

## Which Fillers Are Right For You?

Margaret McGriff | August 12, 2015

When it comes to getting younger-looking skin, fillers are a viable option. However, with so many to choose from, how do you know which one is right for you? *“When considering which filler to use, the doctor must determine many factors including the area of the face or body, the age of the patient, how much volume one is correcting and whether the patient has ever had filler before,”* explains New York dermatologist Jody Levine, MD. Outside of consulting a board certified dermatologist, here’s a general breakdown:



### **Hyaluronic Acid Fillers: Perfect for First Timers**

If you’re getting a filler for the first time, hyaluronic acid fillers are the way to go because they can be dissolved very easily. *“This gives the patients*

*reassurance that if they do not like the filler, it can be removed,”* Dr. Levine explains. *“Although this is usually not necessarily, it definitely helps the patient feel better about the process.”*

### **Thin Fillers: For a Little Plumping**

For smoothing out small fine lines and wrinkles, as well a little plumping under the eyes and lips, thinner fillers will do the trick. *Dr. Levine suggests products such as Belotero, Restylane and Juvéderm Ultra. “Belotero is my favorite for this because it can be injected superficially.”*

### **Thick Fillers: Deep Fine Lines and Wrinkles, Drooping Features**

To correct etched-in lines and wrinkles, fillers with a much thicker consistency are needed. Juvéderm Ultra Plus, Perlane, Juvéderm Voluma, Radiesse and Sculptra are some of the fillers a dermatologist may use to deliver smoother, younger-looking skin. They’re also used to lift eyebrows, fill flat cheeks and fix a sagging jawline. *“For eyebrows, I like to use Juvéderm Ultra to give lift,”* Dr. Levine says. *“For cheeks, we can use any of the fillers mentioned for deep fine lines and wrinkles—it just depends how droopy the cheeks are.”* For example, Juvéderm Ultra Plus may work for moderate lift, while Juvéderm Voluma would be used for very flat cheeks. Suffer from very loose skin? Radiesse is Dr. Levine’s filler of choice.