



Sculptra's Expanding Role in Cosmetic Practice

Research and extensive clinical experience have indicated that Sculptra (injectable poly-L-lactic acid) is an excellent product for general aesthetic rejuvenation. Sculptra helps restore a youthful appearance and provides natural-looking, long-lasting results.

Sculptra is a progressive, gradual and natural volumizer that encourages elaboration of collagen, targeting the underlying causes of signs of facial aging. Sculptra provides a glow to the skin, and has effects that can last for 18 to 24 months. The skin changes seen as a result of Sculptra treatment are considered soft and subtle by both patients and physicians.

Derived from natural components, Sculptra can be used in younger patients to create a framework around the malar region, a framework that can then be supplemented with other types of fillers. Injected deep into the dermis in a cross-hatch pattern, Sculptra serves as a scaffold for tissue response.

During Cosmetic Update in Toronto, a panel of physicians participated in a roundtable discussion on Sculptra. The primary purposes of the roundtable were to discuss the ideal candidate profile for Sculptra, and to gather information on how physicians use the product, where it is most useful, and to evaluate its unique qualities.

Sculptra has long-lasting effects of up to 18 to 24 months, making it an ideal choice for patients who desire less frequent injection, and it can provide improved value over other cosmetic

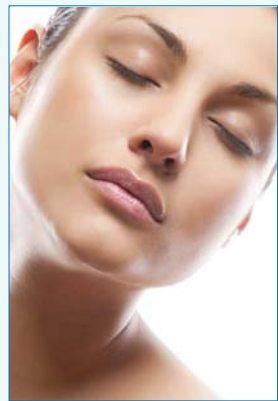
treatments such as HAs, for example, that would require more costly procedures over the long run. Sculptra's effect occurs in two phases. An initial and immediate mechanical action upon injection is due in large part to the reconstitution of the product in sterile water, which is followed three to six weeks later by a tissue response. The recommended reconstitution ratio is 6 mL sterile water and 3 mL lidocaine 2% without epinephrine.

The typical regimen for the majority of patients is one vial of reconstituted Sculptra on each side of the face on three or four occasions following response to the previous treatment. This will produce a full cosmetic effect, and the patient can return to be reassessed in one year to 18 months.

Because the effects of Sculptra are gradual and there is no immediate effect following injection, treatment with Sculptra depends on the patient's timeline.

The roundtable discussion, held at the Trump Hotel & Towers in Toronto, was chaired by Dr. Sheldon Pollack of Toronto. The roundtable panel consisted of 12 aesthetic physicians, including eight dermatologists, two plastic surgeons and two general practitioners from across Canada.

The physicians discussed several cases presented to the group, assessing their treatment approach to each patient. Following are their comments regarding aspects of the use of Sculptra in clinical practice.



Sculptra's Expanding Role in Cosmetic Practice

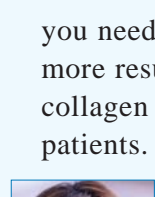
WHICH PATIENTS ARE THE BEST CANDIDATES FOR SCULPTRA?



Dr. Hebert: The patient may not have anything in particular wrong with their skin, but may have noticed that things have changed, perhaps something to do with their skin laxity.



Dr. Tremblay: It's for good looking people who need to stay that way.



Dr. Vleggaar: I think the younger the better, because you need less [product] and you can get more results because you can stimulate collagen much more easily in younger patients.



Dr. Jang: I actually like it for the younger patient as well because I think it's very subtle. I find the older patient a bit more of a challenge, because

you don't know how the skin is going to react and some people don't respond as well.

Dr. Vleggaar: There are many options for younger patients. You need to know if they want results now, or in eight months.

Dr. Jang: When I see these patients, they're usually attractive people. And they come in their later 30s or early 40s, usually thin, and it's like the bloom is off. They don't need much but they need something.

Dr. Pollack: That to me is the patient for Sculptra. I tell them, "This isn't correcting. You're great. You're gorgeous. We just want to keep you that way."



Dr. Barr: Patients who come in and say they have a high school reunion in two weeks would require a different treatment approach. Treatment with Sculptra depends on the patient's timeline.

