

T H E
AESTHETIC GUIDE

An Alternative Aesthetic Treatment for Facial Volume and Balance

By Cindy J. Papp, Contributing Editor

Aesthetic patients want to look their best with natural, youthful results, often without surgery. In response, the industry has introduced numerous treatments to restore facial volume by replacing fat through grafting or with injectables like hyaluronic acid (HA) fillers. But providers now have an alternative treatment to restore volume and balance by replacing the body's own fat, for a truly natural result.

According to Lisa Goodman, PA, founder of GoodSkin™ clinics (Los Angeles, Calif. & New York, N.Y.), **Renuva**, from MTF Biologics (Edison, N.J.), is a lasting and natural looking treatment to volumize the face. "Once injected, Renuva creates a honeycomb-like 'adipose matrix' that acts as a scaffold for your own body fat to form through a process called remodeling," Ms. Goodman explained. "Renuva works to make your own fat in the area so the results are natural because mother nature is truly being replaced."

Renuva is composed of allograft adipose matrix that gradually replaces age-related fat loss with the body's own fat. Because the biocompatible technology is comprised of the same proteins and collagen found in adipose tissue, it also contains the same regenerative components that exist in native fat. This groundbreaking treatment can be used as an alternative to fat grafting with more predictable outcomes, and as a potentially longer lasting alternative to HA fillers.

"It is great for people with autoimmune disorders as the source material is completely bioidentical," Ms. Goodman shared. "And, it is also a great alternative for people who are prone to fluid retention from fillers because fillers work by binding water at different degrees and some people are more prone to fluid retention in some parts of their face.

"One of our most popular treatments is Nuvasculpt, which combines Renuva with injectable poly-L-lactic acid (PLLA), Ms. Goodman continued. "Renuva works to restore fat, while PLLA stimulates collagen production.

We also frequently use it for filler correction. In this case, we dissolve unwanted filler and replace it with Renuva on the same day to prompt the body to generate its own fat for immediate improvement. The injected fat matrix provides immediate enhancement for about a month and then dissipates as the body's natural fat gradually fills the area over the following three months."

Ms. Goodman shared that her ideal protocol depends on the patient's age and the extent of volume loss in the treated area. "Typically, we recommend one 3 cc box of Renuva per area with volume loss, and the number of sessions is tailored to each individual," she clarified. "For individuals in their 20s or early 30s with mild to moderate volume loss, we typically suggest a minimum series of three treatments, spaced out based on the body's natural response and the desired outcome. We aim to achieve a balance between providing sufficient time for Renuva to restore volume and allowing clients to see tangible results within a reasonable timeframe."

For an off-the-shelf alternative to autologous fat grafting, Renuva can help patients of all ages replace volume and facial balancing safely and effectively. "Renuva's remarkable ability enables me to achieve natural results for my clients, both in the short and long term," Ms. Goodman concluded.



Lisa Goodman, PA
Founder
GoodSkin
Los Angeles, CA &
New York, NY



Before and after approximately 14 boxes of 3 cc Renuva injected into the forehead, cheeks and perioral area, as well as neurotoxins and fillers. Patient underwent four treatment sessions over a timeframe of six months.
Photos courtesy of Lisa Goodman, PA