

# new beauty

New Zealand cosmetic doctor

**Dr Tracey Lambert** discusses her experience using Esthélis, a new dermal filler range.

In the last few years, the range of dermal filling products available to reduce lines and wrinkles has increased markedly. Early resorbable products such as bovine collagen have been superseded by human-derived collagen (at least in New Zealand), and by hyaluronic acid products (HAs). Hyaluronic acid products generally provide a longer-lasting effect than collagen – which for most people is of prime importance – and are rapidly surpassing collagen in popularity.

A new HA called Esthélis is expected to be approved by the Therapeutic Goods Administration in early 2007. Esthélis is a non-animal HA developed in Switzerland by the bioresearch company, Anteis. Since May this year, I have been using Esthélis on a regular basis and I have also visited Anteis at their research headquarters in Geneva (at my own expense). This report is of my experience with Esthélis over the last six months.

Hyaluronic acid dermal fillers are classified as biphasic or monophasic. Biphasic products (Restylane and Hylaform) consist of gel particles of stabilised HA suspended in a less- or even non-stabilised HA fluid. In contrast, monophasic products such as Esthélis are purely stabilised (non-particulate) HA gels. This distinction explains the differing consistency of the products: the monophasic Esthélis is more elastic and remains cohesive

when added to water (ie, it stays together as a gel 'blob'), while biphasic products are more dispersive (ie, they separate to form visible microparticles).

In addition, the body's breakdown of biphasic gels may differ from that of monophasic gels. Biphasic gels are thought to have a rapid initial degradation of the 'carrier' HA fluid and a slower degradation of the stabilised gel particles, whereas monophasic gels are thought to degrade more uniformly. This is said to explain why some patients treated with biphasic gels initially undergo a rapid loss of considerable volume with residual 'beading' (as the carrier is degraded and only the gel particles are left).

### The Esthélis range

Esthélis is currently available in two formulations: Esthélis Basic and Esthélis Soft. Both products are available in 0.6 and 1.0ml volumes. The range also includes Esthélis Men, which is essentially the same as Esthélis Basic but has different packaging. The Basic product is said to last six to nine months (although in a small clinical study 75 percent of patients still reported the effects as 'excellent' at 10 months) and the Soft product three to four months.

**Esthélis Basic** In addition to using the Basic formulation in indications such as might be treated with Restylane (eg nasolabial folds, oral commissures and lip augmentation), I have particularly used it to fill medium-to-deep facial lines. These lines would typically be too deep to be treated with a finer consistency biphasic HA, and would risk beading or cording with standard biphasic HAs. For this indication, I have successfully treated cheek and chin lines, frown lines and (especially) medium-to-deep 'purse-strings' lines around the lips.

Furthermore, Esthélis Basic has provided me with a 'one-syringe solution' for those patients who require a layered fill (eg, a nasolabial fold with an overlying superficial line). Although it is the thicker of the two Anteis HA dermal fillers, the elastic nature of Esthélis Basic allows it to be injected superficially and then gently massaged to avoid any ridging. Moreover, I can also change to a smaller gauge syringe to inject finer lines or to refine a fill (again with gentle massage if required). However, this does require more force to inject the product and apparently decreases the duration of product injected through the smaller gauge syringe.

For lip augmentation with Esthélis Basic I have slightly altered my injecting technique. Originally I used it as I do Restylane: performing linear threading around the lip border with injection into the body of the lips to varying degrees. I found this produces a softly-defined edge to the lips, which was very appealing to patients but not quite as full as they had hoped. During my visit to Anteis in Geneva, I was provided with further training material, which recommends that a dual linear thread is used to outline the lips (ie, not withdrawing the needle fully at each injection site, but re-

inserting it and injecting a second time along the same line). I now routinely employ this new technique, with pleasing results to my patients. The lips are now outlined with a slightly firmer (though not thread-like) border, and they appear fuller.

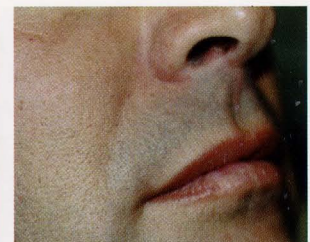
**Esthélis Soft** I have not been using Esthélis Soft for all the indications recommended by Anteis (perioral wrinkles, lip commissures, crows' feet and forehead wrinkles), as I have found that many of these can be successfully treated with the longer-lasting Basic formulation (using a smaller gauge syringe where necessary). However, for very fine lines, I have found Esthélis Soft to be a valuable product that provides similar results to those I have previously obtained with Cosmoderm 1. I can also safely use it in conjunction with Esthélis Basic in individuals who also require deeper contouring.

I have been using Esthélis since May 2006, and have been pleased to find that the products have largely lived up to their 'hype'. To date, my patients have encountered few side effects with the Esthélis range. Side effects can include occasional bruising in those having deeper contouring, and one or two (usually in very fair-skinned patients) cases where localised erythema has developed with fine line treatments. Such red 'cat-scratches' tend to fade within minutes to hours. In most cases, my patients have experienced very little swelling – even when having their lips augmented, and few (if any) have complained of the stinging that sometimes occurs when injecting other HA dermal fillers.

In conclusion, Esthélis provides me with a further choice of products when treating patients with HA dermal fillers – and in particular allows me to use a one-syringe procedure that would require a couple of products from other ranges. The flexibility of this new HA dermal filler is practical and appealing (both products being available in both 0.6 and 1.0ml volumes), and when considered with the beneficial aesthetic results and low incidence of side effects, makes Esthélis a very attractive range. **acsm**



BEFORE



AFTER Esthélis Basic treatment (Photo courtesy of P. Micheels, Geneva)



BEFORE



AFTER Esthélis Soft treatment (Photo courtesy of P. Micheels, Geneva)