you choose injectables. Follow proper procedure by learning about your doctor and the treatment you will have.

FACIAL BEAUTY IS A COMBINATION OF ARCHITECTURE, VOLUME, AND SKIN QUALITY.



Restoring a youthful appearance relies on our ability to reproduce youthful cues.

1 The architectural features of youth include a strong jaw line, a firm neck, a naturally elevated eyebrow, and full, alert eyes. Many of these features can be restored effectively as we age with surgical interventions like the facelift. In facelift surgery, improving the jaw and neck line is a principle focus. Facelifits can also improve the appearance of the middle face by repositioning facial structures which have become saggy with time. A brow lift is designed to return the eyebrows to their most aesthetically pleasing site slightly higher than the bony rim above the eyes in most women. In many cases a chemical brow lift can be affected with the use of botulinum toxin (BOTOX) which can temporarily weaken the muscles which naturally pull down the eye brow and lead to a brow lift without any incisions at all. Eyelift or blepharoplasty surgery corrects excess skin and protruding fat pads in both the upper and lower eyelids. Modern blepharoplasty techniques afford reliable permanent changes with minimal post operative time away from busy work schedules.

2 As many of us already know, youthful facial architecture with poor skin quality is only a work in progress. There are many modalities which can be used to improve the appearance of our skin. Many are non surgical and as simple as the use of vitamin A (retinol) and fruit acid regimens. Skin care is obviously enhanced by avoiding harmful ultra-violet light, and the frequent applica-

tion of sunscreens. Skin care can be taken to the next level with a wide variety of LASER and non-LASER light treatments. Some of these treatments are offered in a med-spa setting while the more intensive LASER treatments such as a carbon dioxide LASER facial resurfacing are performed as surgical interventions.

3 Finally, and most recently facial volume restoration has become recognized as a close ally to skin care and architectural restoration. Youthful faces are, in fact, full. However, a full adult face is quite different from a child's face. The latter is round, full from top to bottom, whereas an adult healthy face has an S-curve when looked at in an oblique (3/4) view. As we age, we lose the

natural fat that we all had in our faces as youths. The result is thin lips, loss of cheek height and fullness, and wrinkling around the mouth and eyes. In many, this leads to a generally hollow appearance. No amount of "lifting" is going to improve this. Hence, come the "fillers". Fillers are the most modern addition to the plastic surgeons' tool kit. Fillers range from hyaluronic acid products to injectable synthetic material, and even one's own fat. Each of the filler products has a particular "best" use. Most are temporary, but may be long lasting. All share the common goal of plumping up an area which, through the aging process, has lost volume. However, one is not supposed to give an adult a child's roundness with disruption of the esthetic curvatures we need to look healthy and young.



LES MÉTHODES ESTHÉTIQUES NON CHIRURG

Le vieillissement du visage est due à :

- L'hyperactivité musculaire, responsable des rides, ridules et déplacement des masses graisseuses (bas joue et sillon naso génien).
- La fonte et résorption des tissus cutanés et sous cutanés avec perte des volumes harmonieux du visage.
- La résorption probable du support osseux du visage, surtout sur le bord orbitaire inférieur (autour des yeux).

Plusieurs méthodes peuvent traiter le vieillissement du visage avant, ou en complément de la chirurgie (liftings, opération des paupières, etc...). Ce sont les méthodes de comblement, de remplissage, et les méthodes par sous-traction (peeling, laser-abrasion, et adipo-réduction).

Les traitements esthétiques non chirurgicaux ont de plus en plus de succès car leurs effets sont immédiats et l'acte quasi-indolore

- les injections de produits résorbables: ils sont injectés dans le derme superficiel ou profond

(en accord avec la spécificité du produit) afin de gonfler la "casure" occasionnée par la ride. Ces produits sont complètement résorbables, donc disparaissent complètement avec le temps par des enzymes existant dans le corps humain, sans laisser des traces ou des séquelles. Pourtant il existe des produits de comblement d'origine douteuse, qui peuvent produire des réactions allergiques. En principe, on pratique une séance ou deux séances successives (acide hyaluronique, etc.). Ces produits ont un effet de comblement ou remplissage.

- les produits semi-résorbables:

ils sont placés un peu plus profondément afin de combler les creux et donner des volumes. Ces produits possèdent deux méthodes d'action différentes mais souvent complémentaires. La première action est celle de remplissage de volume ou comblement (filling) comme les acides hyaluroniques hautement réticulés. La deuxième action est l'induction de renouvellement de la collagène de la peau dans les zones traitées comme les acides polylactiques (Sculptra® ou Newfill®) le calcium hydroxylapatite (Radiesse®) ou le Polyethylene Glycol (Remake®) produisant ainsi un effet plus long que le simple comblement volumineux. Ces produits sont aussi utilisés pour le rajeunissement du dos des mains.

- les produits non-résorbables :

comme les métacrylates ou acrylamides, sont des produits qui tiennent pour toujours, même si le praticien qui les injecte les commercialise en terme de durée de quelques années, pas plus. ils sont placés plus profondément en sous dermique afin de combler les creux et donner des volumes. Ces produits ont parfois des **effets secondaires inacceptables et même dangereux**. Ils peuvent produire des **granulomes**, ou des **infections tardives**. Ils sont parfois appelés des **bombes à retardement** du fait que des infections ont eu lieu plusieurs années après les actes ou proce-



ICALES DU VISAGE

dures d'injections. Les produits permanents ou non-resorbables sont injectés sous réserve et même parfois déconseillés.

