



Chin fillers - all you need to know

What are chin fillers and why would anyone choose this option instead of surgery? Can they really work for people with weak chins? Who is an ideal candidate? If you've ever wondered what this type of treatment is about, here is your FAQ guide.

What is a chin filler?

In short, it is a filler that can be used to add volume and shape to people's chins.

The treating healthcare practitioner will choose a filler product that is suitable for the individual person's needs and anatomy, as well as the person's wishes and desires.

Products that can be used for the chin are often also suitable to treat the cheeks, jawline, nose ridge, and wrinkles, for example. That's why clinics don't have a list of "chin fillers" but instead a list of facial areas that can be treated.

What are the advantages of fillers vs surgery?

Here are the main advantages of choosing a non-surgical alternative:

- Surgery is usually costlier¹, and the treatment is permanent. Fillers are temporary¹ but long-lasting (see more below about how long they can last)
- Contrary to what many people believe, chin fillers can provide considerable volume and projection. You don't necessarily need to undergo surgery for that (see the images here for example).
- Since the treatment isn't permanent you can change and adjust your look if you'd like to fine-tune or explore further with the shape. Also, beauty ideals come and go, and we tend to change our preferences over time.

- Many people want to fine-tune their looks. For example, they may want a somewhat pointer, or squarer, chin. Or fill a cleft or treat wrinkles in the lower face. Surgery may not always be the best option for fine-tuning. However, a chin filler is very suitable for just that.

What prompts a patient to ask for a chin filler?

There are many reasons since chin fillers can be used in so many ways. Here are some common treatment alternatives:^{2,3}

- Change the shape of the chin (pointer, squarer, or any other type of shape)
- Change the contours of the chin (for example give projection to a weak chin)
- Add lost volume (volume loss in the face is a natural development as we get older)
- Add roundness or softness
- Add angles and sharpness (yes you can do that as well!)
- Treat wrinkles in the lower face

Who is the ideal candidate for a chin filler?

As you can see from the list above, anyone could be an ideal candidate. People have the right to individualize their looks, on their own terms.

Your healthcare practitioner may for example not treat you if you are under 18, are taking certain medications, such as immunosuppressive medications, nonsteroidal anti-inflammatory drugs or any other medication that affects bleeding.⁴

The healthcare practitioner will always check medical history before any treatment takes place. Make sure to tell him or her if you have received previous treatments, both surgical and non-surgical.

How long does a typical chin filler treatment take in-office?

Be prepared to spend about 45 minutes at the aesthetic clinic, especially if you visit the clinic for the first time.

- As a first step, you will be asked to fill in a form about your health and medical history. If you are new to treatments, it may take a while.
- Then you will have a consultation. Think through exactly what result you want so that you can provide a good description at the consultation. You can bring images to show what you mean, if you like. The treating healthcare practitioner will discuss with you what can be done to create a result that matches your wishes and desires.
- Make sure to bring up your fears about the treatment too, should you have any. Together you will also discuss treatment risks and potential side effects.
- The actual treatment doesn't take many minutes. It is the consultation that often takes most of the time. After the treatment you will receive aftercare advice.

Do patients experience any side effects or downtime after getting a chin filler?

The most common side effects for the chin filler Restylane® Defyne™ are local reactions at the treated area such as bruising, redness, pain and tenderness. These types of side effects usually disappear within a week.⁵

The most common side effects for the filler Restylane® Lyft™ are local reactions at the treated area such as bruising, redness, itching, swelling, pain or tenderness. These types of side effects usually disappear within a few days or up to two weeks.⁶

There may be other treatment risks as well, such as nodules or inflammatory reactions. You should always discuss treatment risks with your healthcare practitioner.

Is any anesthesia required during a chin filler treatment?

Most fillers contain a local anesthetic that makes the treatment experience more comfortable. There are also alternatives without anesthetic for those who prefer that or who might be allergic to the anesthetic.

Which filler do you choose for the chin augmentation? Why?

Here are two fillers, with different properties, that can be used to augment the chin:

Restylane® Lyft™ - projection and structure

Restylane® Lyft™ is based on the NASHA® gel technology that produces very firm gels with low flexibility.^{6,7,8} It is ideally suited for creating projection and providing structure.⁸⁻¹⁰

In a clinical study with Restylane® Lyft™, 99% of participants said they would recommend the treatment to a friend.¹¹

The same study showed that the result of a treatment with Restylane® Lyft™ lasts for up to 24 months with one retreatment.¹¹

Restylane® Defyne™ - flexible support for contouring

Restylane® Defyne™ is ideally suited to treat dynamic areas that require flexible support.^{5,12,13} It is based on the OBT™ gel technology that produces more flexible gels.¹³

In a clinical study with Restylane® Defyne™ for chin augmentation, 96% of participants still had improved projection of their chin after one year, according to the treating investigators.¹³

Another study with Restylane® Defyne™ showed that naturalness of dynamic expressions (such as smiling) was maintained or enhanced among all patients (100%).⁷

The images here show before and after treatment with Restylane® fillers. If you are considering having chin fillers, consult a qualified healthcare practitioner.

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