

PLURIAL®: GLOBAL REJUVENATION OF THE FACE

Dr Thomas Rappl discusses the benefits of the Pluryal® range of dermal fillers, and how he uses them to treat the signs of ageing



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WHEN THE FIRST COLLAGEN AND hyaluronic acid dermal fillers were launched, for many years physicians and patients looked at these medical devices mainly as tools to fill wrinkles and enhance the volume of the lips. With experience and a growing demand from patients for 'lunchtime' treatments, physicians are now using hyaluronic acid fillers not only to fill wrinkles, but also to perform a global rejuvenation. This is possible as the choice of fillers available has become more sophisticated, ranging from light versions acting as 'skin boosters', to deep volumising fillers that can rebuild facial contours.

However, the challenge for any physician is to use the right range of products, according to their safety and efficiency profiles, as well as practicability.

With Pluryal® fillers, it is possible to achieve a global facial rejuvenation with only three different products, thanks to their unique viscoelastic properties and high remanence.

The Pluryal® products

In 2010, MD Skin Solutions (Luxembourg), specialists in innovative anti-ageing solutions, launched the Pluryal® products, composed of monophasic hyaluronic acid. The P.R.E.M.I.U.M. Conceptual Design* guarantees the unique characteristics of Pluryal® products and ensures safe, reliable and durable results for patients. The range comprises three products, ideally used together to rejuvenate the face naturally and in a harmonised manner.

Pluryal®

Versatile filler concentrated at 23mg/ml of purified hyaluronic acid of non-animal origin, Pluryal® is injected in the mid-dermis to treat all kinds of wrinkles and lines. It also remodels the contour of the lips.

Pluryal® Volume

Volumising filler with the same concentration of hyaluronic acid, but with a higher reticulation, Pluryal® Volume is injected in the deep dermis to restore the facial volumes that are lost over time. It can also be used to give fullness to the lips.

Pluryal® Booster

The latest product by MD Skin Solutions is composed of stabilised hyaluronic acid (18mg/ml) with glycerol (20mg/ml). The latter is a potent antioxidant that stabilises the hyaluronic acid, reinforcing the product's viscosity and cohesion, by increasing the intermolecular interactions between the hyaluronic acid chains. The stabilisation ensures lasting and efficient results. Pluryal® Booster is injected in the superficial dermis, to revitalise, rehydrate and restore the density of the skin.

How to address the ageing process

The ageing process to the face is global. Some age-related skin alterations are obvious, such as pigmentary changes and loss of skin elasticity, followed by consecutive soft tissue sagging. Many signs of ageing are the result of a loss of subcutaneous fat; the dermis thins by approximately 20%. Wrinkles develop, primarily owing to a loss of collagen, loss of water and a reduced level of hyaluronic acid. Changing of the facial contour follows the loss of volume of the soft tissue in the different fat compartments and a gradual loss of bone density.

While it is not possible to change genetics, it is possible to address the volume and skin alterations by replacing volume, and by treating the wrinkles in a specific manner. Global facial rejuvenation should examine the different levels of ageing to provide a perfectly customised treatment plan.

The loss of facial volumes and contour changes are mainly visible in the following areas:

- The cheeks (loss of soft tissue volume, changing of the bony structures, sagging of the soft tissue)
- The temporal region (loss of volume)
- The tear trough hollow in the lower lid-cheek junction (loss of soft tissue volume, sagging of the mid face)
- The mandibular area where the facial contour is blurred (sagging of the mid-face, dimples following the mandibular retaining ligament).

The triangular shape of the face—with high cheeks and a smooth mid-face, characterising youth—is transformed into a more rectangular shape owing to ptosis of the skin

MD skin solutions
THE ANTI-AGING EXPERTS

and malar fat pad, as well as other structural changes. Fine lines and wrinkles begin to appear:

- Glabellar folds
- Periorbital lines
- Nasolabial folds
- Perioral wrinkles
- Cheek lines
- Marionette lines.

Dehydration and loss of vitality in the skin, as well as loss of density and glow, are also apparent. All symptoms should be treated simultaneously, in order to offer the patient a homogeneous and harmonious result.

The technique

To avoid excesses and an artificial look, I always ask the patient to bring a picture of his/her youth to get an idea where and how much volume I have to inject, according to the original shape of the patient's face and expression.

Before the injection, it is advisable to apply a topical anaesthetic cream. For global facial rejuvenation, nerve blocks may enhance the patient's (and doctor's) comfort. When considering a treatment of global facial rejuvenation that requires adding volume to the deficient areas, filling in the deep wrinkles and boosting the superficial layers of the skin, it is important to start at the top and work down. I always recommend volumising the zygomatic area first, with Pluryal® Volume using a flexible cannula (27 gauge). Owing to the enhanced projection of the cheeks followed by a light 'lifting' effect, some changes will occur to the lower parts of the face, and therefore less volume could be needed in the nasolabial folds, for example.

The advantage of this first zygomatic injection point is that the whole cheek and temporal areas can be treated from one single injection point. One must take into account that using flexible cannulae means that the substance will be injected into the deep dermis and/or in a subdermal plane, using a retrograde or a cross-hatching technique. The best way to treat the upper face is by recreating the 'Ogee curve'.


As soon as the recontouring is done, it is time to address the deep wrinkles by using either Pluryal® or Pluryal® Volume with the cannula or sharp needle, which allows infiltrating the substance in different layers of the skin. In my experience, treatment of tear trough deformity gets the best results by using the sharp needle, touching the bone and placing the substance exactly under the orbicularis muscle. This deformity doesn't normally need much substance (0.2-0.4cc) to get a good result.



Treating the nasolabial folds can be done using both techniques by filling the folds with a proper volume. The next step is to treat the mentolabial folds, by lifting the corner of the mouth and injecting Pluryal® Volume or Pluryal® into the marionette lines. Finally, the contour of the mental angle and the impression over the mandibular retaining ligament can be corrected using the cannula or sharp needle with Pluryal® or Pluryal® Volume.

As soon as the result of the 'basis' is satisfying, it is time to use Pluryal® Booster to work on the surface by attenuating the fine lines and restoring the skin's elasticity and hydrobalance. The best results are achieved by injecting Pluryal® Booster under the superficial lines in the superficial dermis in a retrograde or antegrade fashion (30G needle). I also inject this product using a multi-bolus technique in those areas of the face that need to be revitalised and redensified. This may cause some papules, bruising and swelling, which could last for 6-24 hours, but a harmonious, natural result is ultimately achieved. Following injection, I massage the treated areas firmly and advise patients *not* to massage themselves for at least 24 hours. Combining hyaluronic acid with botulinum toxin injections can provide an even longer lasting effect.

The results

Taking into account the correct multi-layer technique, and thanks to the high elasticity of the products, the results are always natural and long-lasting. Building up the face with Pluryal® Volume, working on the folds and wrinkles with Pluryal®, and treating fine lines and loss of density with Pluryal® Booster provides complete rejuvenation. 

“Treatment of the tear trough deformity gets the best results by using the sharp needle, touching the bone and placing the substance exactly under the orbicularis muscle.”

► **Further information** www.mdskin-solutions.com

► **AMWC Booth number E20, Level -1, Hall Diaghilev**