Dr. Sapra: I guess the best indication would be individuals who want slow, progressive results, patients who don't want any risk.



Dr. Benchetrit: Sculptra is a good choice for patients who need surgery but who are not surgical candidates.

Value is the number one concern of many patients, i.e., paying for HA every 10 months. Sculptra gets results in six months but lasts for 18 to 24 months so it offers added value.

Dr. Barr: I would consider Sculptra for older patients with crepe skin to achieve deep volume, but for faster effects I would use HA because with three vials it is done. With Sculptra, the patients need to understand that there is a time investment until full effects are appreciated. In

addition, Sculptra is neither inexpensive nor immediate but in my opinion, volume for volume, the cost it is often the same as HAs.



Dr. Sapra: Sculptra is useful for treating acne scarring in combination with profractional laser—two months apart, Sculptra, then in four weeks laser, then in four weeks another Sculptra treatment followed by laser in four weeks. The results were better at one year post-treatment than at six weeks.

WHAT DO YOU LIKE MOST ABOUT SCULPTRA?

Dr. Hebert: Its versatility. The effects are progressive, which is good for some patients. The younger the patient, the better, as far as I am concerned. You get better results. A younger patient has more collagen stimulation.

Dr. Tremblay: Sculptra offers soft and subtle results for younger patients.

Dr. Benchetrit: I love it for areas not supported by bone.

Dr. Pollack: There's a gradual nature of improvement. Some patients agree with that approach, some don't.

Dr. Sapra: You can combine all modalities with Sculptra.

Dr. Jang: It's subtle. I like it for younger patients.



Dr. Pollack: I agree that Sculptra is good for younger patients. There is minimal volume loss, and you can concentrate on an area [malar face]. Sculptra reverses early signs of aging, and is long-lasting.



Dr. Carey: In the end Sculptra is cheaper for patients [than HAs], but it does take more time to explain.

WOULD YOU COMBINE SCULPTRA WITH OTHER FILLERS? WHEN? HOW?



Dr. Bertucci: I do combine therapies, but not in the same area [of the face].

Dr. Barr: I wouldn't combine Sculptra with permanent fillers.

Dr. Bertucci: It can take a long time to show effects.



Dr. Braun: I enhance Sculptra with radiofrequency and the Venus laser. You are likely to use less Sculptra.

Dr. Jang: It's all about balance.

Dr. Vleggaar: I like its versatility because you can use it almost anywhere on the face except the lips, and it is very progressive. So for some patients that's what you want. And the quality of the skin improves with time.

Dr. Lupin: Frame equals Sculptra, filler equals HA.

Dr. Carey: I used to use Sculptra a lot, but now I use more HA. But I love the look of the skin with Sculptra.

CAVEATS FOR SCULPTRA USE

Dr. Vleggaar: Sculptra should not be used in hyperdynamic areas of the face such as around the periorcular and perioral areas. This will help to avoid nodular issues. The injection, in a cross-hatch pattern, must be into the deep dermis. Superficial injection may lead to the

development of nodules.

Dr. Lupin: You need a certain number of patients in order to reconstitute Sculptra and not waste product, even if you can keep the reconstituted Sculptra refrigerated for four to six weeks.

Dr. Vleggaar: Degradation is a non-issue. It takes two years to break down.

Dr. Lupin: HA does not provide much collagen stimulation, so I would use Sculptra for peripheral framework, to do a bilateral framing on the patient, then use HA.

Dr. Barr: Sculptra is a great product. You can do serial injections over a period of time and you can get some pretty dramatic but gradual corrections if you keep the injections deep.

Dr. Lupin: Many patients who are suitable for Sculptra really don't want drastic change. They want something very subtle, and will accept progressive improvement.

Dr. Vleggaar: We were previously retreating too early. Fibroblast mobility, collagen output improves around one week after treatment with Sculptra, and collagen noticeably and measurably increases for up to three weeks at the peak. Collagen production returns to baseline at six weeks so the retreatment window is six weeks to three months.

Dr. Tremblay: How do you quantify the amount of product to be used per session, since the clinical endpoint is not visible?

Dr. Vleggaar: We usually think a total of six to eight vials per patient. Start with two vials, then two more vials after six weeks, then another one every month or so for two or three months.

