

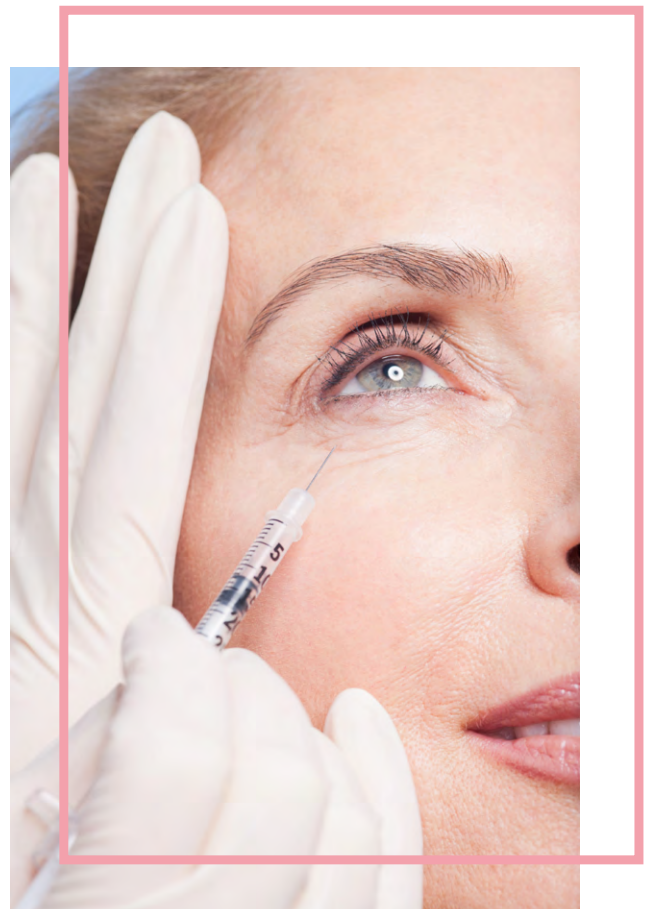
PHYSIOTHERAPY AND FILLER *INJECTIONS* :

INTEREST OF *endermologie*® TREATMENTS

A french team from the maxillofacial surgery department at Montpellier G. de Chauliac Hospital has published an article on care after **filler injections** in order to optimize the aesthetic results, to avoid complications and in particular nodules formation, but also to **harmonize the distribution of the injected product**.

Post-injection physiotherapy care was initially developed in the department for volume losses treatment following antiretroviral therapy for patients with HIV disease.

Large quantities of product are then injected with a high risk of granuloma formation. The maneuvers, inspired by the treatment of scar fibrosis, have made it possible to considerably reduce the appearance of nodules and areas of fibrosis. This **injector/physiotherapist collaboration** has therefore been extended to facial aesthetic patients. This care includes manual maneuvers as well as the use of *endermologie*® treatments.

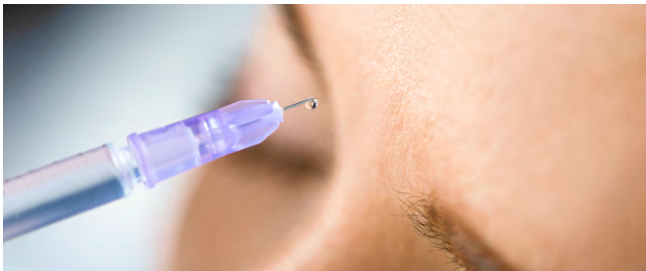
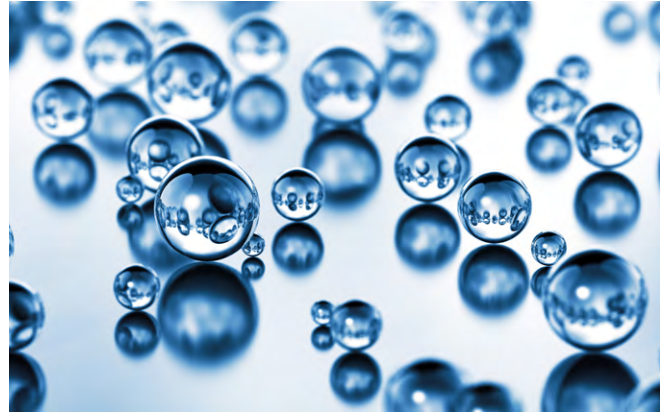


FILLERS:

In France, 300 000 cosmetic fillers are injected every year. These injections are intended to eliminate wrinkles and fill in volume losses using different products:

■ **HYALURONIC ACID:**

It is currently the most widely used absorbable filler. It retains water and mixes with the hyaluronic acid of dermis with a longer or shorter lifespan depending on its viscosity (6 to 8 months). This one is chosen according to the depth of the injection and the desired effect (wrinkle filling, volumizing effect).



