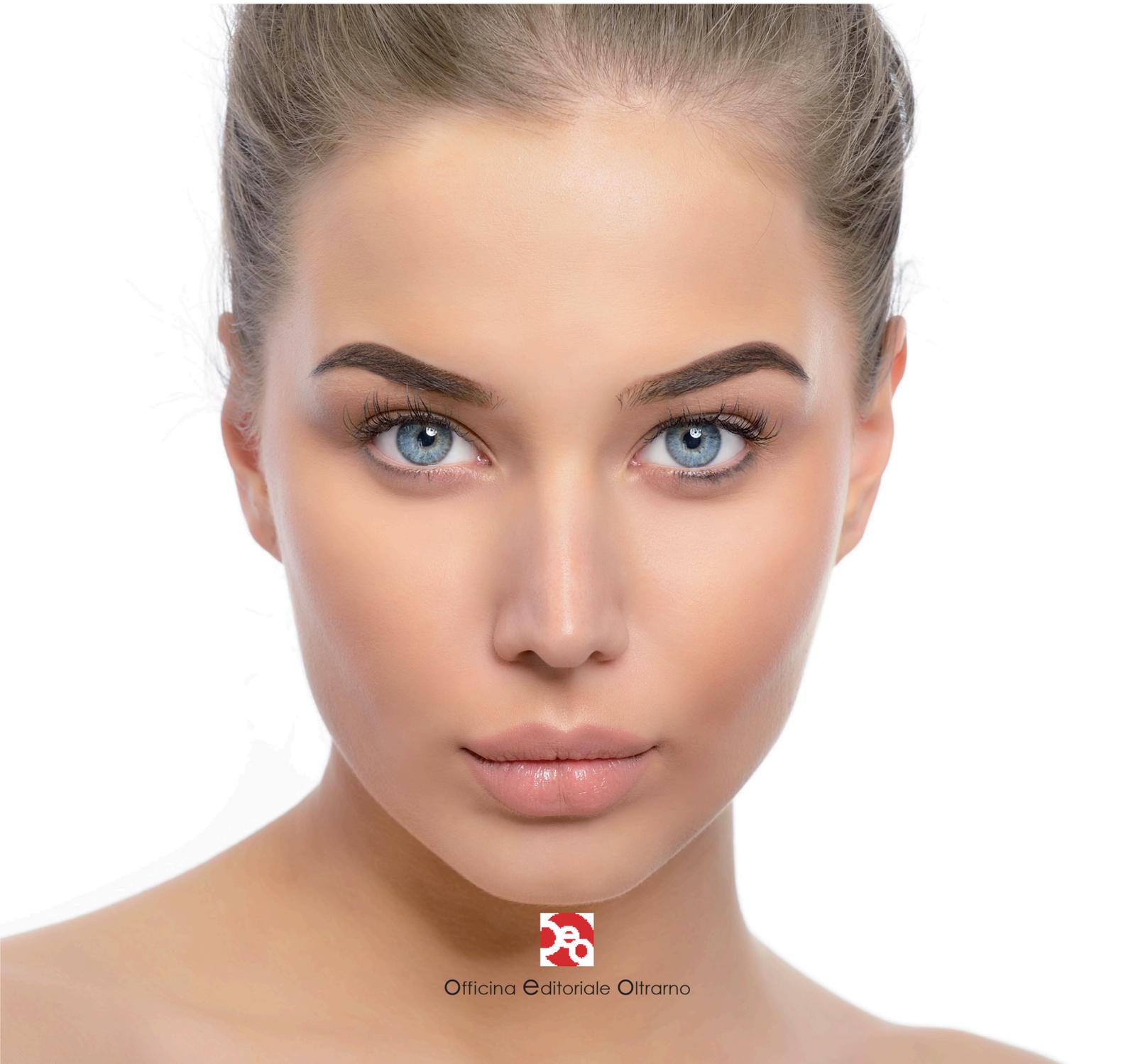


Filippo Brighetti

H.A. the FILLER

HYALURONIC ACID:
FROM BASIC TECHNIQUES TO BRIGHT LIFT®



Officina Editoriale Oltrarno

H.A. the FILLER

HYALURONIC ACID: FROM BASIC TECHNIQUES TO BRIGHT LIFT®

Copyright© 2015, Officina Editoriale Oltrarno, S.r.l. – Florence

in collaboration and with the support of LGLS (LG Life Sciences)

Graphic project by:

Davide Di Maggio

Layout by:

