

# VPA TECHNIQUE®

Advanced aesthetic  
injectable technique  
by **Dr. Víctor G. Guevara**

---

*“The effectiveness of this procedure lies  
in the synergistic action of 3 injection  
techniques combined in one session.”*

*Administering an accurate amount of  
product in strategic areas of the skin tissue  
allows the professional to achieve the desired  
results and treat the face globally.”*

**Dr. Víctor G. Guevara**

A holistic and full-face approach  
to improve the overall skin  
health and quality.

*Restores and redefines the tissue.  
Revitalizes and enhances skin firmness,  
elasticity and luminosity.*

**im** INNOAESTHETICS



**Dr. Víctor G. Guevara**  
INNOAESTHETICS *Medical Advisor*

## Dr. Víctor G. Guevara presents VPA Technique®

There is much more to facial skin condition improvement and rejuvenation than simply making wrinkles disappear. Currently, aesthetic medicine offers a comprehensive approach that allows doctors to minimize the signs of aging and improve skin tone, texture, and quality by using bespoke therapeutic alternatives that respect a natural look and the patient's individuality. To this end, the professional must consider the patient's genetics, morphology, and face structure, as well as her/his aging process.

The VPA Technique® is a new method that combines three injection techniques in one session. Using a specific injection sequence for each application area allows the doctor to adapt to the specific features and needs of each patient, and effectively bio-revitalize, restructure, and firm the skin.

It establishes an application algorithm that aims to contribute to the administration of components into the superficial anatomical layers of the cranium, vertebra, and facial regions to reduce the biological deterioration in those tissues from the aging process. This technique has been designed to administer INNO-CE® Mesha® Essence, INNO-CE® Moist 1.5, INNO-CE® Bi-Dens 2.5, or INNO-TDS® solutions.

This new procedure was developed by Dr. Víctor García Guevara, an internationally renowned specialist in Aesthetic Medicine and Mesotherapy. He is the founder of both the Venezuelan Scientific Society of Aesthetic Medicine and the Foundation Center for Aesthetic Medicine Studies (FUCEME). His commitment to teaching and research has led him to partici-

pate in several clinical studies and be the author of many publications in prestigious scientific journals. He has an impressive professional trajectory and is nowadays an influential figure who works as a speaker at the most important aesthetic congresses.

This leaflet aims to provide doctors with the necessary information for applying VPA technique® both reliably and safely so that they can use it in their everyday professional practice.

## Indications

- Revitalization
- Increasing density
- Firming

## The treatment protocol



## Products



### 1.1 Products to be administered with VPA technique®

VPA Technique® has been designed to administer no-crosslinked or low-crosslinked **INNO-CE®** hyaluronic acid solutions, as well as **INNO-TDS®** transdermal solutions, particularly **INNO-TDS® Matrix** and **INNO-TDS® Fill Up**.

Administering **INNO-CE® Mesha® Essence**, **INNO-CE® Moist 1.5**, or **INNO-CE® Bi-Dens 2.5** using VPA Technique®, the hyaluronic acid is strategically distributed to promote cell regeneration and collagen production in crucial areas, slowing down wrinkle formation and reducing deep wrinkles and expression lines.

On the other hand, **INNO-TDS®** products contain poly components that help to create the right environment for optimal biosynthetic fibroblast activity. For VPA technique® we especially recommend **INNO-TDS® Matrix** or **INNO-TDS® Fill Up**. Both products contain Hyaluronic Acid as a primary ingredient combined with other active ingredients that promote HA redensifying and firming properties which are also enhanced by the technique.

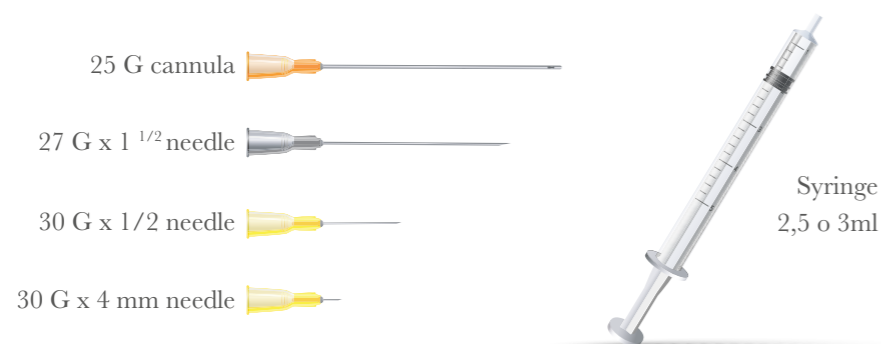
### 1.2 Amount of product per session

2-3 millilitres of product per session



Depending on the required effect, different products for each injection method can be used during the same session.

## Equipment required



## Evaluating the face and planning the treatment

It is crucial to study the patient facial features and proportions and to diagnose the changes caused by the aging process before performing the treatment. It should be performed by structural analysis of the face divided by thirds.

