

Thin face: what is it due to and how can you correct it?

We are in a time of obesity and overweight. Sometime, the opposite problem for patient is to be too skinny, especially the face.

In the majority of cases it is a **constitutional problem**, since if it depends on temporary physical conditions is due to diseases, and so therapy is toward it.

Some other times, the excessive thinness is due to a **hypoplasia of the upper maxillary** that can cause a concave malar area, while it should be less convex, fading in the cheekbones.

Then the emptiness of the malar area and cheekbones can be due to **aging**.



For these reasons the problem can often involve even young patients who suffers from this type of constitutional problem. For example, as you can see in the picture above, you can notice that the cheek is too hollowed compare to the cheekbone, especially on the side up to the nose, where the so called "vales of tears" continues.

In this particular case of a young lady, you can notice the area that needs to be increased to make a more harmonious face.

Excessive corrections have to be avoided. It is easy to see that the art of filling, only the necessary amount of material, makes a doctor different from another. Beside, the cheekbones and the malar area have to be always rebuilt high. I often see bigger cheeks, while the cheekbone seems to be lees projected.

It is obvious that even the too projected cheekbones has to be avoided.

"In medio stat virtus" (I discovered the Columbus' egg!!!).



It has to be highlighted the fact that these corrections can be less visible in the basal position, while they can be extremely visible while smiling. The art stays in miming the nature that as you can see is always better than us. My personal advice is to ask to doctors who can unite beauty with nature avoiding exaggerations, and ask for a mirror to help the doctor to execute the correction you really want.

The **excessive thinness of face** can be corrected by:

- **reabsorbable fillers** (I do not use the non reabsorbable fillers since I believe they are dangerous even after a while. I do not suggest them to my patients): they are useful for not excessive corrections. The reabsorbable fillers and in particular the **hyaluronic acid and agarose** are great for correction in which the volumetric aspect is important, while the tonicity of tissue is good. It is to be highlighted that the latest hyaluronic fillers on the market allow very natural corrections. In particular I experimented a new technique for which there are no side effects due to misplacing the filler.

It often happens to see some corrections in which the cheekbone is higher than the contralateral. With this technique there are not any of these problems and even a child could



execute this correction without making any mistakes.

Beside the correction has to be done deep in the skin: this exposes to the use of more quantities (and it is more expensive), but the naturalness will be great.

- **medical treatments of biostructuring** that in our opinion if they are well done, they are the best treatment, natural even for bigger volumes. We use the polylevolactic acid and the tricalcium phosphate. The commercial name of the first one is **Sculptra** and the second one is **Atlean**.

The best candidates for this kind of procedure are the skinny patients in whom there is a restructuring of the subcutaneous tissue, an atony that surely will not improve with the time. In fact these materials cause a particular reaction in the body and that is why there is a formation of fibrous collagen, very useful in atonic patients.



In the pictures above it is possible to see a very thin patient and you can see the importance of the tissue ptosis due to atony. During the pre-procedure I decide where to treat and where not to treat, where to push and where to discharge. In the third image you see the final result, obtained after few sessions and after few months of therapy. The trick is to execute many injections with a small amount of materials per each, so they are very uniform. In the end you massage the area and this will allow a uniformity that is unthinkable with normal fillers.

These treatments do not last 10 minutes! The doctor has to take his time: at least half an hour before the treatment the patient has to apply an anesthetic lotion, then the patient goes in the room where the treatment takes place and then another 20 minutes of massage: it is almost an hour, and often more!

The results are visible in few months since the volumetric and tension result is obtained thanks to the reaction of the body and so it takes time! It is not a treatment for those people who want immediate results. It is better to treat these patients with reabsorbable materials. Biorestructuring materials can give some nodulation to a minimum percentage of patients, they are dangerous and they are due to an accumulation of collagen. Beside, in order to avoid side effects, the technique has to be well known and perfectly executed. Even in this case, qualified and prudent staff is required.

- **medical treatment of biorevitalization:** it is more useful in the skin texture and on the tonicity of the derma instead on the volumes. If the patient agrees, I personally use these treatments to prepare the tissues. In fact, the following feed back of the volumizing will be definitely better and the skin texture will be positively affected.

The treatments of biorevitalizations that I prefer are the **polyvitaminic**, the use of bio interactive **hyaluronic acids**, less volumizing but well hydrated (the so called Hidroreserve), and the innovative treatment with **hyper concentrated platelets (PRP)** that allows very quick healings and better results compared to the same treatment done without the PRP.

- **fattening diet:** it is not very useful; if a person is constitutionally thin, sometimes it happens that even after few months of diet, the patient gained only two pounds that are usually lost with the first cold!

However, in my opinion, the skinny patients have to try to gain some weight because it improves the tissues. Great result is due if the person **quits smoking:** the skin improves, the tissues are more turgid and less asphyxiated, the luminosity of the skin increases! I will never stop saying to patient that if they want a good looking skin they have to stop smoking as soon as they can!

- **surgical treatment of lipostructuring:** with good results, but it is a surgical treatment and many patients do not want to undergo it. Besides, the results are not always durable. In some cases the reabsorption is massive even after a short period of time. Results improve if the treatment is done more than once.

The treatment is surgical and the problem is the post operation, the patient cannot go out in public for few days.

- **surgical treatment of positioning non reabsorbable prosthesis:** it is a very invasive treatment that completely changes the proportion of the face. They are contraindicated, in my opinion, in the majority of patients. The right philosophy is obviously the one to improve, without changing drastically your own profile because it is who you are.

Conclusions

We often have the problem of patients who are absolutely in peace with their body volumes, but want a less skinny face, just the face, without gaining weight.

There are many therapies today. It is essential that the patients do not trust the doctors all the way and their sense of beauty (some time it is not what you want), but patients should impose and choose the treatment they want.

In this case, in aesthetic medicine, the therapy has to be absolutely shared.

So I hope that patients stop sitting and saying to the doctor: "do what you want", because there are some treatments that can be dangerous and do not change with the time, but they instead get worse. Always sign an informed consent where it is written with extreme care what you are about to get injected in your skin. Always prefer reabsorbable materials, because they will reabsorb with the time without leaving any traces.

Safety and prudence should always be your friends, escaping from exaggerated and visible corrections: in my opinion the "natural" perfection of a correction should not be visible in the end!

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