Another option is you can start with one vial per side and then wait six weeks. You can't go wrong.

Participants

Dr. Sheldon Pollack, Toronto (chair)

Dr. Scott Barr, Sudbury, Ont.

Dr. Arie Benchetrit, Montréal

Dr. Vince Bertucci, Mississauga, Ont.

Dr. Martin Braun, Vancouver

Dr. Wayne Carey, Montréal

Dr. Yves Hebert, Montreal

Dr. Frances Jang, Vancouver

Dr. Mark Lupin, Victoria, B.C.

Dr. Sheetal Sapra, Oakville, Ont.

Dr. Jean-François Tremblay, Montréal

Dr. Danny Vleggaar, The Netherlands



Sculptra's Expanding Role in Cosmetic Practice

Younger patients can benefit from Sculptra

Facial rejuvenation procedures such as Sculptra are now being considered by younger patients—both men and women—who are actively seeking aesthetic treatments to improve their appearance and combat the signs of aging, according to a podium presentation at Cosmetic Update in Toronto.

Sculptra, or poly-L-lactic acid, is gradually and naturally absorbed by the body as it works to replace lost collagen, said Dr. Danny Vleggaar. Poly-L-lactic acid has been used for decades in dissolvable stitches and as a facial injectable (<http://ow.ly/b9CYO>).

“Personally, I believe younger patients are great candidates for Sculptra because they are more likely to [spend money and consider] the proposition of Sculptra procedures. In addition, from a clinical stand-point collagen, stimulators work more effectively in younger individuals. The younger the patient, the more collagen-making ability the skin still has, so younger patients generally get more dramatic results,” said Dr. Vleggaar, Head of Dermal Rejuvenation & Substitution Therapy, Esthetic & Reconstructive Surgery, Centre Dermato-Esthetiques, Geneva, Switzerland.

Before commencing or continuing facial rejuvenation treatment, clinicians should conduct a hands-on examination of the face to assess bone loss, fat loss, and overall tissue quality and accumulation, said Dr. Vleggaar.

Trend toward using robust higher G prime products

“Presently, we are turning toward using more robust high elastic modulus (G prime) products that resist deformity, which can [aid in providing] lift,” Dr. Vleggaar indicated.



Dr. Vleggaar

“Sculptra in that sense is a high G prime product. It is a product of collagen and when it is used then we tend to take a periorbital supraperiosteal placement injection approach. We now recognize that real volume can be achieved when we inject into the supraperiosteal platform area because we have started to appreciate that targeting the skeletal foundation is really important to give optimal highlight, definition and refinement of the facial mask in support of the soft tissues.”

Ideally in every cosmetic treatment that is used, Dr. Vleggaar said, the overall goal of facial rejuvenation should be to strive for natural-looking results that do not appear to be overdone.

There are more male patients seeking cosmetic procedures today, so it is important to be cognitive of gender facial framework differences in adulthood, Dr. Vleggaar added.

“When using Sculptra you have to place the product in different areas in men and in women in order to respect the difference in gender skeletal foundation.”

“In terms of treatment, my approach for treating men cosmetically generally starts with botulinum toxin and then I determine if there is a volumetric need. When treating women, however, I first start with volumetric correction and then I investigate whether botulinum toxin is needed,” he said.

Supplement to The Chronicle of Cosmetic Medicine & Surgery, Summer 2012. Chronicle is an independent medical news service that provides educational updates regarding medical developments around the world. Views expressed are those of the participants and do not necessarily reflect those of the publisher or sponsor.

Support for distribution of this report was provided by Valeant Pharmaceuticals Int. Inc. through an unrestricted educational grant without conditions. Information provided in this report is not intended to serve as the sole basis for individual care.

Printed in Canada for Chronicle Information Resources Ltd., 555 Burnhamthorpe Rd., Suite 306, Toronto, Ont. M9C 2Y3. Telephone 416.916.2476; facsimile 416.352.6199; e-mail: health@chronicle.org. Copyright 2012 by Chronicle Information Resources Ltd., except where noted. All rights reserved. Reproduction in any form is expressly prohibited without written permission of the publisher.