

Module 8 – Tear Trough

Best Practices

- Check for fluid/puffiness from allergies and don't inject until that is addressed
 - Remember the "squint" test: if they squint/smile and the "puffiness" retracts then it is fluid
 - The patient or even their doctor may insist they don't have allergies but you will know they do and need to be tested by an allergist who believes in the theory that they can have an allergy to something that causes the one and only symptom of swelling/fluid under the eyes (without all the other "typical" allergic symptoms)
- Many patients who ask for treatment in this area have something like allergies that makes them not a good candidate so be careful with whom you treat
- Check for general/significant laxity, fat herniation, muscle laxity that is more of a surgical problem and not a volume loss problem warranting filler
- Be careful what you promise for "dark circle" improvement
 - Likely needs volume
 - Skin tightening
 - Lightening with topical, laser, IPL etc.
 - May need vascular treatment
- Who is a candidate:
 - Simple volume loss, good skin, minimal-no discoloration, doesn't need other treatments
 - You should suggest this for prevention
 - Less perfect is the patient who has volume loss but also needs some mild/moderate tightening with laser resurfacing but not surgery

- Questionable is the patient with dark circles
 - Likely needs topicals and laser pigment/vascular treatment before volumizing
- Which filler:
 - Voluma if thick enough tissue to get under
 - Vollure if thinner
 - Volbella if really thin (I rarely use this one)
 - Almost never a water loving HA filler like Juvederm
 - A very small amount of filler (couple of tenths of a cc) is usually impressive in result
- Filler should always come last in the order of treatments (if treating laxity, pigment, vascularity)
- Be careful of your anatomy, vascularity, and not to inject too close to the eyelash (above the infraorbital rim) or too medial/lateral
- Don't inject too far away from the eye either (too inferior to the bone) and give them a "shelf" of filler that makes the "crease" worse