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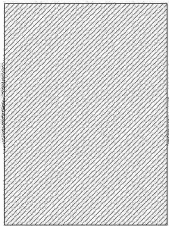
## BODY TALK

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# Handling Filler Regret

By Phillip R. Langsdon, M.D., American Academy of Facial Plastic and Reconstructive Surgery

More physicians are taking a “natural-looking” approach with their patients. As a result, growing numbers of clients are opting to have their fillers dissolved.

It’s called filler regret, and it’s largely avoidable, according to members of the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS). The AAFPRS annual member survey showed that more than 70% of facial plastic surgeons reported an increase in injectables for patients younger than 30 years old. For patients who are on the fence about taking the filler plunge, the top concern is the fear of looking unnatural or bloated.

## Filler Faux Pas

Celebrities Kylie Jenner and Courtney Cox have discussed doing away with injectables to look more like themselves. When a patient doesn’t like their filler anymore, some can be dissolved.

Sculptra can’t be dissolved, but hyaluronic-acid-based fillers can be dissolved with the melting agent hyaluronidase and a newer agent called sodium bisulfate, which may help dissolve Radiesse. Results can be seen in as little as 15 minutes with hyaluronidase, but it can keep

working for 48 hours. This is why it’s best that a doctor with experience administer it over several days.

## Embracing the Turning Tides

Fillers aren’t out. They have never been more popular, in fact, but overfilled faces are no longer considered attractive. Injectables are a great solution for facial rejuvenation, but other tools and technologies may also be appropriate, depending on your patient’s concerns and goals.

Many of today’s procedures and technologies create natural-looking results, so patients look refreshed and like the best version of themselves. With many options available, we can expect an even greater uptick in the number of clients seeking cosmetic enhancements. The goal is to embrace the change and help your clients achieve their skin goals, whether it requires filler or not.



**Phillip R. Langsdon, M.D.**, is president of the American Academy of Facial Plastic and Reconstructive Surgery.

He has spent 30 years in the facial plastic surgery industry and has worked to pursue excellence in the field.