

信赖你，信赖保妥适®

联合治疗

联合治疗的原因

情绪美学—综合治疗打造完美容颜

MD Codes™

LESS SAGGY
改善松弛

MD Codes™

LESS ANGRY
改善怒容

MD Codes™

LESS TIRED
改善倦容

MD Codes™

LESS SAD
改善愁容



Step 1:
改善负面情绪
Change negative message

MD Codes™

SLIMMER
脸更小巧

MD Codes™

MORE ATTRACTIVE
更有吸引力

MD Codes™

YOUNGER
脸更年轻

MD Codes™

MORE FEMININE
更女性化



Step 2:
加强正面信息
Input positive message

面部年轻化新进展：A型肉毒毒素、透明质酸真皮填充物及联合疗法-推荐共识

COSMETIC

Advances in Facial Rejuvenation: Botulinum Toxin Type A, Hyaluronic Acid Dermal Fillers, and Combination Therapies—Consensus Recommendations

Jean D. A. Carruthers, M.D.
Richard G. Glogau, M.D.
Andrew Blitzer, MD, D.D.S.,
and the Facial Aesthetics
Consensus Group Faculty
Vancouver, Canada; San Francisco,
Calif.; and New York, N.Y.

Background: Facial aesthetics and rejuvenation are evolving rapidly due to changes in products, procedures, and patient demographics. Clinicians can benefit from ongoing guidance on products, tailoring treatments to individual patients, treating multiple facial areas, and using combinations of products and ways to optimize outcomes.

Methods: A multidisciplinary group of aesthetic treatment experts convened to review the properties and uses of botulinum toxin type A (BoNTA) and hyaluronic acid fillers and to update consensus recommendations for facial rejuvenation using these two types of products. The group considered paradigm shifts in facial aesthetics; optimal techniques for using BoNTA and hyaluronic acid fillers alone and in combination; the influence of patient sex, ethnicity, cultural ideals, and skin color on treatment; general techniques; patient education and counseling; and emerging trends and needs in facial rejuvenation.

Results: The group provided specific recommendations by facial area, focusing on relaxing musculature, restoring volume, and recontouring using BoNTA and hyaluronic acid fillers alone and in combination. For the upper face, BoNTA remains the cornerstone of treatment, with hyaluronic acid fillers used to augment results. These fillers are central to the midface because of the need to restore volume. BoNTA and hyaluronic acid in combination can improve outcomes in the lower face.

Conclusions: Optimal outcomes in facial aesthetics require in-depth knowledge of facial aging and anatomy, an appreciation that rejuvenation is a three-dimensional process involving muscle control, volume restoration, and recontouring, and thorough knowledge of properties and techniques specific to each product in the armamentarium. (*Plast. Reconstr. Surg.* 121 (Suppl.): 5S, 2008.)

Substantial and rapid change typifies the field of facial aesthetics and rejuvenation as physicians and patients continue their quest for minimally invasive yet highly effective and safe approaches to mitigate the signs of facial aging.^{1,2} In 2004, the publication *Consensus Recommendations on the Use of Botulinum Toxin Type A in Facial*

Aesthetics provided guidance on the use of the Botox formulation (Botox Cosmetic; Allergan, Inc., Irvine, Calif.) of botulinum toxin type A (BoNTA).³ Statistics for 2006, the latest available, show that BoNTA injection continues to be the single most common aesthetic procedure performed in men and women in the United States, but that its use is accompanied by growth in the use of other modalities, including dermal fillers.⁴

From the Department of Ophthalmology, University of British Columbia; Department of Dermatology, University of California, San Francisco; and Department of Otolaryngology-Head and Neck Surgery, Columbia University.
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The faculty of the Facial Aesthetics Consensus Group is listed in an Appendix at the end of this article.
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Disclosures: The faculty's financial relationships or relationships to products or devices they or their spouse/life partner have with commercial interests related to the content of this continuing medical education activity are listed in an Appendix at the end of this article.

- 面部年轻化治疗中一个重要的转变
 - 由关注面部高动力皱纹和制动协同肌群的二维概念
 - 发展到综合考虑面部老年化改变的三维概念
- 肉毒毒素和透明质酸填充物的联合使用，可以延长治疗效果的维持时间。

亚洲人面部注射美容治疗策略共识

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ORIGINAL ARTICLE

NON-SURGICAL AESTHETIC

Consensus on Current Injectable Treatment Strategies in the Asian Face

Woffles T. L. Wu¹ · Steven Liew² · Henry H. Chan³ · Wilson W. S. Ho⁴ · Nantapat Supapannachart⁵ · Hong-Ki Lee⁶ · Adri Prasetyo⁷ · Jonathan Nevin Yu⁸ · John D. Rogers⁹ · Asian Facial Aesthetics Expert Consensus Group



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Abstract

Background The desire for and use of nonsurgical injectable esthetic facial treatments are increasing in Asia. The structural and anatomical features specific to the Asian face, and differences from Western populations in facial aging, necessitate unique esthetic treatment strategies, but published recommendations and clinical evidence for injectable treatments in Asians are scarce.

