

OVER-INJECTED

have they gone too far?



EVER SINCE THE ADVENT OF FILLERS AND INJECTABLES, WOMEN HAVE BEEN ABLE TO ERASE WRINKLES AND LINES IN MINUTES—IN SOME CASES, THEY CAN BE STOPPED BEFORE THEY EVER MAKE THEIR MARK. BUT THE KEY TO SUCCESSFUL INJECTABLES IS A NATURAL END RESULT THAT IS NOT OBVIOUS. "SIMPLY PUT, YOU DON'T WANT TO LOOK UNNATURAL. MOST INJECTABLE AND FILLER PATIENTS WANT TO LOOK THEIR BEST BUT STILL LOOK LIKE THEMSELVES," SAYS WEST PALM BEACH, FL, DERMATOLOGIST KENNETH R. BEER, MD. SOME CELEBRITIES APPEAR TO HAVE TAKEN IT TOO FAR—TO AVOID THAT "WAXY AND DONE" LOOK, WE BREAK DOWN THE RIGHT WAY TO DO INJECTABLES VERSUS WHAT LENDS TO A FAKE APPEARANCE.

what the expert says

before injections

"Her face had great proportions—it was heart-shaped, and she looked youthful. Her brows were perfectly shaped, and her cheekbones and lips were well-defined," says Dr. Beer.

Meg Ryan | 1998

CELEBRITIES

what the expert says

a waxy look

"She's really starting to look waxy, which is the result of too much material injected in the wrong place," says Dr. Beer.

disappearing eyes

"Her eyes have basically disappeared because there is so much filler in her cheeks, and her lips lack shape," says New Orleans dermatologist Mary P. Lupo, MD.

unnatural-looking cheeks

"There is too much filler in the front of her cheeks, which pushes her nasolabial creases over and also creates a 'shelf' under her eyelids," says Dr. Lupo.



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distorted features

When too much filler is injected into the wrong area, the end effect can be features that look distorted, since the filler has a negative effect on the proportions of the face.

what went wrong

- A** A shelf under her eyes
- B** Too much filler in her cheeks
- C** Lips that lack shape

how to correct it

The only way to correct Meg's appearance is for her to stop having anything injected for quite some time and let the effects slowly wear away.

| 2010

*NewBeauty does not claim to know whether these celebrities have or have not had injectables, fillers, lasers or surgery, or a combination. The doctors featured in this story have not treated any of these celebrities.

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the negative effects of TOO MUCH FILLER

X TROUT-POUT LIPS. When the top lip is over-injected and doesn't match the thickness of the bottom lip, it looks unnatural. This is a dead giveaway that the lips have been injected.



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a bloated look

"She is overfilled pretty much everywhere. Her lips also lack shape—they just look puffy and unnatural. The excess filler overpowers her eyes, her best feature," says Dr. Lupo.

what went wrong

- A** Too much Botox at the browline
- B** Lack of "comprehensive" injections

how to correct it

Inject the temples and the tail of the brow with Botox, to balance the face.

Sela Ward | 1995

| 2010

what the expert says

an "overdone" look

"Sela looks 'done,' but her temples have been ignored, which causes her face to look out of balance. Placing some Botox about two fingers width above the tail of the brow would help eliminate the elevation," says Dr. Lupo.

lack of balance

"Botox has dropped the brow at the inner corner of the eyes while raising the sides of the brow too much, giving a harsh look," says Dr. Lupo.

X UNNATURAL-LOOKING FACIAL PLANES.

Fillers can be used to add volume and provide lift to some degree, but, when too much is used in certain areas (namely the area between the eyes and cheeks and the temples), it can cause the angles of the face to become distorted.

X LUMPS IN THE LIPS.

Because the lips are constantly in motion, the repetition of movement can potentially cause lumps to develop in the filler. If permanent and semi-permanent fillers are used, there is a greater risk for lumps.

X BULGES UNDER THE EYES.

