

Preface

Following the publication of the American Family Physician article “Aesthetic Procedures in Office Practice” (December 2009 Vol. 80 No. 11), I have received an overwhelming amount of inquiries and requests for aesthetic training from primary care providers and residents. The common thread of these inquiries has been a need for educational resources and quality training in aesthetic procedures that can be readily incorporated into office practice.

As the trend in aesthetic medicine shifts away from surgical procedures that can radically alter appearance, toward procedures that have minimal recovery time and offer more subtle enhancements, the number of minimally invasive aesthetic procedures performed continues to increase. These procedures, which include dermal filler and botulinum toxin injections, lasers and light-based technologies, and chemical peels, have become the primary modalities for treatment of facial aging and skin rejuvenation. This aesthetic procedure series is designed to be a truly practical guide for primary care physicians, physician assistants, nurse practitioners, residents in training, and other healthcare providers interested in aesthetics. It is not comprehensive but is inclusive of current minimally invasive aesthetic procedures that can be readily incorporated into office practice to directly benefit our patients.

The goal of this dermal filler injection book, the second in the aesthetic practical guide series, is to provide a step-by-step approach to dermal filler treatments. The introduction serves as a foundation and provides basic aesthetic medicine concepts essential to successfully performing aesthetic procedures. Each chapter is dedicated to a single dermal filler procedure with all relevant anatomy reviewed, including the target regions as well as areas to be avoided. There is an accompanying website with videos demonstrating each procedure. Injection sites are highlighted to help providers perform procedures more effectively and minimize complication risks. Recommended anesthesia methods, an integral part of dermal filler treatments, are included for each procedure along with suggestions for management of the most commonly encountered issues seen in follow-up visits. More experienced injectors may appreciate the concise summary of each procedure’s complications and up-to-date suggestions for management, advanced treatment techniques, combining aesthetic treatments to maximize outcomes, current product developments and reimbursement recommendations.

When getting started, providers are encouraged to begin with the basic dermal filler procedures for treatment of nasolabial folds, marionette lines and mental crease,



and progress to advanced procedures as skill is acquired. Basic procedures utilize straightforward injection techniques and products which are more moldable and forgiving. They typically achieve good outcomes, have a low incidence of side effects, and are associated with high patient satisfaction. Advanced dermal filler procedures such as facial sculpting and contouring, can be used for treatment of more complex aging changes and for enhancement purposes. Longer lasting products along with more challenging injection techniques are required with advanced procedures.

This book is intended to serve as a guide and not a replacement for experience. When learning aesthetic procedural skills, a formal training course is recommended, as well as preceptorship with a skilled provider.