Method The Asian Facial Aesthetics Expert Consensus Group met to discuss current practices and consensus opinions on the cosmetic use of botulinum toxin and hyaluronic acid (HA) fillers, alone and in combination, for facial

applications in Southeastern and Eastern Asians. Consensus opinions and statements on treatment aims and current practice were developed following discussions regarding pre-meeting and meeting survey outcomes, peer-reviewed literature, and the experts' clinical experience.

Results The indications and patterns of use of injectable treatments vary among patients of different ages, and among Asian countries. The combination use of botulinum toxin and fillers increases as patients age. Treatment aims in Asians and current practice regarding the use of botulinum toxin and HA fillers in the upper, middle, and lower face of patients aged 18 to >55 years are presented.

Conclusions In younger Asian patients, addressing proportion and structural features and deficiencies are important to achieve desired esthetic outcomes. In older patients, maintaining facial structure and volume and addressing lines and folds are essential to reduce the appearance of aging. This paper provides guidance on treatment strategies to address the complex esthetic requirements in Asian patients of all ages.

Level of Evidence V This journal requires that the authors assign a level of evidence to each article. For a full description of these Evidence-Based Medicine ratings, please refer to the Table of Contents or the online Instructions to Authors www.springer.com/93266.

Keywords Facial esthetics · Esthetic outcomes · Treatment strategies · Hyaluronic acid fillers · Botulinum toxin · Aging

Introduction

The advent of safe and predictable injectable agents, expanded indications for their use, and improved understanding of their role in facial volumization, has helped

• 亚洲人治疗目的

- 亚洲人面部美容治疗是为了干净、年轻、白皙的皮肤以及顺滑、中线特征明显的椭圆形脸蛋；
- 全面部方法需达到一个平衡、和谐、更三维的面部外观；
- 使用**肉毒毒素和透明质酸行全面部治疗**旨在达到最美的同时保持亚洲人独有的外观。

On behalf of the Asian Facial Aesthetics Expert Consensus Group. The members of the Asian Facial Aesthetics Expert Consensus Group are given in Appendix.

✉ Woffles T. L. Wu
woffles@wofllo.com

¹ Canlan Medical Centre, Woffles Wu Aesthetic Surgery and Laser Centre, 1 Orchard Boulevard, Suite #09-02, Singapore 248615, Singapore

² Shape Clinic, Sydney, Australia

³ Department of Medicine, University of Hong Kong, Pokfulam, Hong Kong

⁴ The Specialists: Lasers, Aesthetic and Plastic Surgery Central, Pokfulam, Hong Kong

⁵ Department of Dermatology, Ramathibodi Hospital, Mahidol University, Bangkok, Thailand

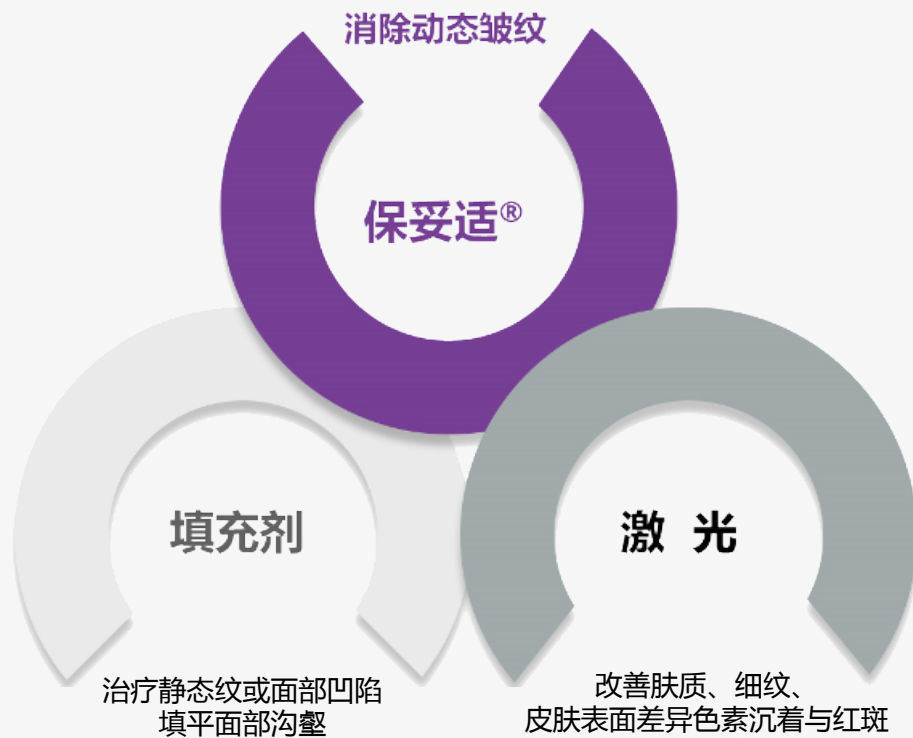
⁶ Inaage Plastic Surgery Clinic, Seoul, Korea

⁷ REJIVA Clinic, Surabaya, Indonesia

⁸ JY Dermatology and Aesthetic Center, Manila, Philippines

⁹ Regional Medical Affairs, Allergan Asia Pacific, Singapore, Singapore

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