

Perils and Pitfalls

The Currents Editorial Advisory Committee recently met and decided to add this new column to each issue of the newsletter. "Perils and Pitfalls" will feature surgical questions on complications and answers from a variety of sources – committee members, educational sessions at local or regional dermatology meetings, and you, the members. A different committee member will edit the column each month. Please send in your questions to Laura Davis (ldavis@asds.net) and one of our Committee members will respond in a future issue of Currents. This month's column was edited by Gary Monheit, MD.

Since switching from collagen to hyaluronic acid fillers, I have had a significant increase in bruising and inflammation with my facial augmentation procedures. Why is this and how can I help prevent such bruising?

The hyaluronic acid fillers do have an increased incidence of both inflammation and bruising over the collagen fillers, both Zyderm® and Cosmoderm™. To some degree, this is a reaction inherent in the nature of the hyaluronic acid molecule with a higher incidence of inflammation. The larger particles and denser concentration hyaluronans have a higher incidence of inflammation but some patients are more susceptible to this reaction. Atopics, rosacea patients and those prone to flush react more than others. Over-aggressive massage of the implant also leads to more inflammation. Bruising, though, is more of a procedural event and can occur with any implant.

The following factors are related to bruising:

- 1) Needle size – 27 gauge > 30 gauge
- 2) Rapidity of injection
- 3) Anticoagulants, NSAIDS
- 4) Skin fragility and atrophy
- 5) Technique – tunneling and fanning > serial puncture
- 6) Particulate size – larger have more bruising

Careful injection technique can help reduce the incidence of bruising with either dermal filler - collagen or the hyaluronans.

Figure Legend

Fig 1 Inflammation with hyaluronic acid

Fig 2 Bruising from large particulate human collagen