

As Featured in  
**NEW BEAUTY**  
MAGAZINE

BRIEFS  
BO

05 *relax teeth-grinding muscles*

Grinding your teeth can have an impact on how the jaw and lower part of the face appear—sometimes it gives the face a boxy and masculine look. But some doctors have found a temporary solution in Botox. “I’m injecting a lot of patients who grind their teeth and the results are quite impressive,” says West Palm Beach, FL, dermatologist Kenneth R. Beer, MD. “Although this is an off-label use, it’s a useful alternative to surgery as it helps relax the various muscles that cause people to grind their teeth.”

**HOW LONG THE RESULTS LAST**  
Three to six months

13 *create youthful-looking hands*

The skin on the hands can become thin and less elastic with time, and the hands themselves can begin to look bony. That’s where fillers come into play since they restore lost volume to plump up and fill in the hands.

**HOW LONG THE RESULTS LAST**  
Upward of two years

03 *minimize enlarged pores*

While there’s no way to permanently reduce the size of your pores, injecting them with Botox may help temporarily reduce their enlarged appearance. “It basically relaxes the muscles around the pores, minimizing their appearance,” explains Dr. Beer. “It is a great option for those with acneic and oily skin because Botox will decrease the secretions from the sweat glands.”

**HOW LONG THE RESULTS LAST**  
Approximately three to four months

14 *fill in cellulite*

Cellulite is the result of fat that gets lodged between bands of fibrous tissue. Hyaluronic acid fillers can, in some, plump up unsightly cellulite dimples since it acts like spackle to fill in and smooth the skin out. But because of the large amount of filler needed to make a noticeable difference, cost can be prohibitive, which is why most doctors recommend this treatment only for smaller areas.

**HOW LONG THE RESULTS LAST**  
About six months

# BOTOX

## BREAKTHROUGHS

NEW WAYS TO USE INJECTABLES AND FILLERS

ONCE RESERVED STRICTLY FOR FILLING IN LINES AND PLUMPING UP WRINKLES, INJECTABLES AND FILLERS HAVE A NEWFANGLED ROLE IN THE AESTHETIC ARENA AND ARE QUICKLY BECOMING THE GO-TO FOR EVERYTHING FROM CORRECTING NASAL BUMPS TO COMPLETELY RESCULPTING THE FACE. “FILLERS HAVE BECOME A GREAT METHOD FOR RESTORING THE CONTOURS OF YOUTH,” SAYS NEW YORK PLASTIC SURGEON ANDREW N. KORNSTEIN, MD. “WHEN FIRST INTRODUCED IN THE 1980s, THE ONLY FDA-APPROVED OPTIONS WERE COLLAGEN-BASED FILLERS. NOW, THANKS TO THE TOOLS WITH WHICH WE HAVE TO WORK WITH, MULTIPLE OPTIONS HAVE OPENED UP.”

- FACE & SKIN**
- 01 Raise the eyebrows
  - 02 Lessen neck wrinkles
  - 03 Minimize enlarged pores
  - 04 Lift the corners of the mouth
  - 05 Relax teeth-grinding muscles
  - 06 Balance out the temples
  - 07 Smooth out minor nasal humps
  - 08 Shape the cheeks
  - 09 Diminish under-eye bags and hollows
  - 10 Define the upper eyelids
  - 11 Downplay a pointy chin
  - 12 Lessen marionette lines
- HANDS**
- 13 Create youthful-looking hands
- BODY**
- 14 Fill in cellulite

### LIQUID MIRACLES

All of the main injectables and fillers available (think Botox, Restylane, etc.), regardless of how they work, are FDA-approved to treat specific concerns. Many dermatologists and plastic surgeons creatively inject these products off-label (meaning the product is used for something other than its FDA-approved use) to remedy other signs of aging. Off-label use typically doesn’t pose any risks, as long as a board-certified, skilled, qualified expert injector, who is familiar with fillers and facial anatomy, is performing your injections. So why are these popular techniques not recognized by the FDA or promoted by the manufacturers themselves? New York dermatologist Heidi Waldorf, MD, says that for fillers and injectables to get additional indications for use, the process is extremely lengthy and expensive. Below, the approved uses for each category of injectable.

- 1 **BOTOX AND DYSPORT** (denervating agents)  
Both reduce the muscle activity that gives animation to the face, like the area between the eyebrows. Botox is also FDA-approved to control severe underarm sweating.
- 2 **RESTYLANE, JUVÉDERM AND PERLANE** (hyaluronic acids)  
Hyaluronic acid fillers are typically injected into the mid to deep layers of skin to plump up nasolabial folds.
- 3 **RADIESSE AND SCULPTRA AESTHETIC** (collagen stimulators)  
These fillers are for patients who need more moderate amounts of volume restoration particularly around the mouth and the jowls. “These act as a global revolumizer for the face as a whole,” says Boca Raton, FL, dermatologist Marta Rendon, MD.
- 4 **ARTEFILL** (permanent filler)  
This filler is approved for use in the nasolabial folds. Unlike other fillers, it is not absorbed over time, making potential complications harder to correct.

MORE >