A dead giveaway of overdone cheeks is bulging under the eyes.

X A BULGING FOREHEAD.

Usually the result of too much Botox or Dysport, a bulging forehead happens when the face is not addressed as a whole and only one or two features are injected.



OVER-INJECTED

unrecognizable face

Placing filler using a poor technique resulted in a lower jaw that's too square for her face. Plus, her features look different, and she is barely recognizable.

what went wrong

- A** Unbalanced features
- B** Bulging cheeks
- C** Overfilled lips

how to correct it

Inject Botox into the masseter muscles to soften the face and jawline.

Daryl Hannah | 1994

| 2010

ABOUT FILLERS

All types of fillers and injectables, both those that are FDA-approved and those that are not, can be abused. While it's not in your best interest to have any one substance over-injected, negative long-term effects of Botox and Dysport and hyaluronic acid fillers are typically less severe than fillers that are intended to be longer-lasting or permanent. If problems arise with long-lasting and permanent fillers, they can be corrected surgically, whereas the effects of Botox, Dysport and hyaluronic acid fillers will eventually wear away on their own.

what the expert says

fake-looking lips

"Daryl's lips are not proportional," says Dr. Beer. "She looks as if she has too much of everything in all the wrong places. Her filler is not done right, and the middles of her cheeks are bulging."

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OVER-INJECTED

5 CLUES YOU MAY BE ADDICTED TO INJECTABLES

- X** You're spending thousands of dollars every few months on injectables.
- X** You're having multiple areas treated routinely at every session.
- X** Your face looks drastically older, puffy or different.
- X** You don't wait the recommended time between appointments.
- X** You're seeing various doctors for treatment, having them inject areas that were just treated.



OVER-INJECTED
the frozen face

"Nicollette is an example of markedly overdone injecting—and her Botox is off. Too much of the medial brow is drooping, which makes her look mean," says Dr. Lupo.

what went wrong

- A** Bulging midface
- B** Unnatural brow arch
- C** Waxy appearance
- D** Fake-looking cheeks

how to correct it

Create balance by treating the upper face; inject Botox to the jaw to soften her look.

Nicollette Sheridan | 2001

| 2010

what the expert says

pay attention to the upper face

"She would probably look better, and more youthful, is she had the upper portions of her face injected and less of her cheeks done, which gives the middle of her face a bulging look," says Dr. Beer.

unnatural-looking eyebrows

"The medial eyebrows are too low and the lateral eyebrows too high, giving an unnatural arch, which may possibly be caused by Botox and volume loss in the forehead and temples," says San Antonio, TX, dermatologist Vivian Bucay, MD.

a timeline for
**MAINTAINING
YOUR INJECTIONS**

3-4
months

For Botox or Dysport treatments, which can soften lines between the eyebrows, crow's-feet and forehead and can lift the brows, too.

6-12⁺
months

Get touched up with hyaluronic acid fillers, such as Restylane, Perlane and Juvéderm. These fill in lines and wrinkles, add volume and can be used to "build up" features.

1⁺
years

Reinject Sculptra Aesthetic and/or Radiesse. These collagen-stimulating fillers are best for those with noticeable volume loss in the nasolabial folds, cheeks, jowls and midface.



Lara Flynn Boyle | 1999

2010



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too-wide face

"Her face became wide from too much injections in her middle and lower face instead of her upper face where she needs it. So, her proportions are wrong, and, instead of having a heart-shaped face, she has a pear," says Dr. Beer.

what went wrong

- A** Overly filled lips
- B** Too much injected in the middle and lower face

how to correct it

"The excess material could be dissected out or she could wait it out. Then, the upper half of her face should be treated, and her face needs to be 'balanced' with fillers," says Dr. Beer.

what the
expert says

filler in the wrong areas

"The middle third of her face is way too wide. My guess is that someone that was not familiar with anatomy injected her and used too much filler in her frontal and lower cheeks," says Dr. Beer. "When this happens, the eye perceives it as strange but can't figure out why."

