



Juvéderm[®] XC

**PRESERVATIVE-FREE LIDOCAINE
ENHANCED INJECTABLE FILLER
FOR ADDED PATIENT COMFORT**

By Isaac Starker, M.D., F.A.C.S.

Juvéderm[®] XC is a cross-linked hyaluronic acid injectable filler which was cleared for use by the FDA in January 2010. It is distributed by Allergan (Irvine, CA) and has the same FDA cleared indications for use as their Juvéderm Ultra and Ultra Plus

approved example of where it may be injected is the nasolabial folds, the so called parentheses lines.

Experienced injectors have also used these products in an off-label fashion in many other facial areas including lips, pre-jowl

The local anesthetic has been incorporated into the product in such a manner that it does not dilute the product further; and, therefore, the volume of material required to obtain the desired correction is no different than had previously been the case with Juvéderm. Similarly, it is also available in “Ultra” and “Ultra Plus” formulations, allowing for greater versatility and precision for the injector.

The Ultra XC formulation is preferable for use in correcting mild to moderate lines, whereas the Ultra Plus XC, since it is more highly cross-linked, is preferable for volumizing and correcting deeper folds and wrinkles. Both Juvéderm XC products, like standard Juvéderm, demonstrate sustained results for up to a year. The proprietary cross-linking technology allows these products

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products which were introduced in the U.S. in June 2006, namely as an injectable dermal filler at the mid to deep dermis levels for correction of moderate to deep facial wrinkles and folds. An

sulcus, orbital rim, and brow. Like Juvéderm, Juvéderm XC is non-animal based cross-linked hyaluronic acid gel, but has the added advantage of containing 0.3% preservative free lidocaine.

to be injected smoothly and consistently and is very malleable when injected, allowing for optimal results.

LIDOCAINE ADVANTAGES

The addition of lidocaine presents several advantages for both the patient and the injector, the most important of which is greater patient comfort. While the initial injection can be felt, the immediate area becomes anesthetized within seconds as the material is injected. As a result patients can undergo the

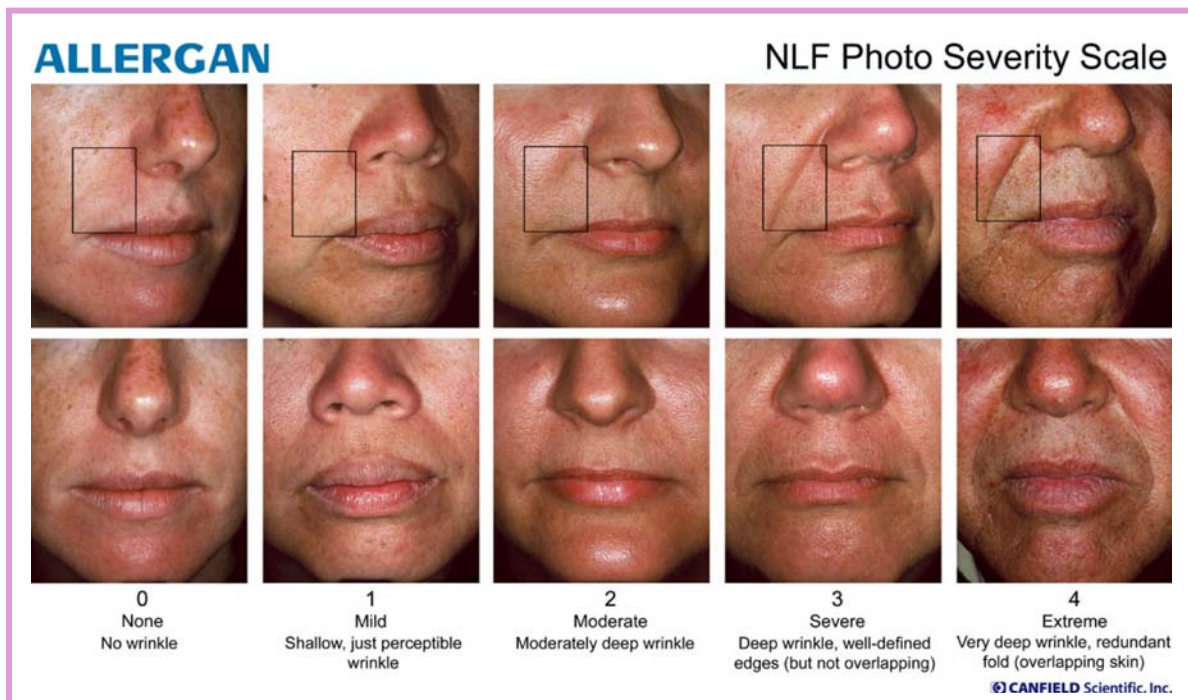
procedure with only minimal topical anesthesia or even just ice applied to the area in question. Since massaging the area of injection is helpful to insure smooth, optimal filling of the tissues, the presence of the anesthetic in the tissues makes this step of the procedure much more comfortable. As patients have variable pain thresholds and abilities to deal with even mild discomfort, these advantages are not universal; but in the study presented to the FDA by Allergan, they found that 93% of patients reported less pain than with the non-lidocaine

