



## THE ESSENTIAL BUZZ

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### **The Biostimulator Revolution Are 25-Year-Olds Really Getting Sculptra?**

In the ever-evolving landscape of aesthetics, where trends and techniques continuously shape our preferred cosmetic treatments, a promising shift towards a more preventive and naturalistic approach to aging gracefully emerges.

At The Essential Face, we pay close attention to changing tides in the industry, so we aim to champion a revolutionary concept: using Sculptra to proactively prevent aging among a younger demographic.

Traditionally hailed for its remarkable ability to reverse the signs of aging in a more mature or volume-depleted face, Sculptra's broader utility is being explored for those seeking to slow the passage of time before it leaves its marks.

Join us as we delve into the world of biostimulators- examining Sculptra for its safety and efficacy, how it differs from filler, and its potential to redefine the standards of maintaining a youthful appearance.



## But Let's Get One Thing Straight...

Up to 80% of visible aging can be attributed to UV rays from sunlight. With proper protection from UV radiation, most premature aging of the skin can be avoided. [1]

UV damages collagen fibers deep in the dermis → produces abnormal elastin → skin rebuilt incorrectly → new damaged skin forms wrinkles → leathery skin.

Avoid regret and lower your risk of skin cancers while knowing that in the coming decades, you will save time and resources on efforts to reverse signs of premature aging!

## Sculptra: Utilizing Poly-L-lactic Acid to *Restore* Signs Of Youth



***What is Sculptra?*** Sculptra belongs to a category of injectables called biostimulators, which are injected into targeted layers of facial tissue to stimulate new tissue growth gradually. Sculptra helps stimulate your body to make its own collagen (neocollagenesis).

***Sculptra's Miracle Ingredient.*** Poly-L-lactic acid (PLLA) is a highly potent substance that gradually restores volume while simultaneously increasing dermal thickness, leading to a more youthful-looking appearance. [2]

A series of treatments helps progressively restore the skin's foundation and natural structural function to volume depleted faces, helping to restore skin structure and reducing the appearance of wrinkles and folds.

***Is it Safe?*** Another reason that experts in the aesthetics community were

so intrigued by PLLA's potential is its reduced safety concerns due to its temporary yet long-lasting results and great risk-benefit profile. [2]

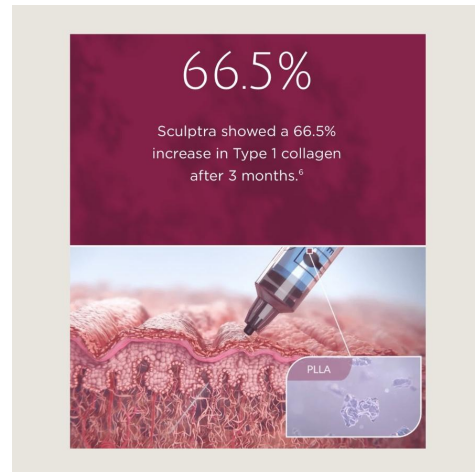
The most common side effect is the formation of a nodule called a granuloma. The risk of this occurring is 0.2% in the most recent literature. Aftercare instructions are easy to follow, making the risk of a granuloma nearly negligible- we've never seen one at TEF!

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## The Sculptra Basics

Sculptra studies showed a 66.5% increase in Type 1 collagen after 3 months.

Collagen- a fibrous protein that maintains skin quality, facial, shape and structure; a crucial ingredient in resisting the signs of aging: fine lines, facial descent from tissue and bone loss, and skin laxity.



Sculptra has proven to achieve natural-looking results that last for more than two years.

