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HAUTE

# BEAUTY

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+ HEALTH

BY ALANA GARCIA + DR. ANNA AVALIANI

# BEAUTY

## FROM EVERY ANGLE

*The chin is the new cheek.*

HAUTE BEAUTY EXPERT ANNA AVALIANI, MD, IS A PLASTIC surgeon on the Upper East Side of New York City specializing in cosmetic and laser surgery. She is a member of the American Academy of Cosmetic Surgery and the American Society of Laser Medicine and Surgery, and she is a diplomat of the American Board of Medical Specialties. Dr. Avaliani's unique approach is recognized locally and internationally by her loyal patient following. Her high-end clientele includes many models, actors, TV hosts, celebrity makeup artists, hairstylists, fashion designers, billionaires, and other influential people.

Dr. Avaliani is a GAIN national injection trainer for Galderma and is proud to be part of a team of leaders in new innovations for facial harmonization techniques. Chin definition has long been a key area in her practice, and now the FDA has approved chin injections as well. Dr. Avaliani has been offering her patients nonsurgical chin augmentation procedures for the last five years.

Facial harmonization and facial balancing are now gaining more attention than overfilled and overcorrected cheeks. The recent approval of Restylane Defyne for chin augmentation in February has generated excitement in the aesthetic industry. Here, Dr. Avaliani explains how a nonsurgical chin augmentation is performed to achieve a defined jawline and slimmer face, and to make a double chin disappear.

### Haute Beauty: What is nonsurgical chin augmentation?

**Anna Avaliani:** It's also known as a chin filler injection or chin filler augmentation, which is done with an injection of a dermal filler.

### HB: Who is an ideal candidate for nonsurgical chin augmentation?

**AA:** Any person who feels like their side profile is undefined, or maybe they feel like they have a double chin or their nose looks too big in proportion to their face, or they feel like they have a lot of sad lines around their mouth. Chin definition is something that can easily balance and frame someone's face.



PHOTO COURTESY OF DR. ANNA AVALIANI

Some of the amazing, life-changing benefits of nonsurgical chin augmentation include:

- It can make the face look slimmer and longer
- It creates semipermanent contouring
- It can make the face look more masculine, if that is what a patient desires
- It can give more definition and support
- It can make the face look younger and creates less saggy skin in the neck area
- It improves the profile
- It improves the appearance of a double chin

### HB: Why has Restylane Defyne been chosen as the best filler for nonsurgical chin augmentation?

**AA:** Having a very stiff chin may make one feel slightly awkward, and it may look obvious that something was done to the chin. Restylane Defyne has a natural expression technology that moves with you as you speak and maintains facial balance and harmonization without being obvious. This product is simply a great hidden secret in the hands of injection artists.

### HB: How long do the results last?

**AA:** The exact duration varies from person to person and is dependent on a few factors, including:

- The type of filler (HA or other products, or even the type of HA)
- The injected volume
- The metabolism of the patient
- Location, though the chin is a pretty solid structure that doesn't move as much as the lips, for example
- The average duration is about one year. If you need two to four syringes to achieve the desired result, then in 12 months you may need just 1 or 2 ml to maintain the results.

### HB: How much does it cost?

**AA:** The cost varies depending on the practice, the experience of the provider, the injection technique used, and the amount of product used. An in-person consultation is the best way to get a cost estimate.

### HB: How many syringes are needed?

**AA:** That's dependent on the individual's anatomy. The average amount injected during clinical trials was between 4-6 ml of product; 5 ml or 5 cc of a product is only a tiny teaspoon, not a lot. Some people will only need one or two syringes if they already have good chin support, but people who need more support will need more product. It may take more than one visit to achieve a "happy spot," which is the recommended approach for safety and good patient outcomes.

### HB: How long is the recovery?

**AA:** The recovery is pretty uneventful. There might be a feeling of tightness and soreness for one or two days after the procedure. The most common side effects are redness, swelling, soreness and bruising, which usually only last for a few days.

### HB: How long does the procedure take?

**AA:** It can take 5 to 10 minutes, depending on patient comfort and the number of syringes used, as well as the hand and expertise of the provider.



### HB: Does it hurt?

**AA:** There is absolutely no pain or discomfort. The topical numbing and the lidocaine inside the HA filler cause only slight discomfort. It's probably the easiest and most comfortable area for the patient to receive an injection.

### HB: What does nonsurgical chin augmentation do for men?

**AA:** Strong chins have always been considered attractive and powerful. A strong chin for a male patient is almost as important as having luscious, full lips for a female patient.

### HB: What about for women?

**AA:** It will balance their features, allowing for a longer, slimmer, and more defined look while creating support and removing a double chin and softening or erasing early jowls.

### HB: How do I know what product is the best?

**AA:** The best product for you would be determined by your aesthetic provider at the time of your in-person consultation. Restylane Defyne is likely the best and only product on the market that offers support and flexibility at the same time. The two other HA fillers that can be used for chin augmentation are Restylane Lyft and Juvederm Voluma.

### HB: Do the results look similar to receiving a chin implant?

**AA:** The answer depends on whether the patient had realistic expectations and whether the provider was skilled in delivering the most amazing results. If the appropriate patient, with realistic expectations, comes to an injection expert, then the result can absolutely look like a chin implant, except the patient has no recovery, no scars, and no potential nerve damage. Surgery and nonsurgery cannot be considered the same, but in the best cases, they can be pretty close.

Learn more by visiting [dravaliani.com](http://dravaliani.com). ■