

e-book

How to choose your **HA filler?**

Mucio Porto





Introduction

Hello, how are you? I'm glad to have you here! I am **Dr. Múcio Porto**, a plastic surgeon with over 30 years of experience in aesthetic and reconstructive procedures. Throughout my career, I have had the honor of performing thousands of consultations, helping patients in various countries, and teaching techniques at conferences around the world. And today, I am here to share some of this knowledge with you in a clear and direct way. After all, quality information is essential for making informed choices when it comes to your health and well-being.

This eBook was inspired by one of the questions I receive most often in my office and on social media: "**Doctor, how do I choose the ideal hyaluronic acid filler for me?**" And that's an excellent question! The market is full of options, with different brands, densities, and indications. But don't worry—the goal here is precisely to explain how this choice works, in an uncomplicated and accessible way. I want you to feel confident at the end of the reading to talk to your doctor and understand what is being proposed for your treatment.

We will talk about what hyaluronic acid is, what it is for, what are the most used types, how to choose the best product for each area of the face, and, above all, how to obtain natural and safe results. My commitment is to your information and your safety. Therefore, I have prepared this material as if we were talking face to face. Imagine you are in the office with me or watching one of my lives. I want the reading to be light, but full of relevant content!

So, if you have ever thought about getting a facial filler or simply want to understand more about the subject, this eBook is for you. Set aside some time, get comfortable, and come with me on this journey to discover **how to choose the ideal hyaluronic acid filler for your case**. I am sure that, in the end, you will be much more prepared to make safe and assertive decisions. Let's go?





What is Hyaluronic Acid and How Does It Work?

Before we talk about how to choose the ideal filler, it's crucial to understand what **hyaluronic acid** is and how it works in our bodies. Many people ask me: "*Dr. Múcio, what exactly is this acid that everyone talks about so much?*" And I always answer that, despite the name seeming complicated, hyaluronic acid is a substance that already exists naturally in our body. It's mainly present in the skin, joints, and eyes, being responsible for maintaining hydration and elasticity. Think of it as a sponge that retains water, leaving the skin firmer and with that healthy glow that we value so much.

Over the years, the natural production of hyaluronic acid decreases — that's why the skin starts to lose volume, become thinner, and those expression lines and wrinkles that bother us appear. And that's precisely where fillers come into play! They replenish this lost substance, restoring volume and improving facial contours naturally. But be careful: it's not just about "filling" the skin, as many think. Hyaluronic acid also stimulates hydration from the inside out, promoting complete rejuvenation.

Another frequent question is whether all fillers are the same. And the answer is no! There are different types and densities of hyaluronic acid, each indicated for a specific area and for a different objective. For example, the substance used to fill dark circles is lighter and more delicate, while to define the jawline or chin, we use a denser and more structured product. Therefore, the correct choice is essential to ensure natural and lasting results.

And there's more: besides volumization, hyaluronic acid can be used for deep skin hydration — a technique known as *skinbooster* — which improves the quality of the skin without altering facial features. Incredible, isn't it? But it's important to remember that, despite being a safe and biocompatible substance, fillers should only be applied by trained professionals. After all, we are dealing with your health and beauty, and every care is essential.

So, if you're thinking about investing in a filler, know that the first step is to understand what it's for and how it can help in your case. And that's exactly what I'm here to explain. In the next chapter, we'll explore why there are different types of fillers and how this variety can be a great ally when looking for personalized results. Stay with me and let's continue together on this journey towards your best self!



Why Are There Different Types of Fillers?

One of the most frequent questions I receive in the office and during live sessions is: “*Dr. Múcio, why are there so many types of hyaluronic acid? Isn't it all the same?*” I understand this doubt, because with so many options on the market, it's difficult to know which is ideal for each case. But it's important to remember that, just as each face is unique, fillers are also developed to meet specific needs.