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INJECTED RIGHT

how to get a NATURAL LOOK



STICK WITH TEMPORARY FILLERS.

According to Dr. Beer, temporary fillers look more natural than something semipermanent or permanent because they are more compatible with the body. "Our bodies naturally do not have plastic or silicone in them. When these substances are injected, they never look as natural," he says. Permanent fillers also do not age along with the face.



WELL-INJECTED

soft and feminine

Jenny is an example of excellent results. She looks like herself, just more relaxed and softer.

what she did right

- A Natural-looking brows that aren't overly arched
- B Proportional lips
- C Perfectly placed filler in the lips

Jenny McCarthy | 1996

| 2010

what the expert says

the key to perfect brows

"Her Botox (or Dysport) is perfect, and her brows have a very feminine arch," says Dr. Beer.

defined features

"Her cheekbones are more defined now, which is probably the result of some weight loss and injections of Radiesse or Perlane in the cheek arches," says Dr. Beer, noting that they are properly done, which entails positioning filler to the side of the cheek instead of placing it in the front of the face.

✓ **SET A SCHEDULE WITH YOUR DOCTOR AND TRY TO STICK TO IT.**

Be consistent with injections but wait until the majority of the results have worn off before reinjecting. "This way, you don't have to regress back to your baseline, or 'start from scratch,' with each session," says Dr. Beer.

✓ **ASK YOUR DOCTOR TO BE CONSERVATIVE.**

Full correction (when fillers are used to fully diminish lines and wrinkles) may be necessary in some patients during the first series of injections, but, in general, your doctor should not be overinjecting.

✓ **DON'T COMBINE INJECTIONS WITH TOO MANY OTHER PROCEDURES.**

Injectables may be coupled with other treatments, but it's important not to do too much of anything. "Overdoing anything will distort normal facial proportions and convey a look that is 'done,'" says Dr. Beer.

✓ **KNOW WHAT'S BEING INJECTED.**

There are women who get injected by nonqualified practitioners who don't use FDA-approved fillers, but rather silicone and nonmedical-grade injectables that can create problems. To learn more about injectables, visit expertinjector.com.



Lori Loughlin | 2004

| 2010



WELL-INJECTED

natural and youthful-looking

"Lori's work is perfect," says Dr. Beer. "Her cheekbones and chin are more defined with age, which is probably the result of some fillers and some weight loss."

what she did right

- A** Lifted any loose skin
- B** Brows have a feminine arch
- C** Features are well-defined

what the expert says

eyes that flatter her face

"Her eyes appear to be more almond-shaped, which filler can sometimes do since it fills in the space under eyes and fills in the cheeks, lifting any loose skin back into place," says Dr. Bucay.



MAKE YOUR RESULTS LAST LONGER

The first of its kind, **LipoCeutical Hyalanses Activator Serum** claims to increase the longevity of hyaluronic acid fillers. Using a mix of protein inhibitors, vitamins and retinols, the serum, which should be used day and night prior to and after injections, slows down the rate at which the body naturally breaks down the filler. \$48, lipoceutical.com

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INJECTED RIGHT

can fillers slow the AGING PROCESS?

THE MAIN PURPOSE OF FILLERS IS TO FILL IN LINES AND WRINKLES AND RESTORE VOLUME. THE NEW DEBATE IS WHETHER OR NOT LONG-TERM USE OF THEM CAN ACTUALLY SLOW AGING. "STARTING AT AGE 30, MOST OF US LOSE ABOUT 5 MILLILITERS OF VOLUME PER YEAR IN THE FACE, WHICH IS ABOUT THE EQUIVALENT OF FIVE SYRINGES OF FILLER. OVER TIME, THIS VOLUME LOSS REALLY ADDS UP," SAYS DR. BUCAY.



Christie Brinkley | 2007

| 2009

what the expert says



A LITTLE TOO MUCH

Too much filler was used in the front portion of her cheeks. "Her cheeks look like they're entering the room before her," says Dr. Beer.

