Safely & Effectively Injecting Sculptra

TheMasterInjector.com | @TheMasterInjector
INTRODUCTION

- Began career as an ER nurse
- Transitioned to Plastic Surgery & Dermatology in 2006
- Working in Plastic Surgery - saw the missing need for volumization
- Surgery alone wasn’t enough
- Fat has limitations
- Sculptra trainer for over a decade
- I value continued education
HISTORY OF SCULPTRA

- Poly L Lactic Acid (PLLA) has been used for 3 decades in sutures (Vicryl)
- PLLA first approved as volumizer in Europe in 1999 under the name NewFil
- Used for volume correction of HIV lipoatrophy
- Sculptra first approved in the USA in 2004
- Sculptra Aesthetic approved in the USA in 2009
WHAT IS SCULPTRA?

• Ground up dissolvable suture material (PLLA)
• PLLA is biocompatible, biostimulatory and biodegradable
• Collagen stimulating tissue volumizer & dermal thickener
• Volumizes tissue in a gradual, progressive and predictable manner
• Indicated for “Nasolabial fold contour deficiencies and correction of other facial wrinkles”
HOW DOES SCULPTRA WORK?

• Sculptra (PLLA) is injected in the deep dermis or deeper
• Body creates a micro inflammatory response to the PLLA
• Stimulates collagen growth in any plane it is injected
• Biostimulatory filler causes fibroplasia (neocollagenesis) resulting in dermal thickening
HOW IT WORKS: SCULPTRA VOLUMIZES BY GRADUALLY STIMULATING COLLAGEN PRODUCTION

Large PLLA particles (pink)

PLLA breaking down to stimulate collagen (white)

New collagen remains. No PLLA left
HOW DOES SCULPTRA BREAK DOWN?

- The PLLA polymers break down in the body through nonenzymatic hydrolysis to lactic acid monomers, which are then metabolized to carbon dioxide and water or are incorporated into glucose and naturally eliminated from the body.
SCULPTRA STIMULATES COLLAGEN PRODUCTION

At 12 Months
(A) Aggregation of giant cells, histiocytes, and collagen; (B) microparticles of PLLA

At 30 Months
No PLLA microspheres abundance of collagen in skin
THE ROLE OF VOLUME LOSS IN FACIAL AGING
FACIAL AGING IS DUE TO THINNING OF COLLAGEN, FAT, MUSCLE & BONE, WHICH COLLECTIVELY CHANGE FACIAL TOPOGRAPHY, SHAPE AND PROPORTION
AS THE FACE LOSES COLLAGEN, THE SKIN LOSES ELASTICITY AND VOLUME

- The loss of elasticity (collagen loss) and volume (fat pad reabsorption & bone loss) results in marked sagging and folding over time
COLLAGEN LOSS IS A KEY FACTOR IN AGING SKIN

- Fibroblasts are an important source of collagen & elastin
- As we age, fibroblast production of collagen begins to slow and eventually stops
- Unless new collagen production gets stimulated, existing collagen will continue to diminish

Data on File. GALGL00040_Sculptra_GL_MSA_ER. Galderma Laboratories, L.P. 2016
FAT IS ESSENTIAL TO OVERALL FACIAL APPEARANCE

- A youthful appearance is determined in part by the presence and volume of fat pads.
- The face is filled with fat pads, both deep and superficial.
- Deep fat pads are responsible for making us look young.
- Superficial fat pads are responsible for making us look healthy.
FAT LOSS LEADS TO LOSS OF FACIAL VOLUME

- Fat loss, particularly in the deep compartment, can lead to the cascade effect seen in the aging face.
- Loss of superficial fat can contribute to contour deformity as well.

25 YEAR OLD

65 YEAR OLD
A VARIETY OF PATIENTS CAN BENEFIT FROM SCULPTRA

- Enhancement of Youthful Features
  - 30’s

- Moderate Collagen and Volume Loss
  - 50’s

- Deep Volume Loss and Loss of Structural Support
  - 60’s
SCULPTRA IS A DELAYED GRATIFICATION VOLUMIZER
PATIENT CONSULTATION IS KEY TO SETTING EXPECTATIONS

MICHELLE

- Age: 37
- 2 vials of Sculptra

BEFORE TREATMENT

AFTER 1 MONTH
SCULPTRA IS A DELAYED GRATIFICATION VOLUMIZER
RESULTS APPEAR SUBTLY AND GRADUALLY OVER TIME

ELISSA

• Age: 49
• 5 vials of Sculptra

BEFORE TREATMENT  |  SESSION 2 RESULTS  |  AFTER 7 MONTHS  |  AFTER 25 MONTHS
SCULPTRA IS A DELAYED GRATIFICATION VOLUMIZER
RESULTS APPEAR GRADUALLY OVER TIME

PAM

- Age: 63
- 6 vials of Sculptra

BEFORE TREATMENT

AFTER 9 MONTHS
WHAT PATIENTS THINK THEY WANT: “I JUST WANT THIS WINDOW FIXED”
2 VIALS POST | TAKE ADVANTAGE OF THIS TIME: GIVES PATIENTS AN IDEA OF WHAT’S TO COME
7 OPTIMAL AREAS FOR INJECTION OF SCULPTRA

- Temples
- Cheeks
- Pre-Auricular
- Nasolabial Folds
- Mandible/ramus
- Marionette
- Chin
SAFETY
SAFETY

- Take extra care in the nasolabial area, facial artery, infraorbital & temporal artery area
- Aspirate before injecting a bolus
- Move the needle at all times when fanning
- Inject small aloquots
- Use cannulas in high risk areas
- Understand the safest depth of injections in any given area
- Take advantage of periosteum whenever possible
- Avoid bolusing into vessels
TECHNIQUE
THE MASTER SETUP™

- Reconstitute at least 2 days prior (H2O not NaCl)
- 9 cc total dilution per vial (face)
- Add lidocaine if necessary
- Heat and keep heated
- 23 gauge 1.5 inch needle or cannula for fanning
- 23 gauge ¾ inch needle when bolusing
- Don’t prime the needle
- Keep the needle moving continuously when fanning
- Inject quickly (don’t let it settle out of suspension)
- Avoid injecting into muscles
- Take advantage of periosteum whenever possible
- Spread evenly
- Don’t re-inject before 5 weeks - Better to inject more treatments than more vials
- Get them to a baseline
INTRODUCTION OF THE NEEDLE - FANNING TECHNIQUE

**Angle of Introduction**
- Introduce the needle into the deep dermis
  - Bevel up
  - Approximate angle = 30°-40°

**Angle of Injection**
- Lower the needle angle to 10°-20°
- Advance the needle forward, parallel to skin surface
- Using fanning technique, retrograde inject a thread before re-angling
- Advance needle
- Repeat thread
THE MASTER LIFT™

• Goal of The Master Lift™ is to lift the face up and back to its more youthful, healthy looking self
• Typical face requires 4-7 injection target areas
4 POINT MASTER LIFT™

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THE MASTER LIFT™ TEMPLE PORTION

• Last draw should be used for temples or canine fossa, because it is the most PLLA dense.
OTHER SCULPTRA APPLICATIONS

- Butt
- Chest
- Tummy
- Neck
- Elbows/Bat Wings
- Knees
THANK YOU!

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