The hyaluronic acid used for filling is produced in different formulations, varying mainly in **density, cohesiveness, and degree of cross-linking**. What does this mean in practice? Let's go through it step by step:

- **Density:** Refers to the thickness of the product. Denser fillers are indicated for areas that need support, such as the jawline, chin, and cheekbones. Less dense ones are ideal for delicate regions, such as dark circles and fine lines.
- **Cohesiveness:** This is the product's ability to stay together. Products with high cohesiveness are used when we need definition and contour, while those with low cohesiveness are better for areas that require smoothness and mobility.
- **Degree of cross-linking:** The more cross-linked, the longer the product remains in the body. Highly cross-linked fillers can last up to 18 months, while less cross-linked ones have an average duration of 6 to 9 months.

Now, you may be wondering: “*But doctor, how do I know which is best for me?*” The answer is: it depends on your goals! If you want to enhance the contour of your jawline, for example, we will choose a product with high density and cohesiveness. For those looking to soften dark circles without weighing down the eyes, we opt for a lighter and more fluid hyaluronic acid.

Another important factor is the brand. There are several laboratories on the market, and I always make a point of working with those that have **approval from Anvisa** and international recognition. Safety is a priority! In addition, each brand offers a range of specific products for each area of the face and aesthetic need.

The secret to a good result is the **personalized evaluation**. There is no "magic formula" that works for everyone. It is essential to analyze the facial structure, skin quality, and what the patient wants to achieve. My role as a doctor is precisely to guide this choice with responsibility and knowledge.

In the next chapter, we will detail how to choose the ideal filler for each area of the face, explaining the necessary care to ensure natural and harmonious results. Stay with me!



How to Choose the Ideal Filler for Each Area of the Face

When we talk about filling with hyaluronic acid, it's essential to understand that each area of the face has its own specific characteristics and, therefore, requires a specific type of product. Choosing the ideal filler isn't simply grabbing any hyaluronic acid and applying it. On the contrary! The selection needs to take into account the thickness of the skin, the depth of application, the mobility of the area, and, of course, the desired result.

Let's talk a bit about the main areas of application and the indicated types of fillers:

- ◆ **Lips:** When the objective is to give volume or contour to the lips, we use fillers of **low to medium density**, with good malleability to guarantee a natural result and avoid that artificial look that nobody wants. Products with high hydration are also great for leaving the lips more vibrant without necessarily increasing the volume.

Under-eye area: The skin in this region is extremely thin, so we use a hyaluronic acid of **low density and low cohesiveness**. This avoids irregularities and minimizes the risk of leaving the area with that swollen look or with the Tyndall effect (when the skin turns bluish after incorrect application).

Cheekbones and malar area: To restore lost volume and promote a lifting effect without surgery, we indicate fillers of **high density and cohesiveness**. They support the skin and help reposition the tissues that, over time, suffer the action of gravity.

Jawline and chin: In these areas, we seek definition. Therefore, we opt for products of **high density and highly cross-linked**, capable of sculpting and offering a more defined and harmonious facial contour.

Nasolabial fold and marionette lines: Here, we use fillers of **intermediate density** that offer sufficient structure to fill without compromising the naturalness when speaking or smiling.

- ◆ **Skinbooster (deep hydration):** For those seeking to improve the quality of the skin without volumizing, we use more fluid and light hyaluronic acid, promoting hydration from the inside out and improving the texture and luminosity of the skin.

Now, you may be asking yourself: *“Doctor, how do I know which area I should prioritize?”* This answer comes from a meticulous facial evaluation, where we analyze the balance of the face as a whole. Sometimes, the patient arrives wanting to fill the nasolabial fold, but what they really need is support in the cheekbones to soften the folds indirectly and more naturally.

Therefore, the choice of filler goes beyond the product itself — it involves anatomical knowledge, experience, and active listening to understand your expectations and deliver them safely. In the next chapter, we will explore the difference between low, medium, and high-density fillers and how this choice directly impacts the final result. I'll see you there!