- **les injections de graisse (lipo-filling)**: la graisse aspirée par une nouvelle méthode puis traitée ou filtrée, et réinjectée dans des zones spécifiques du visage a pour effet un comblement de résorption (remplissage ou filling) et aussi une amélioration de la condition et texture de la peau dans la zone traitée. Cette injection (appelée même greffe) donne des résultats esthétiques permanents. Elle peut être bénéfique pour le rajeunissement du dos des mains, et même pour le comblement des séquelles de liposuccion ou pour l'augmentation de certaines parties du corp, comme les fesses, les seins (controverse), les zones génitales.

De nombreuses rides du visage sont provoquées, à chaque fois que l'on sourit,

que l'on regarde d'un air fâché ou que l'on fronce les sourcils, par la contraction des muscles du visage se situant directement sous la peau. Chez de nombreuses personnes, ces rides restent visibles même si elles ne sourient pas ou ne froncent pas les

sourcils. C'est pourquoi on peut avoir l'air plus âgé que ce qu'on est réellement. Bien souvent, l'expression du visage est jugée à tort comme fâchée ou soucieuse. Pour ce types de ridules, un traitement a la toxine botulique peu apporter une solution.

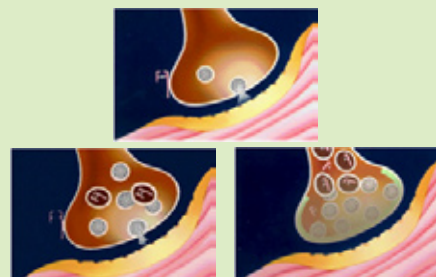


COMMENT AGIT LA TOXINE BOTULIQUE (BOTOX®, DYSPORT®)?

La toxine botulinique de type A est un liquide d'injection qui diminue la suractivité des muscle

La toxine botulinique se lie au nerf et bloque la stimulation nerveuse vers le muscle. Cela relaxe en effet les muscles de manière à ce qu'il ne puisse plus se contracter. Après l'intervention, la peau devient dans quelques jours lisse et sans rides. Les muscles non-traités continuent effectivement à travailler normalement.

Uniquement les rides provoquées par la contraction des muscles sous-cutanés peuvent être traitées avec de la Toxine botulinique. ses injections ne sont qu'une solution temporaire pour le traitement des rides dynamiques. L'effet perdure environs 4 à 6 mois, ce qui signifie que 2 à 3 injections par an sont nécessaires.



THE MID-FACE AND YOUTH



FULLNESS OF THE CHEEKS IS ONE OF THE STRONGEST CHARACTERISTICS OF YOUTH

Human visual perception is notable to its sensitivity and accuracy in estimating or perceiving age by instant pattern recognition of facial features. One of the strongest characteristics of youth is fullness of the cheeks, indicating an abundance of healthy soft tissues and fat that is present beneath the skin. When there is depletion of fat and minimal cheekbones, the skin sags, appears flattened or sunken, and may cause folds and wrinkles.

The cheekbones are responsible also for defining the face, highlighting the eyes, and adding overall balance to facial features. More recent research has pointed out the influence of changes in the facial skeleton with age on the appearance of "oldness", especially in the mid-face area and the lower part of the orbits around the nose. Quantitative study with CAT scans of the faces of men and women in several age brackets has revealed that there is an appreciable amount of loss of bone tissue in these regions with age, leading to changes in angles, lengths and volumes, and also decreasing the distance between the eyes. This occurs earlier in women than in men. It has been hypothesised that skin sagging and wrinkles may occur not only because of loss of soft tissue and fat, but also because bone retraction creates an excess of skin which is no longer flexible.

Malar (cheek) augmentation by implants or injectable material improves balance of facial features, repositions the sagging skin upward and outward and fills hollows and depressions. The augmentation of the midface restores the youthful appearance of adequately padded skin at healthy levels of distention and elasticity – a necessary component of a youthful face.

IS BOTULINUM TOXIN INJECTION SAFE?

A lot has been said about serious side effects or problems occurring with the injection of Botulinum Toxin (Botox®, Dysport®, etc.) for cosmetic reasons. We need to reassure the Lebanese communities that Botox injection is safe if done by qualified doctors. Despite many reports that emerged in local newspapers and magazines about serious complications from such injections in the USA, we have to stress that **these complications occur mostly in children with cerebral palsy**, who have had larger quantities of Botox injected into their muscles to ease associated spasms. There have also been reports in the US and Europe that the toxin, which is injected into the face or neck to paralyse muscles and hence reduce wrinkles, can spread from the site of injection to other parts of the body. This can cause symptoms including unexpected loss of strength or muscle weakness, difficulty speaking, loss of bladder control, breathing problems and blurred vision. These reports are mostly **from centers where extensive dosages of the toxin have been injected into the neck muscles to create a lifting-like effect**, and accidentally spreading into the muscle that control swallowing and breathing thus causing serious complications.

The US non-profit advocacy group "Public Citizen" petitioned the FDA for stronger warnings last year, citing reports that the injections had been connected to 16 deaths – **only one of those associated with cosmetic use among hundreds of thousands** – and 658 adverse effects, 180 that were considered serious (including droopy eyelids, asymmetrical effects, and blurring of vision). These side effects are **usually transient and temporary**, for a very short period of time, and usually subside or recover on their own without further management.

So to summarize, Botulinum Toxin (Botox®, Dysport®, etc.) injection is **not a high risk procedure** as many people think; however, **only qualified doctors** should perform such procedures to minimize the complications.

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