formulation.

While dental blocks can be highly effective in eliminating any pain associated with the injections, many patients dislike the feeling of dense anesthesia which, depending on the agent used, can last as long as four hours. Topical anesthetics are sometimes used in advance of Juvéderm, but their results are not consistent; and they may require as long as an hour to be effective. Many patients find the required waiting time inconvenient, as can the practitioner's office. Therefore, another advantage with the XC formulation is that the physician can avoid the need to have a place for patients to wait until the topical anesthetic is effective.

Individuals who want to continue using topical anesthetics even with Juvéderm XC can continue to do so with the knowledge that their patients will now be significantly more

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comfortable. I have found that just a few minutes of contact with an ice pack will provide enough anesthesia for patients to have a comfortable experience when receiving their Juvéderm XC injection.

SAFETY & EFFICACY

The new Juvéderm XC formulations have a similar safety and effectiveness profile to the previously FDA cleared Juvéderm formulations, and there can still be bruising, mild erythema, and swelling immediately after the injection. Individuals with known allergies to lidocaine or Gram positive bacterial proteins should not receive Juvéderm XC. As the indications for the use of this product and the injection characteristics and longevity are the same as Juvéderm, the addition of lidocaine should be viewed as an improvement from the perspective of comfort and should lead to greater convenience in scheduling for both the patient and the doctor's office. Patients with fear of injections or low pain tolerance should be less anxious and should find the experience of receiving this injectable filler more pleasant. Additionally, patients who despite being pleased with their results have been avoiding repeat treatment because of pain-related concerns are now more likely to return for a future session. **777i**

For further information regarding safety and patient data, visit the Juvéderm website: www.juvederm.com.



About the Author



Isaac Starker, M.D., F.A.C.S. is a talented Plastic Surgeon whose technical knowledge and artistic eye combine to achieve stunning yet natural appearing plastic surgery results in New Jersey. Dr. Starker performs the full spectrum of cosmetic and reconstructive procedures. He is trained in the latest surgical techniques and in the use of the most advanced technology, including lasers, endoscopy, ultrasound and power-assisted liposuction, and computer imaging.

His surgical philosophy is based upon the premise that successful plastic surgery is a collaboration between patient and surgeon. Dr. Starker feels that he has to take the time to listen to his patient first, and only then can he suggest and perform surgery that will meet his or her wishes.

A Fellow of the American College of Surgeons, Dr. Starker earned his undergraduate and medical degrees from New York University and completed general surgery and plastic surgery residencies at St Lukes-Roosevelt, Montefiore and Albert Einstein University Hospitals. He is certified by the American Board of Plastic Surgery and is active in the medical community.

He maintains memberships in numerous professional societies, including American Society for Aesthetic Plastic Surgery, American Society of Plastic Surgeons, New Jersey Society of Plastic Surgeons, and the American Medical Association. For more information or to contact Dr. Starker, visit the Peer Group website: www.peergroupnj.com.