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Difference Between Low, Medium, and High-Density Fillers

One of the most important points in choosing the right hyaluronic acid is understanding the difference between **low, medium, and high-density** fillers. And I always explain this in my consultations and lives because many people think that "hyaluronic acid is all the same." But the truth is that each type has a specific function, and if used incorrectly, it can compromise the final result. Therefore, let's clarify it simply and directly for you to understand correctly.

◆ **Low-Density Fillers:**

These are the lightest and most fluid. Mainly used for areas that need delicacy and precision, such as **dark circles, fine wrinkles**, and treatment with **skin boosters**. This type of product is ideal for improving skin hydration and softening superficial lines without generating excessive volume. As the skin under the eyes is very thin, using a denser hyaluronic acid can leave the area swollen or even with that bluish effect that no one wants. Therefore, low density is the perfect choice for these more sensitive regions.

Medium-Density Fillers:

These are considered versatile, indicated for areas that need a balance between volume and mobility, such as the **nasolabial fold** (marionette lines), and even for those who want a lip filler with more structure but still natural. They have a firmer consistency than low-density ones, providing better support without losing malleability. The result? A rejuvenated and harmonious face, with natural movements when smiling or speaking.

◆ **High-Density Fillers:**

Here we are talking about the "heavyweights" of fillers. They are indicated for areas that need support and definition, such as the **jawline, chin, and cheekbones**. This type of product has a thicker consistency and is perfect for creating striking contours and promoting a lifting effect without surgery. When applied well, it provides that facial harmonization that enhances the features without exaggeration. However, it is essential that the application be done with technique and anatomical knowledge because, although effective, incorrect use can generate asymmetries or artificial results.

Now, you may be asking yourself: *"Doctor, does the durability change according to the density?"* Yes! Low-density fillers usually last between 6 to 9 months, while medium ones can last up to 12 months. High-density ones, depending on the area and the patient's metabolism, can remain between 12 to 18 months.

Choosing the right product is like choosing the right tool for each part of a sculpture: every detail matters to achieve a natural and lasting result. In the next chapter, we will talk about **safety** and how to avoid complications during and after filling. This is one of the most important subjects, so don't miss it!



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Safety First: How to Avoid Complications

If there's one thing I always emphasize with my patients and in my lives, it's: **safety first!** Hyaluronic acid filler is a minimally invasive procedure, but that doesn't mean it should be treated with any less care. We're talking about your health and your face, so it's essential that everything is done with responsibility, technique, and attention to detail.

One of the most important points to avoid complications is to **choose a qualified and experienced professional.** Always seek out doctors with active registration, specialization in aesthetic procedures, and who use products approved by **the FDA.** Unfortunately, I still see cases of people seeking lower prices and ending up undergoing procedures with unqualified professionals, which can lead to disastrous results and even serious health problems. It's not worth the risk!

Another fundamental precaution is the **pre-procedure assessment.** Before any filling, it's essential to have a consultation to analyze the patient's health history, allergies, and expectations. Each face is unique, and what works for one may not be ideal for another. Furthermore, it's important to discuss what is possible to achieve with the filling. My priority is always to deliver natural results and respect the individual characteristics of each person.

During the procedure, we use safe techniques to minimize risks. For example, in areas with higher vascular risk—such as the under-eye area and the nose—we apply the product with **cannulas** instead of needles, which reduces the chance of injury to blood vessels. We also use **hyaluronidase** in the office, an enzyme that can dissolve hyaluronic acid in cases of complications or dissatisfaction with the result.

And what about the post-procedure? That also deserves attention! It's common to have swelling, redness, and small bruises in the first few days, but everything should be monitored. If there is intense pain, darkening of the skin, or any different symptom, it's essential to contact the doctor immediately. Also, avoid massaging the area, direct sun exposure, and intense physical activities in the first 48 hours. These simple precautions make all the difference in recovery and the final result.

Many complications that I see could be avoided with information and conscious choices. Therefore, never be ashamed to ask and clarify your doubts. The well-informed patient is always the safest!

In the next chapter, I will explain how the assessment is done to choose the best product and the best technique for each case. After all, personalization is the key to a successful filling! Shall we go together?



