

COMPREHENSIVE MINIMALLY INVASIVE APPROACHES FOR ASIAN FOREHEAD FEMINIZING RESHAPING

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BACKGROUND

Feminizing the forehead is a key component in achieving a softer, more youthful, and gender-affirming facial appearance, especially in Asian patients, where subtle contours play a significant aesthetic role. This presentation outlines a comprehensive, minimally invasive protocol for forehead reshaping tailored to the Asian population.

METHODS

Twenty Vietnamese female patients (age 25–45) underwent the following sequential interventions:

Firstly, the approach begins with hairline reshaping via laser hair removal, allowing refinement of forehead proportions to create a more delicate and rounded appearance.

Secondly, botulinum toxin is used not only to smooth dynamic forehead wrinkles but also to reshape and elevate the brow position, thereby enhancing feminine proportions. Moreover, it helps maintain the stability of HA filler.

The final step involves forehead augmentation using high G' prime hyaluronic acid fillers, selected for their structural support and lifting capacity. Specific filler placement techniques will be discussed, with emphasis on safe injection planes, the importance of symmetry, and adjacent area considerations such as temple augmentation to prevent disjointed transitions and ensure overall harmony.

RESULTS

All patients tolerated the combined protocol well, with an average procedural time of 45 minutes and downtime of ≤ 3 days. No serious

adverse events were recorded; transient erythema and mild edema resolved within one week. All patients were satisfied with the overall result.



CONCLUSION

This integrated protocol addresses aesthetic balance, practitioners can achieve harmonious upper-face feminization without surgery.

Keywords: Forehead feminization, Asian aesthetics, hairline reshaping, high G-prime filler, botulinum toxin, forehead augmentati.