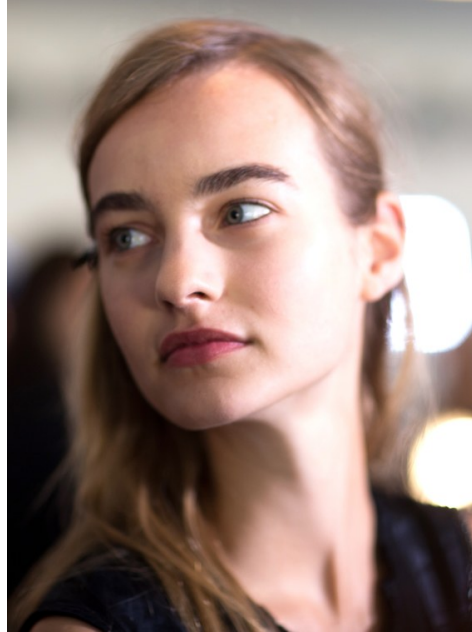


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The New V

Elizabeth Siegel | September 19, 2016



THE FILLER UP

You probably think of filler as something for wrinkles. You may even have a few cc's in your wrinkles right now. But in the jaw, dermatologists use filler very differently. Remember how we told you that the jawbone shrinks, contributing to sagging? "We use stiff fillers, like Radiesse and Restylane, to add structure back to the jaw—like using poles to stretch a tennis net taut," says **Ava Shamban**, a dermatologist in Los Angeles. "First, I inject the parts of the jaw that are under the chin and ears, where the mandible bone has shrunk. If that's not enough support to lift the entire jaw, I'll inject all the way along the jawline." The main side effect is a small chance of bruising. This approach isn't for everyone, though: "If you've got a lot of laxity, fillers aren't going to lift your jaw," says Hirsch. But for the right patient (with mild to moderate sagging, between the age of 40 and the mid-70s), "it's very effective at lifting and smoothing the jaw in a natural way," says Ellen Marmur, a dermatologist in New York City, who is wrapping up a yearlong study on the effects of filler in the jaw.

Cost: It varies, depending on how much lifting you need, but "plan on spending a grand or two," says Shamban. In better news, the effects can last up to two years.

THE JOWL MELTER

The sun, smoking, genetics—these are the main causes of aging in the jaw and, you

know, everywhere else. But there's also a more surprising source of sagging: "Just as gravity pulls down on your jaw over time, so can a pocket of fat under your chin," says Graf. "Kybella is an injectable, synthetic form of the fat dissolver deoxycholic acid, which exists naturally in your body." It breaks down fat cells so they can be flushed out of the body by your circulatory and lymphatic systems. It'll get rid of a double chin, or what Shamban calls a "jeck," and as a secondary benefit will tighten tissue, which could help prevent sagging in the long run. "Longer-term results can be excellent, but there's a period of swelling for one to two weeks, so it's best to get it in the winter, when you can cover up," says Hirsch.

Cost: \$1,000 on average per session; it can take up to six sessions to deliver results.

THE STRING THEORY

A new procedure called the Silhouette InstaLift is not for the squeamish, so consider yourself warned. "You take a self-dissolving surgical-grade thread with a long needle on both ends, make three dots along the jaw and chin, and thread under the skin to tighten it," says Marmur. That thread has little cones attached to it that hook onto connective tissue right below the dermis (and also dissolve). "You push the skin over it, and you hear them clicking into place, and you get some lift of the jaw and neck," says Shamban. The effects can last about 6 to 18 months. "But there's a real artistry to doing it, so you've got to go to someone who knows what she's doing," says Marmur. And some of the dermatologists we spoke with are waiting to be convinced it's worth it to jump on board.

Cost: \$3,000 on average.

<http://www.allure.com/story/non-invasive-face-lift-procedures>