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How is the assessment done to choose the best product?

One of the most important steps for the success of hyaluronic acid filling is the **personalized assessment**. It is at this moment that we can understand not only the anatomy of your face but also your specific expectations and needs. I always say to my patients: *"Filling is not simply applying product, it is studying the face as a whole."* After all, each person is unique and deserves individualized planning.

During the consultation, we start with a detailed conversation about what you want to improve. Do you want to enhance the jawline? Soften dark circles? Or are you looking for a lifting effect without surgery? Understanding your motivations is essential to define the best approach. Next, I assess aspects such as skin quality, tissue thickness, and bone structure. This is fundamental because, for example, two people with the same complaint of nasolabial folds may need completely different treatments. In some cases, directly filling the fold is not ideal; sometimes, the support should start with the cheekbones for a more natural and lasting result.

Another crucial point is to assess the **mobility of the area to be treated**. Regions such as the lips and the areas around the mouth are extremely dynamic, so they need more malleable fillers so that they do not become hard or artificially fixed. Areas such as the jaw or chin require denser products that provide structure and definition.

During this assessment, I also take into consideration factors such as age, degree of flaccidity, facial asymmetries, and history of previous procedures. And here is an important detail: what the patient asks for is not always what they really need. And my role is to guide, explain, and suggest the best option to achieve a harmonious and safe result. The goal is always to enhance your natural beauty, without exaggeration.

Another differentiator is the use of complementary technologies during the assessment. I often use equipment that analyzes the depth of wrinkles, skin elasticity, and tissue quality. This helps to make the choice of product even more precise. And, of course, the choice of the **hyaluronic acid brand** also makes all the difference. I always opt for products from renowned companies approved by the competent health agencies. This is not just a matter of preference, but of safety for the patient.

At the end of the assessment, I present a complete treatment plan, with an explanation of the indicated products, the areas that will be treated, and the expected results. I make a point of ensuring that you leave the consultation with all your doubts clarified and with the confidence that you are in good hands.

In the next chapter, we will demystify the main myths and truths about filling with hyaluronic acid. I am sure you will be surprised by some revelations! I'll be waiting for you there!





Myths and Truths About Hyaluronic Acid Fillers

When it comes to hyaluronic acid fillers, there is no shortage of doubts and conflicting information.

Throughout my career, I have heard many patients saying: *"Doctor, I've heard that fillers deform the face,"* or *"I'm afraid of looking artificial."* And I understand those concerns. Therefore, today we will clarify the **main myths and truths** so that you can make decisions with safety and knowledge.

♦ **"Fillers make the face look artificial." – MYTH!**

The goal of a good filler is precisely the opposite: to enhance your natural beauty. What makes a face look artificial is the excess of product or incorrect application. Therefore, choosing the right professional is fundamental. My commitment is always to seek subtle and harmonious results, respecting your facial characteristics. Less is more!

"Hyaluronic acid is reabsorbable." – TRUTH!

Yes! This is one of the great advantages of this filler. Hyaluronic acid is naturally absorbed by the body over time, usually between 6 to 18 months, depending on the treated area and the type of product used. This allows the results to be adjusted as the skin's natural aging occurs.

"If I don't like the result, there's no solution." – MYTH!

Another great fear of many patients is being "stuck" with the result. But the good news is that, if necessary, we can use **hyaluronidase**, an enzyme that dissolves hyaluronic acid in a few days. Therefore, I always explain that we are working with a reversible procedure, which offers extra security for those who are insecure.

"Fillers can cause serious complications." – TRUTH (but with reservations).

Like any procedure, there are risks, but they are minimized with proper care and an experienced professional. The most common complications are swelling, bruising, and temporary redness. More serious complications, such as vascular obstruction, are rare, and when they occur, need to be treated immediately. Therefore, I always do a careful evaluation and use safe techniques.

"The more hyaluronic acid, the better the result." – MYTH!