Face evaluation involves determining points and planes for use as references, following resized neoclassical facial models based on the works of Farkas and Munro<sup>(1)</sup>. Cephalometric measurements create three equal parts or facial thirds from the trichion to the nasion, from the nasion to the acanthion, and from the acan-

thion to the gnathion<sup>(2)</sup>, before evaluating the structure, proportion, and symmetry.

Physical examinations and photographic evaluations should be undertaken from different angles at rest and with expressions when actively moving. It will help provide a detailed analysis, given that not all thirds age the same, also establishing the potential aim of the infiltration methods for a gradual and suitable response.



The professional will determine the product to use according to the diagnosis of the age-related structural and morphofunctional changes and the facial anatomy of the patient.

- 1. VECTOR TECHNIQUE** to create lines of tension to establish mechanisms for repositioning tissue.
- 2. PILLAR TECHNIQUE** simple or crossed, to obtain skin restructuring that counteracts biomechanical actions of the face muscles.
- 3. ANCHORING TECHNIQUE** that enables suitable traction points by increasing density.

1. Farkas, L.G. and Munro, I. Anthropometric facial proportions in medicine. USA, Charles. C. Thomas Publisher;1987. DOI: [https://doi.org/10.1016/0889-5406\(87\)90240-X](https://doi.org/10.1016/0889-5406(87)90240-X)  
 2. Azizzadeh B, Murphy M, Johnson C et al. Master techniques in facial rejuvenation. London: Elsevier; 2018. DOI: <https://doi.org/10.1016/B978-0-323-35876-7.00029-7>. Available at: <http://www.sciencedirect.com/science/article/pii/B9780323358767000297>

## Application protocol



See technique

**1. MAPPING OUT:** First, the professional should draw the lines and points where to inject the product.

01  
**Vectors**

Draw a vertical line from the outer orbital rim. Then, two horizontal lines, the first from the targus to the start of the nasal area and the second from the pinna to the ipsilateral area labial commissure.



02  
**Pillars**

Then, draw several short lines perpendicularly to the nasolabial fold. Similarly, these lines can also be drawn on the periorbital or the mentolabial areas if the professional wants to treat them.



03  
**Anchors**

Finally, draw from 3 to 5 small circles along the upper horizontal line and on the zones where the professional wants to enhance firmness.



## 2. APPLICATION PROTOCOL

01  
**Vectors**

A 27 G 1 1/2 needle or cannula is recommended. Introduce the needle where the horizontal lines cross the vertical line. Apply the product via retroinjection using fanning technique to cover the 90° angle from line to line. Apply 0.1 ml of product per line.



02  
**Pillars**

A 30 G 1/2 needle is recommended. Apply the product via retroinjections parallel to the lines. Apply 0,004 ml of the product per line.



03  
**Anchors**

A 30 G x 4mm or 30 G 1/2 needle is recommended. Inject point by point, applying from 0,1 to 0,2 ml of product in the circles. Superficial subcutaneous injections are made at specific points, such as the malar area, the cheek area, the pre-maxilla, and the pyriform fossae.

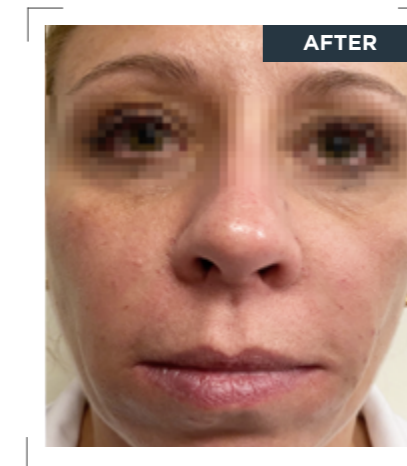
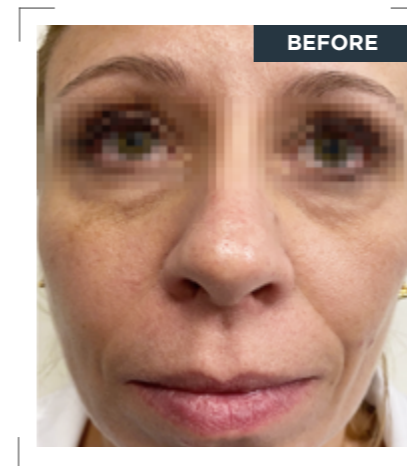


## Benefits

Combining those three methods into one session provides a synergic effect from each method's actions and properties. The vectors provide a tightening effect, the pillars create forces that counteract the natural formation of expression lines or wrinkles, and the anchors increase the skin's density. It provides more tissue support and a firming and biorevitalizing effect.

A single session provides results that last for 60 to 90 days. The results from 2 to 3 sessions usually last for 4 to 6 months.

## Results



RESULTS  
AFTER  
3 SESSIONS  
WITH 21-DAY  
INTERVALS

# VPA

T E C H N I Q U E<sup>®</sup>



Advanced aesthetic injectable technique

by *Dr. Víctor G. Guevara*



 INNOAESTHETICS

[www.innoaesthetics.com](http://www.innoaesthetics.com)

09.2025 ENG