NOT ENOUGH

"The most prominent features in this photo are her crow's-feet and nasal wrinkles, which can easily be fixed with Botox or Dysport. Her skin also has a lot of sun damage and she looks tired," says Dr. Beer.

✓ YES, THEY CAN.

"It's been proven that fillers can slow aging," says Dr. Lupo. "Sculptra Aesthetic and Radiesse stimulate collagen production by causing mild inflammation. A study by the University of Michigan showed the same effect with hyaluronic acid fillers: stimulating fibroblasts through injections wakes them up, causing the skin to make more collagen and act younger." Dr. Beer adds, "Based on clinical studies I've seen, long-term use [five years or more] of hyaluronic acid injections prohibits the natural enzymes in the body from degrading the filler as much. The filler lasts that much longer, and the signs of aging are far less evident."

✗ NO, THEY CAN'T.

"Even if clinical studies show that routine injections of fillers cause an increase in collagen and elastin, we are not able to gauge how much the aging process can be slowed. We don't know for sure if long-term use really diminishes aging of the tissues or if repeat injections are causing permanent inflammation and scar tissue that's filling in some of the lines and wrinkles," says La Jolla, CA, plastic surgeon Robert Singer, MD. "Regardless of if it does or not, the end result is a fresher appearance."

INSIDE tip

Fat is another filler option that has been linked to halting the signs of aging. "There is better evidence with fat in terms of anti-aging benefits. It has healing factors to plump the skin and improve its quality, and it also stimulates new tissue growth," says Dr. Singer.



WELL-INJECTED

the perfect balance

"Christie seems to have struck the perfect balance, and her dermatologist or plastic surgeon is treating her perfectly," says Dr. Beer.

what she did right

- A Well-defined chin and jaw
- B Natural-looking cheeks
- C Movement in all the right places



JUST RIGHT

"Her chin and jawline are perfectly defined with excellent definition and none of the sloppiness that comes with bad injections," Dr. Beer says.

BENEFITS OVER TIME

"After about five years of repeated, regular injections, the skin will look softer, and there will be more collagen in the skin," explains Dr. Lupo. Adds Dr. Singer, "Continuing with injections of Botox or Dysport every four months or so, before there is full recurrence of muscle activity, seems to slow the progression of aging."

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OVER-INJECTED

too much TOO SOON?

THE SOONER YOU START WITH INJECTABLES AND FILLERS, THE SOONER YOU'LL BE ABLE TO STAVE OFF THE EFFECTS OF AGING. ACCORDING TO DR. LUPO, IT'S BEST TO START BOTOX IN YOUR LATE 20s AND FILLERS IN YOUR LATE 30s. BUT SOME OF HOLLYWOOD'S YOUNGER CELEBRITIES ARE OVER-INJECTING IN UNNECESSARY AREAS, CHANGING THE OVERALL LOOK OF THE FACE.



Kim Kardashian | 2006

| 2011



OVER-INJECTED

looks older than she really is

Adding too much volume, when there's enough naturally, can create an artificial look and an aged appearance.

what went wrong

- A** Lost her heart-shaped face
- B** Excess amount of volume overall

how to correct it

Stop with injections and let some of the results fade away.

what the expert says

very full cheeks

"If you look at Kim in 2006, she really had a heart-shaped face. She now has more cheek than she should, but she still looks good," says Dr. Beer.

WHY FILLERS DON'T AFFECT NATURAL AGING

There's no need to worry about causing changes in how your face will age, if your injections are done properly. "We do injectables differently today than in the past—we don't just fill but also lift now. So, if product is used globally and not just locally, then the face should age exactly the same as if nothing was done," says Dr. Lupo.

AVOID THE PROBLEM

To make sure that you don't end up with unnecessary and excess product, have your doctor treat only the areas that are starting to show signs of aging. Make sure you're back at your doctor's office only when touch-ups are needed.