■ **POLYLACTIC ACID:**

It is a long-lasting filler indicated for deep injections. The volumizing effect is gradual and only becomes effective after a few months.

■ **AUTOLOGOUS FAT:**

The principle is to carry out a true transplant of fat cells by reinjecting fat taken from the patient himself (lipofilling).

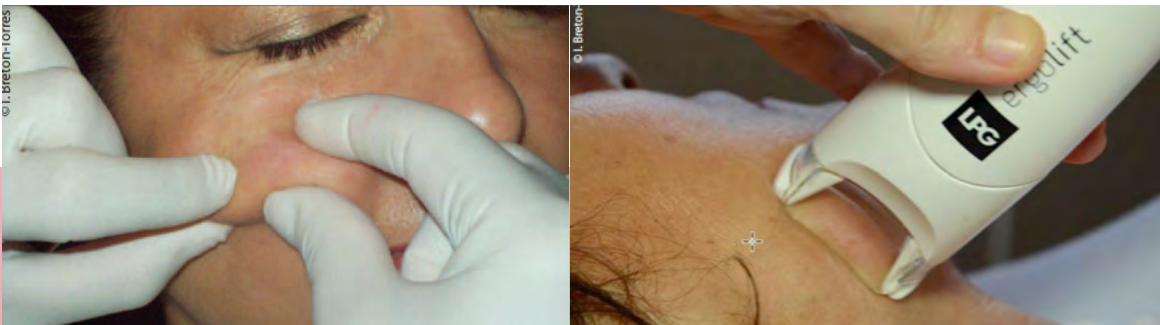


WHATEVER THE TYPE OF INJECTION, THE MOST COMMON COMPLICATIONS ARE BRUISING, ERYTHEMA, PAIN AND GRANULOMAS.

IN PRACTICE...

The technique in that maxillofacial surgery department combines **massage with lymphatic drainage**. It is important that the physiotherapist knows the nature of the other products injected and the exact location of the treated area in order to comply with the injector's diagrams. If the physiotherapist is present at the time of the injection, he/she can perform a session immediately afterwards.

On the following days, he can perform between 2 and 4 sessions depending on the nature of the product. The aim of that care is to **avoid fibrosis** and to facilitate a **better integration of the product** while avoiding its resorption. It can also be used to treat nodules which appeared in patients injected by other practitioners, that have not benefited from this early care. Finally, in case of asymmetry, those techniques make it possible to restore a more homogeneous and balanced distribution of the product.



Various multidirectional maneuvers can be used manually or instrumentally over the entire injection area. Combined with the injections, endermologie® protocols **enhance the effects** and increase the lifespan of the final result.

At a distance from the injection, those mechanical stimulations will give a real «**boosting**» effect, combining two effects:

- An increase in water fixation by the hyaluronic acid spontaneously present or injected into dermis, thanks to the effect of maneuvers on circulation.
- A stimulation of elastin and hyaluronic acid synthesis.

At the end of each session, a manual lymphatic drainage is performed to allow a quicker resorption of possible bruises and provide a soothing effect.

IN CONCLUSION...

The role of the physiotherapist in **post-injection care** in aesthetic medicine is currently indisputable. By combining those sessions with a healthy lifestyle for the patient (avoiding dehydration and untimely sun exposure), the duration of the injection effectiveness is increased. That care by specialized physiotherapist optimizes the final result. Indeed, no nodule appeared in patients treated with a more homogeneous distribution of the product. We can speak of a real facial «physio sculpture».



SOURCE :

Post-injection facial physiotherapy in aesthetic medicine

BRETON-TORRES I., LEFEBVRE C., JAMMET P. Scientific Physiotherapy 2014 ; 554 :15-21



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