Santa Parrello

Drawings by:

Elisa Botton

Photo editing by:

Giuseppe Di Carlo

Translation by:

Miriam Friedman

special thanks to Alvisè Calamai (translation chapter 9)

Printed in March 2015 by

Cartografica Toscana S.r.l. - Ponte Buggianese

on behalf of

Officina Editoriale Oltrarno S.r.l. – Florence

website: www.oeofirenze.it – e-mail: info@oeofirenze.it

ISBN 978-88-97986-18-8

This book is copyright protected. No part of this book may be reproduced in any form or by any means including photocopy, or used through any other means of information. The publishing company, for its protection, reserves the right to bring legal action against any who arbitrarily do not abide by this regulation. Moreover, the editor, authors and publisher are not responsible for the errors, omissions, or any consequences of the application of the information in this book and do not guarantee, expressly or implicitly, the totality, exactness and completeness of the contents of this publication. Application of this information remains the professional responsibility of the doctor.

The Editor

Filippo Brighetti

H.A. the FILLER

HYALURONIC ACID: FROM BASIC
TECHNIQUES TO BRIGHT LIFT®



Officina Editoriale Oltrarno

To Nadia and Gaetano: guidance, warmth and support. Forever.

Filippo

PREFACE

H.A. FILLER! WHY WRITE THIS BOOK?

I began using hyaluronic acid during my first year of specialization in plastic surgery, during almost pioneering times. It was the year 2000 and the first “victims” who underwent, reluctantly, my first attempts at implant were my mother and some of her stoic friends, allowing themselves to be entrapped by the mirage of smoother skin.

Hard materials that didn't last long and needles of considerable caliber were the best the market had to offer but were nevertheless able to titillate the curiosity of those of us in the field.

Learning was left to the advice of imprudent suppliers and the timid recommendations of colleagues who were starting to venture into fillers, as I was.

Collagen was still the rage. This was the true worthy forefather and archetype of fillers with outstanding visco-elastic characteristics. although potentially allergenic (thus requiring a prick test on every single patient intending to undergo treatment).

In the meantime the popularity our favorite was growing, rising to first place in sales, but gradually and without leaping.

Today the market has decreed hyaluronic acid as the only and uncontested winner, leaving behind competitors such as silicone, methacrylate, polyacrylamide and any other foreign molecule to our organism.

Why did it win? Because it is simply a sugar. Because it is recognized as a self molecule (from our body). Because it lets us sleep soundly as far as safety is concerned and because with the new microcannulas we can reach goals that up to a few years ago were unthinkable for esthetic medicine.

With the pages that follow I intend to explain EVERYTHING that I have learned in these last fifteen years of practice through errors, technical stumbling, small intuitions, and some epiphanies, without any reservations.

The best surgeons I have had the pleasure and honor to meet during my specialization training in 5 countries were cordial and humble people who did not hesitate to openly explain, without reservations, their techniques and little tricks that make the difference in day-to-day work.

I will try to do the same.

Dr. Filippo Brighetti

ACKNOWLEDGMENTS

Heartfelt thanks to Professor Andrea Corbo and Dr. Beatrice Tavaiello for their kind contributions.

I also wish to warmly thank Dr. Ivano Iozzo, Dr. Antonio Pedone and Dr. Elisa Bolletta for their contributions and collaboration, as well as for their precious friendship.

Filippo Brighetti

THE AUTHOR

FILIPPO BRIGHETTI

Doctor Filippo Brighetti is a surgeon with specialization in plastic and reconstructive surgery, with honors.

He has worked at the plastic surgery and burn units of the Maggiore Hospital of Parma.

He was trained at important medical and esthetic surgery schools in Italy and internationally: The European Institute of Oncology of Milan, with Prof. M. Rietjens; Clinica Planas, Barcelona, Spain, with Dr. A. Carbonell; IJCP, Guadalajara, Mexico, with Prof. M.J. Guerrerosantos; Jelks Clinics, New York, USA, with Dr. G. Jelks.

Currently he teaches training courses in esthetic medicine in Barcelona, Madrid and Valencia.

He is a Key Opinion Leader for some of the most important companies in the field.

He is also technical consultant (CTU) for the Court of Bologna.