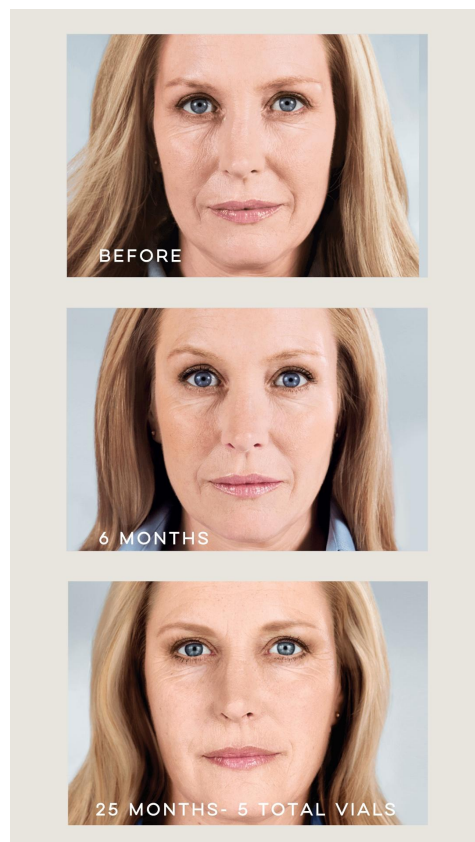
- 95% of patients had improved skin glow two years after Sculptra treatment.

Improve skin quality for firmer, glowing skin in the entire cheek region—Tightens skin along the cheeks and jawline.

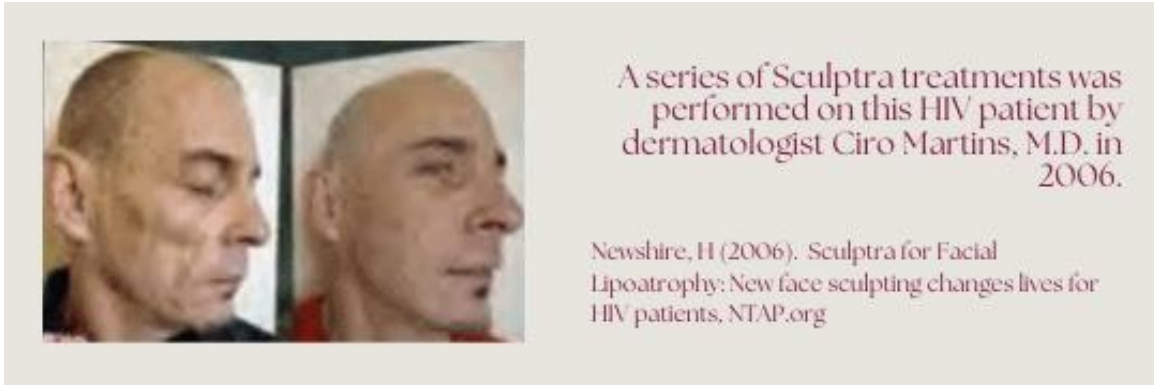
- 86% of patients had an improved jawline contour two years after Sculptra treatment when injected into the cheek region.

Biostimulating injections are semi-permanent and non-dissolvable but do biodegrade over time.

In a randomized, controlled, double-blind, multicenter study, PLLA-treated subjects presented a statistically significant increase in skin elasticity, hydration, radiance, and smoothness.[3]



Sculptra has been used since 1999 in Europe to correct facial fat loss (lipoatrophy) in people with HIV. In the United States, the FDA first approved Sculptra in 2004 to correct nasolabial folds and other facial wrinkles. Later that same year, the FDA recommended approval to treat facial wasting in HIV patients. The industry was blown away by Sculptra's ability to restore a look of vitality and turn back the effect of premature aging in these HIV patients. These patients and their providers reported an improved quality of life, and medication compliance increased substantially.



You may have noticed we haven't mentioned any FDA indications for using Sculptra to prevent aging in 20 to 30-year-olds. Still, the utility of cosmetic injectables evolves as innovators and authorities in the industry advance the science of beauty, particularly with the exploration of Sculptra in the younger population. If you're skeptical about promoting injectables for those in their 20s and 30s, let's talk about why this is such a hot topic.

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## Using Sculptra To Prevent Signs of Aging Being Proactive vs. Reactive

### "Filler Fatigue"

At one point in time, many consumers of injectables desired unrealistic age reversal with filler at the expense of looking natural, and some injectors would oblige.

