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## Using multi small injection sites in preference to massaging

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Dermal fillers have become an integral part of aesthetic practice. Commonly the practitioner may undertake one or two days of training in this field before they set out on their own. However, it is now becoming increasingly recognized that this short period of training may not be sufficient to equip a practitioner with the knowledge they need to provide the best practice. One of the techniques most commonly taught by injectors is massaging after injection. This knowledge is widespread in textbooks and online. However, it is important to remember that it is the special viscoelastic properties of fillers that provide augmentation of soft tissues. When injecting a dermal filler, the tissue alters in form depending on injection direction. Excessive massaging, may not only disrupt the properties of the filler, but can also disrupt the shape and form of the tissue. Previous studies have shown that the injection pressure causes the filler to flow naturally towards an area that deforms more easily i.e. the hypodermis. Deformation of the tissue matrix in this region stimulate mechanoreceptors on fibroblasts, which then convert the mechanical signal into an intracellular biochemical signal involving molecular transformations that cause changes in the biochemical parameters in the dermis such as collagen and enzymes. Small injection sites allow even distribution of multiple volumes of filler within the hypodermis, which in turn leads to uniform level of mechanical stress exerted in the dermis.

### Biography

Maryam Borumand is an advanced Aesthetics Practitioner who specializes in non-surgical treatments. She holds a Bachelor of Science in Biomedical Science from Kings' College London, a PhD in Biochemistry from University of East Anglia, and a Post-graduate Diploma in Physician Associate Studies from University of Birmingham. She is a member of the Royal College of Physicians and is part of the Editorial Board for the *Journal of Procedural Dermatology*. Since 2010, she worked in General Practice for over an year and then at a number of Clinical Research Organizations, before setting up her aesthetics business, YouGlo.

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