



Sabine Zenker, M.D.

Hyaluronic acid (HA) is a naturally occurring polysaccharide present in skin, where it is critical to maintaining structure and function. The most important role of HA is keeping the skin hydrated; however, over time our natural level of HA diminishes, resulting in thinning of skin, loss of hydration and a decreased ability of skin to restore itself. In a continued effort to maintain younger, softer, brighter and smoother looking skin for patients, cosmetic physicians have increasingly turned to injectable HA dermal fillers to return this lost hydration.

According to Sabine Zenker, M.D., a dermatologist in private practice in Munich, Germany, "hydration treatment is similar to mesotherapy." Dr. Zenker prefers to use Restylane Vital from Q-Med (Uppsala, Sweden) for hydration therapy. "The pre-filled material comes ready to use and contains good quality HA." Furthermore, its low cross-linked profile also provides "more stability than a non cross-linked HA."

Typically, patients schedule three sessions, two weeks apart. Treatment of the décolleté takes 20 minutes, with a total of roughly 200 injections. After a series of treatments, patients can expect "a better glow, better hydration, less rigid skin and a more even surface." Most patients return for a single maintenance treatment after one year.

Nimrod Friedman, M.D., a plastic surgeon with a private practice in Tel Aviv, Israel, favors Juvéderm HYDRATE from Allergan (Marlow, Bucks, U.K.). "Juvéderm HYDRATE is very easy to use because it flows so smoothly, unlike some other products that are very granular. Consequently, you avoid any lumps in the skin and results are extremely even."





Physicians Utilize Dermal Fillers to Restore Hydration in Skin

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Expert Opinions

The large molecule of carbohydrate found in Juvéderm HYDRATE absorbs water inside the body, "for healthy, good looking skin," Dr. Friedman stated. In addition to attaining good results for the face, this product can be used on the décolleté, neck, chest and hands. "The most amazing results are in the décolleté area."

Patients undergo three treatment sessions, spaced two weeks apart. Each session takes between 10 to 30 minutes (depending on the number of areas), with dozens of injections. After the second and third treatment, "patients observe much brighter and much smoother skin," Dr. Friedman conveyed. "For plastic surgeons, in particular, Juvéderm HYDRATE allows us to treat the quality of the skin, rather than just treating shapes and volume. This represents a new era in plastic surgery."

Mesolis from Anteis S.A. (Geneva, Switzerland) provides "a lot of radiance to the skin," noted Ildiko Papp, M.D., a dermatologist with a private practice in Budapest, Hungary. "It also contains a high concentration of HA (14 g/ml) and binds water, thus skin becomes much firmer."

In many cases patients are injected with Mesolis prior to other dermal fillers as a way to extend the duration of effect of these other products. In addition, Mesolis Plus "is an even better product because it contains not only hyaluronic acid, but glycerol as well, which also binds water. An additive action is achieved, resulting in improved hydration," Dr. Papp explained.

A treatment session lasts 15 minutes, consisting of about 50 injections. Patients undergoing a series of three treatment sessions, spaced two weeks apart, "can expect well hydrated skin, with results starting to appear within days," Dr. Papp said. Patients return for a single maintenance session three months after completing a series, followed by another single session once every six months.

"I'm seeing a growing demand for Mesolis because patients are very satisfied with the results," Dr. Papp said. "Aging skin, sun damaged skin and smokers' skin all benefit. It's also great therapy before a face-lift. Moreover, Mesolis is very safe and has virtually no side effects."

