

# Dilution and Hyperdilution of Radiesse & Sculptra

Downloadable Resources To Assist You in Clinical Practice



# Dilute versus hyperdilute Radiesse

- Diluting and hyperdiluting removes the volumization component and increases biostimulatory effects
  - On-label Radiesse = lift and definition then collagen stimulation
- Improves texture and quality of skin through at least 7 months post treatment
- Dilution ratios vary per area treated
- There is more collagen production with lower dilutions as there are more gel spheres per centimeter squared
- Studies were done with 2-3 sessions 4 months apart
- In practice, I do 3 sessions 6 weeks apart

# HOW

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22 G, 2-inch cannula

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Dilute with Lidocaine or Saline immediately after mixing (the higher the dilution, the faster the product separates)

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Sterile mixing environment

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Plane of injection is the deep dermis

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You want to see the grey of the cannula to be in the right plane

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Feeling resistance is normal

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5 or 10 cc syringes to mix

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Female to female connector to dilute/hyperdilute

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At least 20 passes for homogeneity

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Place product back to original syringe or 3 cc syringe to inject

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# Dilution ratios- depends on dermis thickness

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Pan-facial rejuvenation- 1:1

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Neck 1:2-1:4

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Decolletage 1:2-1:4

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Upper arm laxity 1:2

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Abdomen 1:1

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Buttock (sagging) 1:2

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Cellulite 1:1

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Striae 1:1

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Formula-- 1.5 cc aka 1 syringe per 100 cm<sup>2</sup> (size of a small hand)

# Poly-L lactic acid aka Sculptra: MOA

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PLLA with carboxymethylcellulose and mannitol

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Synthetic polymer local and subclinical inflammatory response recruiting macrophages, monocytes and fibroblasts. Induction of a local reaction.

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Hydrolysis occurs and products byproducts are eliminated over time

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Leaving behind an increased collagen by fibroblasts

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Results last 18-24 months, some say up to 5 years (Dr. Valeria)

# HOW

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2-3 sessions, 4-6 weeks apart

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Reconstitution 24-72 hours prior with sterile water

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Injected into SQ plane

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Massage area after treatment for proper dispersion

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Dilution for the face: 2 ml lido, 8 ml sterile water

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# Hyperdilute Sculptra

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Add another 8 ml of sterile water

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Treatment interval 4- 6 weeks

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Transfer from a 20cc syringe to a 3cc syringe with female to female for injection

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Approx 1 vial per area

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0.1 ml per cm squared