Why Botox & Fillers Look “Off” The Anatomy Mistake Most Providers Miss Transcript

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Introduction to Natural Aesthetic Results

If you've ever seen someone after Botox If you've ever seen someone after Botox or fillers and thought something looks or fillers and thought something looks off, this video is for you. Great off, this video is for you. Great aesthetic results don't come from aesthetic results don't come from chasing lines or wrinkles. They come chasing lines or wrinkles.

Meet the Doctor and Treatment Philosophy

They come >> I'm Dr. Fred Bloom. I practice >> I'm Dr. Fred Bloom. I practice integrative and regenerative aesthetics. integrative and regenerative aesthetics.

Today I want to explain the principles Today I want to explain the principles behind natural balanced toxin and filler behind natural balanced toxin and filler treatments, not brand names, not trends, treatments, not brand names, not trends, the why behind good outcomes. If this the why behind good outcomes. If this kind of education is helpful, like the kind of education is helpful, like the video, subscribe, and consider joining video, subscribe, and consider joining my newsletter. I focus on education, not my newsletter.

Why Anatomy Matters in Aesthetics

I focus on education, not hype. Anatomy gives you freedom. When a hype. Anatomy gives you freedom. When a provider doesn't fully understand provider doesn't fully understand anatomy, they rely on grids, maps, and anatomy, they rely on grids, maps, and one-sizefits-all algorithms. They may one-sizefits-all algorithms. They may feel safe, but it limits precision. When feel safe, but it limits precision. When you truly understand anatomy, you can you truly understand anatomy, you can customize treatments, adapt to different customize treatments, adapt to different faces, and reproduce results faces, and reproduce results consistently. Every face is different.

consistently. Every face is different. Anatomy lets you treat people, not Anatomy lets you treat people, not patterns. Most patients come in saying, patterns. Most patients come in saying, "I just want my forehead lines gone." "I just want my forehead lines gone.

Eyebrow Balance and Botox Principles

" That's reasonable. But as a physician, That's reasonable. But as a physician, my real question is different. What will my real question is different. What will happen to your eyebrows if I weaken your happen to your eyebrows if I weaken your frontalus muscle? Here's something many frontalus muscle? Here's something many people don't realize. The eyebrow is not people don't realize. The eyebrow is not attached to bone. It floats. It glides attached to bone. It floats. It glides on a balance of muscles. You have one on a balance of muscles. You have one elevator. That's the frontalus muscle.

elevator. That's the frontalus muscle. You have several depressors. You have several depressors. Corrugator, proceris or bicularis. Corrugator, proceris or bicularis.

And gravity works against you. If you And gravity works against you. If you weaken the only elevator without weaken the only elevator without respecting that balance, eyebrows drop.

respecting that balance, eyebrows drop. That's when people look tired, heavy or That's when people look tired, heavy or older, even with smooth skin. That is older, even with smooth skin. That is why Botox is not really about wrinkles.

why Botox is not really about wrinkles.

Choosing the Right Toxin for the Right Area

It's about eyebrow positioning. Another It's about eyebrow positioning. Another important principle, all toxins block important principle, all toxins block neuromuscular transmission, but they neuromuscular transmission, but they don't behave the same. Some toxins don't behave the same. Some toxins diffuse more. They affect broader muscle diffuse more. They affect broader muscle areas. Others are more precise. They areas. Others are more precise. They stay closer to where they are placed.

stay closer to where they are placed. That matters because the forehead often That matters because the forehead often needs diffusion. The gloella often needs needs diffusion. The gloella often needs precision.

precision. precision. Using the wrong toxin in the wrong place Using the wrong toxin in the wrong place can cause drop medial brows, can cause drop medial brows, overelevated lateral brows, or unnatural overelevated lateral brows, or unnatural expressions.

expressions. expressions. Same logic as fillers. You wouldn't use Same logic as fillers. You wouldn't use a soft filler for cheek structure. You a soft filler for cheek structure.

Treating Muscles, Not Wrinkles

You wouldn't use a firm filler for lips. wouldn't use a firm filler for lips. Wrong tool. Here's one of the most Wrong tool. Here's one of the most important principles I teach. Don't important principles I teach. Don't chase wrinkles. Chase muscles. Wrinkles chase wrinkles. Chase muscles. Wrinkles are symptoms. Muscle movement is the are symptoms. Muscle movement is the cause. If you treat lines without cause. If you treat lines without understanding muscles, results are understanding muscles, results are unpredictable. The angry look, for unpredictable. The angry look, for example, involves three muscles. The example, involves three muscles. The pcerus, the corrugator, the orbularis pcerus, the corrugator, the orbularis oculi. If you understand where these oculi.

Facial Layers and Safe Filler Placement

If you understand where these muscles originate, how deep they sit, muscles originate, how deep they sit, and how they interact, you can treat and how they interact, you can treat predictably and safely. Now, let's talk predictably and safely. Now, let's talk about fillers. Fillers work because the about fillers. Fillers work because the face is three-dimensional.

face is three-dimensional. The face is not just skin with a random The face is not just skin with a random mix of fat and muscle underneath. It's mix of fat and muscle underneath. It's layered. Skin, superficial fat, muscle, layered. Skin, superficial fat, muscle, deep fat, ligaments, bone. Each layer deep fat, ligaments, bone. Each layer behaves differently.

behaves differently. Each layer has different safety Each layer has different safety considerations. considerations. considerations. Each layer affects how the face moves.

Each layer affects how the face moves. Injecting in the wrong plane doesn't Injecting in the wrong plane doesn't just increase risk, it changes facial just increase risk, it changes facial movement. Another key principle, when movement. Another key principle, when you treat the upper face well, you often you treat the upper face well, you often improve the midface. Facial layers are improve the midface. Facial layers are connected. This is why isolated connected. This is why isolated overfilling leads to puffiness, overfilling leads to puffiness, heaviness, and facial overfill syndrome.

heaviness, and facial overfill syndrome. Natural results come from respecting Natural results come from respecting structure, not adding volume everywhere.

structure, not adding volume everywhere. This is why I'm very deliberate about This is why I'm very deliberate about product choice, injection depth, and product choice, injection depth, and treatment sequence.

treatment sequence. Aesthetic medicine isn't about syringes. Aesthetic medicine isn't about syringes.

Questions to Ask Before Treatment

It's applied anatomy. Anyone can inject. It's applied anatomy. Anyone can inject. Not everyone understands long-term Not everyone understands long-term consequences. If you're considering consequences. If you're considering Botox or fillers, ask your provider, Botox or fillers, ask your provider, "How do you think about eyebrow balance?

"How do you think about eyebrow balance? How do you choose products for different How do you choose products for different areas? How do you avoid overfilling?" areas? How do you avoid overfilling?" If those answers are vague, that If those answers are vague, that matters. If you want thoughtful matters. If you want thoughtful anatomydriven aesthetics, that's exactly anatomydriven aesthetics, that's exactly how we practice. Like the video, how we practice. Like the video, subscribe, join my newsletter, and if subscribe, join my newsletter, and if you'd like a consultation, we're happy you'd like a consultation, we're happy to help.

to help. [music]