



ROYAL AUSTRALASIAN COLLEGE OF SURGEONS

# MEDIA RELEASE

## Reviewing treatments for age-related lines and wrinkles

Wednesday 23 February, 2011

A team of Australian surgeons and scientists has reviewed the efficacy of dermal fillers in rapid aesthetic improvement, concluding that injectable fillers are more effective and safer than other facial augmentation techniques for the management of age-related lines and wrinkles.

Writing in the latest issue of the *ANZ Journal of Surgery*, the team noted that dermal fillers are gaining in popularity but that their long-term efficacy and safety have not been well documented. The team's review sought to assess the safety and efficacy of injectable dermal fillers and compare this with other facial augmentation techniques. Efficacy outcomes (including changes in skin thickness and patient satisfaction) and safety outcomes (including mortality, lumps and infections) were examined.

The comprehensive report was undertaken by the Australian Safety and Efficacy Register of New Interventional Procedures – Surgical (ASERNIP-S), and included evidence relating to the use of dermal fillers for HIV-associated lipoatrophy patients.

The team concluded that permanent and semi-permanent dermal fillers improved subjective ratings of appearance and, because of the fillers' longevity, resulted in higher patient satisfaction than temporary fillers. Long-term efficacy appeared good in the few studies that reported it, while short-term safety appeared favourable.

Team member, and Surgical Director of ASERNIP-S, Professor Guy Maddern, said that case series evidence suggests that permanent and semi-permanent fillers achieve their objective, which is to decrease the visible effects of age-related changes.

"The reabsorption of biodegradable fillers (most within a year of injection) has resulted in the emergence of dermal fillers as a popular means of addressing contour defects resulting from ageing, photo-damage, disease, trauma and scarification," Professor Maddern said. "For the purposes of this review, semi-permanent fillers were defined as fillers lasting between 1 and 2 years, and permanent fillers as those lasting more than 2 years."

"These fillers appear at least as safe as temporary fillers in the short term, although long-term safety could not be determined," Professor Maddern said.

The *ANZ Journal of Surgery*, established more than 70 years and published by Wiley-Blackwell, is the pre-eminent surgical journal published in Australia, New Zealand and the South-East Asian region. The Journal is dedicated to the promotion of outstanding surgical practice, and research of contemporary and international interest.

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