Preface

"I hear and I forget.
I see and I remember.
I do and I understand."
—attributed to Confucius (551–479 BC)

We are pleased to present this revised third edition of *Cosmetic Injection Techniques: A Text and Video Guide to Neurotoxins and Fillers*. This new edition includes new fillers and new techniques as well as information on fat-dissolving injections and collagen stimulators. This edition includes all new videos as well as the latest injectable products on the market and updates on the author's techniques as they have evolved since previous editions. New subjects covered include "trap tox," "lip flip," skin boosters, PRP and PRF injections, and advanced uses of Kybella and Renuva. Our readers found the first two editions to be a handy quick-reference guide as well as a guide to new injection techniques. Patients in the office have enjoyed looking through this text so they may better understand the injections they are about to receive, and injectors have found the diagrams to be useful for patient education.

The number of nonsurgical facial enhancements has continued to skyrocket since our first edition was published. Because of patient demand, many physicians, nurses, and physician assistants have begun to treat such patients. This book, with its accompanying videos, is meant to be a guide and quick reference for the many professionals and paraprofessionals who have become facial injectors. It is not, however, a training manual for the naive injector. We highly discourage the novice injector from using this book as a primer on injections. In our opinion, nothing can replace training that is offered by courses and by one-on-one preceptorships.

This book is designed to augment the knowledge of a beginner injector and to train the experienced injector in how to perform "finesse" injections. The face can be shaped and minor irregularities and asymmetries improved by performing the techniques we describe. In addition, we hope to help the injector "look through" the skin to the underlying anatomy. This will help with both the targets of injection and the important structures to avoid. The authors are aware that there is more than one way to treat a given anatomic region. It was our aim, by having authors from two very different locales (the East and the West Coasts of the United States) and different practices, to describe the "best" injection technique by comparing our techniques of injection. In cases where the authors' techniques differ markedly, both techniques are presented.

The products described herein are all U.S. Food and Drug Administration (FDA) approved fillers and neurotoxins; however, most of the techniques described are considered "off-label" uses of the products. The doses of products described serve as a general guide for injection. While the utmost care was taken to assure the accuracy of the dosages listed, we urge injectors to use their best judgment or experience in the unlikely event that a misprint suggests an inappropriate dose. The comments we make about specific products are often our opinion derived from clinical observation. Others may have different observations clinically, and we respect these variations in clinical practices and results.

We realize that this book will be utilized by injectors with differing skill levels. In an attempt to promote safety in the use of these products, we have devised a rating scale for each technique. Each injection technique is evaluated in terms of difficulty for the trainer, risks involved in performing the injection, and patient satisfaction with the results. Appendix A lists the chapters by degree of difficulty, as a cross-reference for injectors who would like to safely advance to more challenging injection techniques. The rating system is summarized as follows:

Degree of difficulty for the injector:

- ● Easy
- ●● Intermediate
- ●●● Advanced
- ●●●● Expert (only expert injectors should attempt these injections)

Patient satisfaction with the procedure:

- ● Variable results; results may be subtle
- ●● Good results; patients usually pleased
- ●●● High patient satisfaction; predictable results

Risks of complications:

- ● Low
- ●● Medium
- ●●● High

The injectable products described in this book are the most commonly used fillers and neurotoxins at the time this manual is being written. New products

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are continually being developed and may be available by the time of publication. However, because we have no experience with these new products, they are not necessarily described in this third edition. Experienced injectors, however, will be able to extrapolate the techniques and dosing strategies described in this book to newer products, if they so desire.

Disclosures: Theda C. Kontis is a clinical investigator for Allergan/AbbVie and Galderma. Victor G. Lacombe is a speaker/trainer for Allergan and Galderma and served as a principal investigator for Juvéderm Voluma and Volux.

Disclaimer: The material presented is a compilation of the clinical experiences of the authors. Off-label uses of FDA-approved products are described. A qualified health care professional should be consulted before using any therapeutic procedure discussed. Readers should verify all information and data before treating patients or employing any therapies described in this publication.

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