



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

INJECTABLE NON ANIMAL STABILIZED HYALURONIC ACID AS SKIN QUALITY BOOSTER: AN EXPERT PANEL CONSENSUS

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INTRODUCTION: Hyaluronic acid (HA) is used in aesthetic medicine thanks to its documented role in skin rejuvenation. Consensus recommendations on the specific applications and clinical use of HA-based products would support physicians in daily practice.

OBJECTIVE: A panel of seven experts in dermatology and plastic and aesthetic surgery convened in 2015 to develop consensus recommendations on appropriate use of NASHA® (Non Animal Stabilized Hyaluronic Acid) gel skin boosters (NSB) in clinical practice.

MATERIALS AND METHODS: A systematic review of published data on NSBs was conducted by the panel of experts. This was followed by a Consensus meeting that combined the opinions of the experts to construct consensus recommendations on NSBs with regards to patient selection; indications and skin effects; injection techniques; treatment protocol and duration of results.

RESULTS: The panel achieved a strong consensus (agreement of more than 85% of participants) that NSB 20 mg/ml gel is suitable to counteract aging signs: skin roughness, fine lines and sagging skin, while the NSB 12 mg/ml gel is proper to prevent skin aging in younger patients and in areas with thin skin. An initial protocol treatment of up to 3 sessions, followed by a maintenance schedule, would allow patients to obtain a progressive enhancement of skin texture, detectable up to 12 months after repeating treatment at 4 to 6 month intervals.

CONCLUSIONS: Objective data from 10 years of published studies highlight that NSBs can rejuvenate aged skin. The Authors recognized NSB as a first line treatment among the HA-based injectable procedures for skin care based on their proven safety and efficacy in





improving skin texture and maintain skin quality over time.

