

## **Exploring safer and more effective ways of using HA fillers**

Ting Song Lim, MD  
Clique Clinic

In recent years, hyaluronic acid fillers have gained popularity as they offer aesthetic improvements previously only achievable with surgeries, but at lower cost and with limited-to-no recovery time. The current trend in HA filler delivery is mostly relied on multiple point injections, using large volume, aiming for both immediate volume increment and lifting. However, such practice often ignore the short term as well as long term consequences, such as implant diffusion, migration, inflammatory reaction as well as facial contour distortion leading to facial overfilled syndrome (FOS). Hence, we propose a novel technique to restore, rejuvenate and enhance the face, using minute amount of HA fillers via minimal entry points. Rheology based filler use approaches facial rejuvenation by sandwiching very small volume of fillers with different rheological properties at strategic areas, in several different layers of the soft tissues. This technique could achieve satisfactory volume correction devoid of complications.