



COSMETIC TREATMENTS

How This 5-Minute Treatment Can Make The Biggest Difference in Your Face Shape

Chins are in!

By Tatiana Bido, Features Editor · Dec 9, 2020



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If you feel like everyone and their mom is getting a smidge of **filler** in their chins, you're not wrong. You can count me as everyone and I'm someone's mom, so I fit in both categories.

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When I first tried it three years ago, I thought, "Why not?" I never thought I had a weak chin, but once the filler was placed, I was instantly hooked. It gave my lower face a nice endpoint, and although the difference is mere millimeters, I could really see it. Now, chin filler is trending and the lower face is getting as much attention as the **cheeks**. To get to the bottom of this phenomenon, we asked the pros why chins are so hot and who should jump on the strong profile bandwagon.

Why Chins, Why Now?

This summer the FDA approved the use of Juvéderm Voluma for use in the chins. This marks the first time a dermal filler was approved for use in the face in another area besides the cheeks and the lips. "Voluma is a game-changer for the cheeks and mid-face and is excellent for chin augmentation and projection as well. Although it's just recently gotten approval, I have been using it for both of these indications for several years with great and consistent results and happy patients," says Boca Raton, FL oculoplastic surgeon **Steven Fagien, MD**.

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“A little bit of botulinum toxin and a little bit of filler in the chin will help give better definition in the lower third of the face and help create the ideal **heart-shaped face**,” adds West Palm Beach, FL dermatologist **Kenneth R. Beer, MD**.

Which Filler Works Best?

“I prefer to use a thicker hyaluronic acid filler with a high G prime number like Juvéderm Voluma or Restylane Lyft,” says Birmingham, AL dermatologist **Corey Hartman, MD**. “These fillers provide maximum lift and the longest duration. They are also best used when placed deep on the bone to mimic the structural support of the bone and to provide the best projection and elongation. Sculptra is also a wise choice if the patient is okay with gradual improvement over time.”

Beverly Hills, CA plastic surgeon **Andrew Ordon, MD** says he uses longer-lasting options. “To add projection and volume to the chin, I inject either fat or Radiesse, a filler made of calcium hydroxylapatite which is found in bone and joints.”

The Best Candidates

So, who should try it? “Individuals who have facial asymmetry either caused by a recessive chin or aging process,” says Greenwich, CT dermatologist **Mitchell Ross, MD**. “Aging leads to **collagen**, bone and muscle loss. But I would avoid against it if the patient already has an implant, depending on material that was used.”

If you've been thinking about trying it, these doctors agree that now is the time. As Dr. Hartman says, "If last year was the year of the **jawline**, then this is definitely the year of the chin!"