However, the collective ethos among injectors is evolving as time has shown us the unpleasant result of overfilling. With the surge in social media exposure, public awareness of cosmetic procedures has reached unprecedented levels, prompting a discerning eye for the telltale signs of bad cosmetic work, more often than not, in the form of unnatural-appearing dermal fillers.

Don't get us wrong, filler will always have a crucial place in aesthetics, and is likely to be part of a treatment plan for an aging face seeking rejuvenation with injectables, injectors are just taking a more toned-down approach now.

“I think you can create wonderful outcomes with dermal fillers, but you have to be very strategic as it requires the most artistry” ... “I leverage a variety of modalities simultaneously to get a synergistic effect, not just an additive effect.”

Saami Khalifian, MD  
Board-Certified Dermatologist  
at SOM Aesthetics  
Specialty- Regenerative Medicine

While dermal fillers offer immediate gratification and are optimal for precise augmentation/correction or targeting facial contours and fine line correction, Sculptra excels at broad facial rejuvenation for global volume loss over time or at preventing volume loss, to begin with! By incorporating both treatments strategically, clients can enjoy the benefits of instant rejuvenation alongside the gradual, natural enhancement provided by biostimulators like Sculptra.

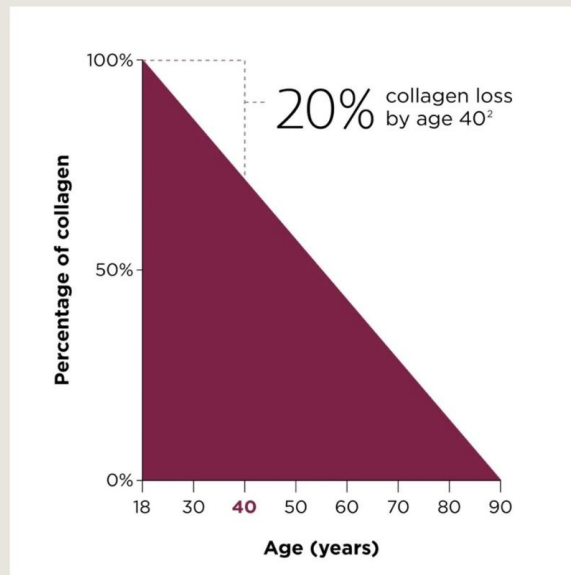
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### **Where does Sculptra come into play for those without visible signs of aging yet?**

As we navigate the currents of social media and industry insights, it has become clear that there is a collective desire for subtlety and authenticity in our cosmetic enhancements. As the industry advances, those of us in our 20s and 30s become increasingly hopeful that we'll have access to products and procedures that help prevent signs of aging, helping to alleviate the need for more invasive and dramatic corrective treatments in the following decades. In fact, terms like “biostimulator” and “Sculptra” are trending on TikTok, if that gives you any indication of what Gen Z and Millennials are demanding.

Don't freak out, but...

- After age 20, you lose about 1% of collagen per year.
- By age 40, most of us have lost up to 20% of our natural collagen.



If you had researched Sculptra in the past, you probably would have seen information and anecdotes surrounding its use for restoring volume in an aged face and conclude that Sculptra maybe isn't for you quite yet, depending on your age.

If you were to Google “when should I start getting Sculptra” now, you'd see a lot of articles from reputable medical aesthetic providers and practices all over the world recommending starting Sculptra in your mid to late 20s or at least your 30s.

If this is within your means and you are motivated to slow the signs of aging, we agree!

“The best age to start Sculptra is before you start noticing significant signs of aging, like volume loss, fine lines and wrinkles, and loss of elasticity. Many individuals wait until they are in their 40s to start a more rigorous anti-aging routine that includes dermal fillers like Sculptra.”

Dr. Lauren Dickson  
Board-Certified Dermatologist  
at Dallas Dermatology Partners  
Specialty- Regenerative Medicine

The skin starts to produce collagen at a reduced rate starting at the age of 25, and most of us are starting to notice the effects of volume loss by the time we reach the age of 30. In fact, by the time we reach 45, we've lost up to 25% of our collagen.