Excess is never the solution. The filler should be planned to complement your beauty, not to completely transform it. My goal is for you to receive compliments like *"You look more rested"* and not *"What did you do to your face?"* Naturalness and balance are key.

♦ **"Fillers are only for those who want to look younger." – MYTH!**

Despite being highly sought after for rejuvenation, fillers are also indicated for **facial harmonization** in young adults, correction of asymmetries, and even as a resource to improve skin hydration with **skinboosters**. Each patient has a different need, and the indication is always personalized.

Understanding these myths and truths is essential for you to feel more secure when deciding on fillers. Quality information is your best ally! In the next chapter, we will talk about how to achieve **natural results** and the secret to a successful filler. Stay with me on this journey!



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Natural Results: The Secret to a Successful Filler

When we talk about hyaluronic acid fillers, the question I hear most is: *"Doctor, how can I ensure the result looks natural?"* And that's a completely valid concern! After all, no one wants an artificial face or exaggerated features. The secret to a beautiful and harmonious result lies in three pillars: **technique, choosing the right product, and personalized planning.**

First, let's talk about the **complete facial assessment.** It's not enough to look only at the area the patient wants to treat. I always observe the face as a whole, analyzing the balance between the forehead, eyes, nose, mouth, and jaw. Often, those who seek the office to treat a deep furrow are surprised to discover that the best way is to work on the support of the cheekbones or the definition of the chin. The goal is to enhance your natural beauty, respecting your facial proportions.

Another essential point is the **amount of product used.** A common mistake is thinking that the more hyaluronic acid applied, the better the result. But the truth is that excess can weigh down the face and compromise naturalness. I prefer to work with the concept of "progressive refinement": we apply small amounts and, if necessary, adjust in a second session. This ensures a subtle and elegant effect.

The **choice of filler** also makes all the difference. As we've already discussed, areas that require movement, such as the lips and the area around the mouth, require more malleable products. On the other hand, zones that need structure, such as the jaw or cheekbones, require denser and more resistant fillers. This care prevents the face from losing its natural expression when smiling or speaking.

The **application technique** is another crucial factor. I use cannulas in areas of greater vascular risk, such as dark circles and deep grooves, to minimize bruising and ensure greater safety. The depth of application should also be carefully calculated: too superficial can cause irregularities, and too deep can impair the desired result.

And we cannot forget the **communication between patient and doctor.** I always say to my patients: *"Be honest about your expectations."* Understanding what you expect from the procedure is essential for us to draw up a treatment plan aligned with your desires and with the reality of what is possible to achieve. Filling is an art and, like any good work, requires patience, care, and attention to detail.

Finally, it is worth mentioning that filling is not an isolated process. Maintaining a skincare routine, adequate hydration, and sun protection is essential to prolong the results.

In the next and final chapter, I will share with you the **next steps** and how we can take care of your aesthetics together with responsibility and excellence. And, who knows, a special opportunity for those who are ready to take that next step. Let's go!





Schedule Your Transformation Today and Save!

I want to congratulate you for dedicating this time to understanding more about How to Choose Hyaluronic Acid Filler? My goal here was to show that there is a definitive and accessible solution for something that may have been bothering you for a long time.

Now, I want to speak directly to you: **this is your chance to transform not only your body but also the way you feel.** Imagine wearing that outfit you love without any insecurity. Imagine looking in the mirror and smiling, knowing you made the decision to take care of yourself. That's the power of an informed choice.

Therefore, I want to offer you a special incentive to take the next step: **A special discount on the chosen procedure.** This is my way of showing you that the first step is the most important—and that you don't have to do it alone.

To schedule your consultation, it's very simple. Contact us via **WhatsApp (61) 8288-4546**, say you read this eBook, and my team will schedule you for the most convenient day and time for you.

Remember: the best time to take care of yourself is now. Don't leave for tomorrow the opportunity to feel more confident, freer, and happier. I am here to help you achieve this, with safety, care, and real results.

Let's do it together? I look forward to welcoming you in consultation and following your transformation!