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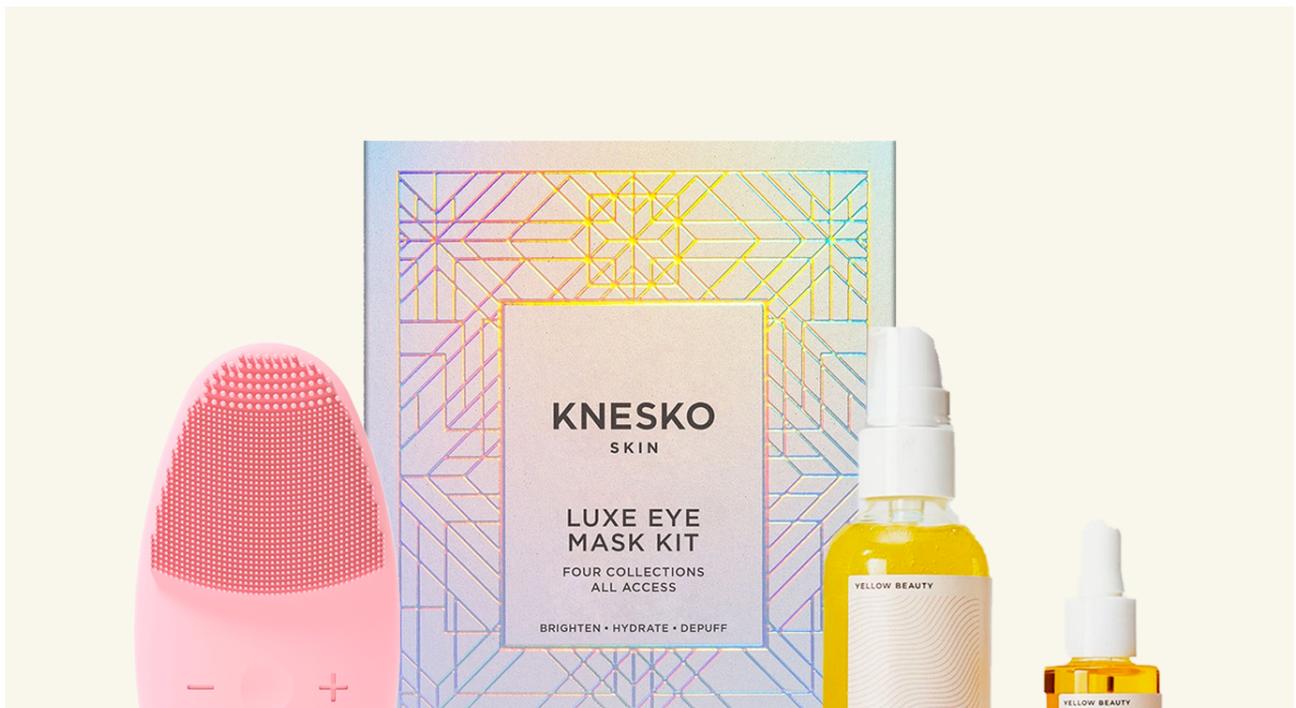




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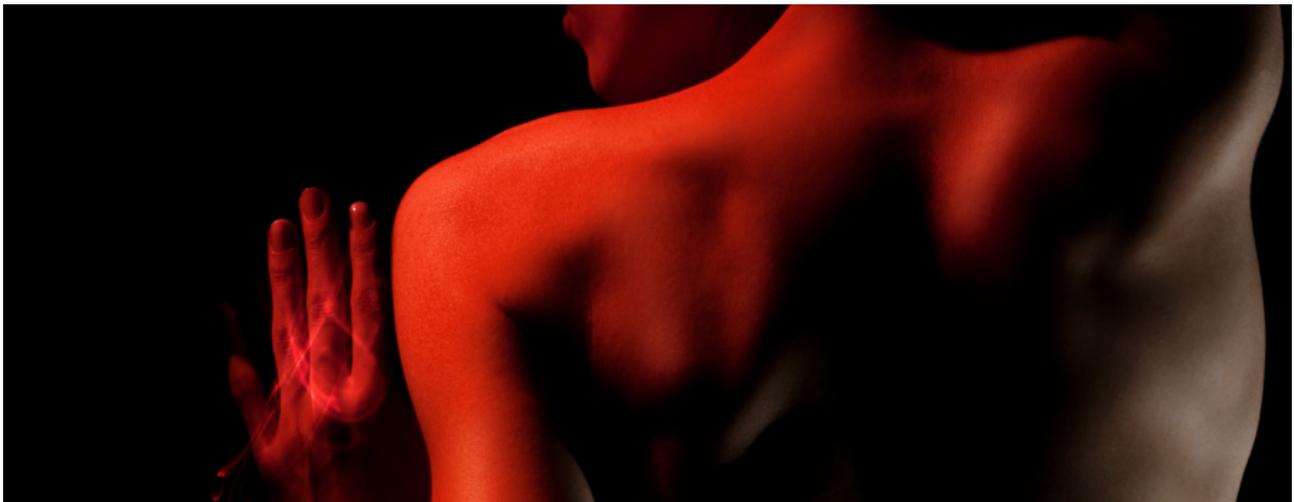
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