CONTENTS

PREFACE – H.A. FILLER! WHY WRITE THIS BOOK?.....	5
ACKNOWLEDGMENTS	6
AUTHOR.....	7
CHAPTER 1 – WHAT IS H.A.	13
WHAT IS H.A.?.....	15
PROPERTIES OF HA.....	15
THE ROLE OF HYALURONIC ACID IN THE ORGANISM	16
DURATION AND METABOLIZATION OF HA	17
IN WHICH PHARMACOLOGICAL PRODUCTS DO WE FIND HYALURONIC ACID?.....	18
BIBLIOGRAPHY	19
CHAPTER 2 – HYALURONIC ACID (HA) AS A FILLER	21
WHAT IS THE MEANING OF FILLER?	23
WHAT DOES BIOREVITALIZING MEAN?	23
TYPES OF FILLERS.....	23
HA-BASED FILLERS	25
WHICH AREAS OF THE FACE CAN BE TREATED	27
CONTRAINDICATIONS.....	27
ABSOLUTE CONTRAINDICATIONS.....	27
RELATIVE CONTRAINDICATIONS.....	28
THE PSYCHOLOGICAL ASPECT OF TREATMENT WITH FILLERS AND DYSMORPHIA DR. STEFANO TESTA – PSYCHOLOGIST, PSYCHOTHERAPIST	28
CHAPTER 3 – MATERIALS.....	29
SYRINGES, NEEDLES AND MICROCANNULAS.....	31
NEEDLES.....	31
UTW NEEDLES	31
SYRINGES.....	32
MICROCANNULAS.....	33
WHAT ARE THEY AND WHAT ARE THEY LIKE?	33
CHAPTER 4 – IMPLANT TECHNIQUES	37
WHAT ARE WE DOING: AN IMPLANT, A GRAFT OR A TRANSPLANT?	39
CONSIDERATIONS ON IMPLANT TECHNIQUES	39
IMPLANT TECHNIQUES	40
SUPERFICIAL TECHNIQUES.....	40
DEEP TECHNIQUES	43
WHAT ARE MICROCANNULAS FOR?	44
HOW ARE MICROCANNULAS USED	44
MULTI-LAYER TECHNIQUES: BRIGHT LIFT®.....	45
CHAPTER 5 – NOTIONS OF FACIAL ANATOMY.....	47
PREMISES	49
SKIN AND SUBDERMIS	49
THE ANATOMICAL LAYERS OF THE FACE.....	50

THE FATTY TISSUE.....	51
1. DEPOSIT FATTY TISSUE.....	51
2. STRUCTURAL FATTY TISSUE.....	53
THE SMAS.....	54
THE ANATOMICAL STRUCTURES INCLUDED: PAROTID FASCIA, RISORIIUS M., PLATYSMA	55
THE ANATOMICAL STRUCTURES EXCLUDED FROM THE SMAS AND WHY	57
MUSCLES WITH DEEP ORIGINS, BELOW THE SMAS.....	58
THE TEMPORAL (OR TEMPORAL-PARIETAL) REGION	59
THE FOREHEAD AND GLABELLA	61
THE MIDDLE THIRD OF THE FACE.....	61
THE NASAL PYRAMID	62
THE LABIAL REGION.....	62
THE WHITE ROLL	64
THE CHIN REGION AND THE TRIANGULAR MUSCLE (DEPRESSOR ANGULI ORIS).....	65
THE SKIN LIGAMENTS	66
CHAPTER 6 – AGING OF THE FACE	67
WHY TISSUE AGES.....	69
GENESIS OF WRINKLES: HOW THEY FORM	71
DEFINITION OF FACIAL WRINKLES.....	75
THE V-WRINKLE OF THE FOREHEAD	75
PINCHED LINES.....	77
CHAPTER 7 – ANESTHESIA.....	79
PAIN: WHY ANESTHESIA	81
THE TYPES OF ANESTHESIA IN ESTHETIC MEDICINE.....	82
THE MATERIAL USED IN INJECTIVE ANESTHESIAS	82
1. NERVE BLOCK ANESTHESIA	83
BLOCK TECHNIQUE FOR ANESTHESIA OF THE MENTAL NERVE.....	86
BLOCK TECHNIQUE FOR ANESTHESIA OF THE INFRAORBITAL NERVE.....	87
2. LOCAL ANESTHESIA	90
3. TOPICAL ANESTHESIA	91
THE DIFFERENCE BETWEEN ANESTHESIA AND FILLERS CONTAINING LIDOCAINE.....	92
CHAPTER 8 – ANALYSIS AND TREATMENT OF THE INDIVIDUAL AREAS OF THE FACE ...	93
SECTION 1	
THE NASOLABIAL FOLDS	95
ORIGINS.....	95
TOPOGRAPHIC ANATOMY	95
CLASSICAL TECHNIQUE	96
MULTI-LAYER BRIGHT LIFT TECHNIQUE.....	97
CLINICAL CASES	97
TREATMENTS WITH THE CLASSIC TECHNIQUE	98
TREATMENTS WITH BRIGHT LIFT TECHNIQUE.....	100
THE SUBCOMMISSURAL FOLDS	102
ORIGINS.....	102
TOPOGRAPHIC ANATOMY	102
CLINICAL CASES	105
TREATMENTS WITH THE CLASSIC TECHNIQUE	105
TREATMENTS WITH BRIGHT LIFT.....	106

