

A patient looking at the parts, and a doctor looking at the overall balance

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It's said that when we look at ourselves in the mirror, we focus on the areas we're unhappy with, while when we look at others, we see the overall balance, not just the focal areas.

Most patients who seek filler treatments already have a firm idea of the areas they want to treat. They may have made this decision based on information about specific filler treatments that are promoted like a commodity, or based on the experiences of their friends and family. So, do we just inject the filler in the area they want?

Of course, as professionals, we need to objectively validate the patient's choice. First, we need to see if the area really needs filler treatment. Secondly, we need to consider how filler injection in that area will affect the overall balance of the face. If you find that it is desirable to treat other areas together that the patient hadn't considered, you should recommend that they be treated at the same time. If it is more appropriate to treat other areas before the patient's chosen area, you should recommend that.

Everyone wants their results to look natural after a filler treatment. The majority of unnatural results are due to a lack of overall balance. Even if a patient comes in with the intention of having a treatment and goes home without any treatment, we still need to consider the overall balance because we are professionals.

Today, I'm going to talk about how to decide which areas to treat for the balanced facial shape, and how to actually treat.