Beginning Sculptra treatments by your mid-to-late 20s or at least by your 30s can provide a preventive effect. Many providers prefer to start their patients as soon as those early signs of loss of elasticity and volume loss occur to slow down the aging process, preventing the need for more invasive or involved interventions later in life and building up your skin's stores of collagens early on, delaying the effects of time, gravity, and sun damage, allowing you to enjoy definition and more youthful skin long into your later years.<sup>[4]</sup>

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## **Considering a Preventative Regimen with Sculptra? Here are some answers to the questions you may be asking.**

**When should I start, and how much will I need?**

- For optimal prevention, injectors recommend getting one vial per year starting around 25 or earlier if you're super motivated!

**While I want to prevent losing collagen, I don't need more volume in my face. If I get Sculptra every year, will my face get plumper and plumper over time?**

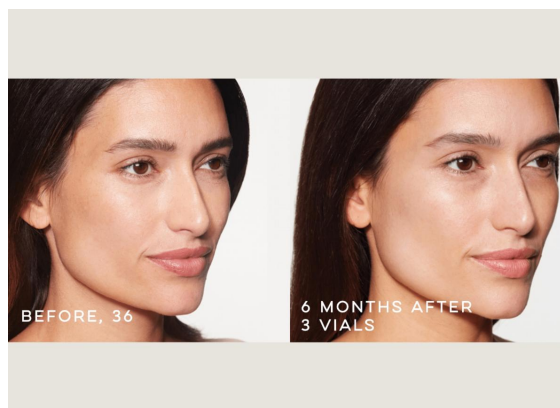
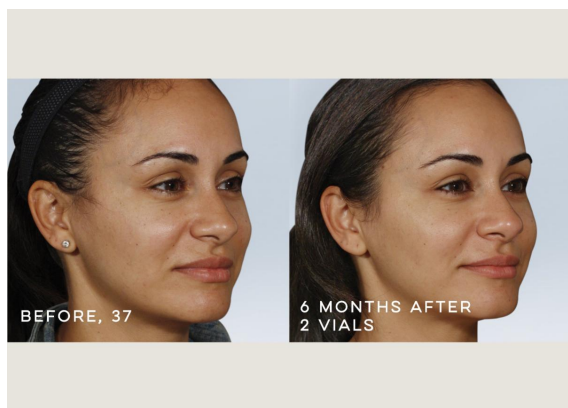
- Nope, this is where different injection techniques come into play, so ensure that your provider is experienced with injecting Sculptra in all demographics and can tailor the technique to your aesthetic goals.
  - For an aged face that requires restored volume, Sculptra is injected deep, directly above or into the periosteum (a thin layer of connective tissue that covers the outer surface of a bone- this sounds painful, but it isn't!).
  - For a youthful face that doesn't require volume, Sculptra is injected into the deep dermis or subcutaneous layer of the skin, targeting skin integrity rather than rebuilding a structural foundation.
- The amount of Sculptra injected also dictates the degree of volumizing achieved. A series of Sculptra injections with one or more vials at a time is needed to volumize a face.

**If I get one vial per year for prevention before I see any signs of aging, will I see any benefit to my skin, or do I have to trust that it will serve me well in the coming decades?**

- While the results will be very natural and subtle, even a single annual vial in a younger face will noticeably improve glow and cheek smoothness and may help with jawline definition.

While the subtle changes brought about by an annual vial of Sculptra in the

twenties and early 30s may be difficult to appreciate in photos, but see the results these women in their mid to late 30s achieved.



As we continue to explore the exciting possibilities within the realm of biostimulators and proactive anti-aging treatments, it's clear that the industry is evolving to meet the desires of a younger, more informed demographic. Whether you're considering Sculptra to maintain your youthful appearance or seeking to learn more about the latest trends in aesthetics, we're here to guide you every step of the way. Thank you for joining us on this journey towards a future where aging gracefully is guaranteed. Stay tuned for more insights and updates, and remember—your best self is yet to come!

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4. Dickson, L. (2024, April 11). What is the best age to start Sculptra?: Dallas Dermatology Partners. Dallas Derm Partners. <https://www.dallasdermpartners.com/cosmetic-fillers/what-is-the-best-age-to-start-sculptra/>.