SECTION 2	
THE LIPS	107
STANDARDS OF BEAUTY	107
EDEMA AND THE LIPS	109
IMPLANT TECHNIQUE	109
1. PARIS LIPS	110
2. ONLY VERMILION. PERSONAL TECHNIQUE – BRIGHT LIFT	113
3. ONLY WHITE-ROLL	115
PARTICULAR CASES.....	116
EXTREMELY THIN LIPS.....	116
WIDE/BROAD LIPS	118
SLIGHT VOLUMETRIC AUGMENTATION: “MINIMAL TOUCHUP” OR “REFRESH”	119
LIPS WITH MICRO-PIGMENTATION (TATTOOS).....	122
MALE LIPS.....	123
LIPS WITH POST-SURGICAL OR POST-TRAUMATIC EFFECTS	124
SECTION 3	
PERIORAL AND PERIOCCULAR WRINKLES	126
ORIGINS.....	127
TOPOGRAPHIC ANATOMY	127
LATERAL PERIOCCULAR REGION	127
PERIORAL REGION	127
THE CLASSICAL TECHNIQUE – CLINICAL CASES.....	128
GLABELLAR WRINKLES	130
ORIGINS.....	130
TOPOGRAPHIC ANATOMY	131
CLINICAL CASES	134
FRONTAL WRINKLES	136
TOPOGRAPHIC ANATOMY	137
EARLOBES	139
SECTION 4	
THE TEAR TROUGH AND NASOJUGAL GROOVE.....	140
INDICATIONS.....	141
TOPOGRAPHIC ANATOMY	141
MID PERIOCCULAR – NASOLACRIMAL FURROW REGION.....	141
DEEP TECHNIQUE – BRIGHT LIFT	142
BOTULINUM TOXIN (BoNT-A) AND TEAR TROUGH	145
THE ZYGOMATIC AND CHEEK REGIONS	146
STANDARDS OF BEAUTY AD MORPHOLOGICAL EVALUATION	146
TOPOGRAPHIC ANATOMY	149
TECHNIQUES	150
CLASSICAL TECHNIQUE	150
DEEP TECHNIQUE	151
BOLUS TECHNIQUE.....	151
CLINICAL CASES	155
SECTION 5	
THE CHIN AND JAWLINE	158
TOPOGRAPHIC ANATOMY OF THE CHIN REGION	160
CLASSIC TECHNIQUE.....	161
DEEP TECHNIQUE	161
1. THE CHIN	161

2. THE JAWLINE.....	162
THE PROCEDURE.....	163
CLINICAL CASES.....	165
BRIGHT LIFT.....	168
THE BASIC DESIGN OF BRIGHT LIFT.....	168
EXTENDED DESIGN.....	171
CHAPTER 9 – CONSULTATION, PREPARATION, TIMING AND POST-TREATMENT MANAGEMENT.....	177
THE EXAMINATION.....	179
BEFORE, DURING AND AFTER TREATMENT.....	180
CHAPTER 10 – THE MAIN COMPLICATIONS AND HOW TO DEAL WITH THEM.....	183
WHY THEY OCCUR.....	184
MINOR COMPLICATIONS.....	184
ERYTHEMA.....	184
EDEMA.....	184
ECCHYMOSIS.....	184
TENDERNESS IN THE INJECTION POINT.....	184
PALPABILITY OF THE IMPLANT.....	185
POST-TREATMENT ASYMMETRIES.....	185
TYNDALL EFFECT.....	185
MAJOR COMPLICATIONS.....	185
INFECTION.....	185
ANGIOEDEMA (QUINCKE’S EDEMA) AND PERMANENT EDEMAS.....	186
GRANULOMAS.....	187
ISCHEMIA AND SKIN NECROSIS.....	189
HYALURONIDASE.....	190
BIBLIOGRAPHY.....	191