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Safety of hyaluronic acid facial fillers in well-controlled hashimoto's thyroiditis: A retrospective case series

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Background: Hyaluronic acid (HA) fillers are mainstays of facial rejuvenation. Autoimmune disease, however, is often considered a relative contraindication, and evidence on the safety of HA fillers in patients with well-controlled Hashimoto's thyroiditis (HT) remains limited.

Objective: To describe real-world safety outcomes of facial HA fillers in women with well-controlled HT treated in routine practice.

Methods: We conducted a retrospective, single-center review of medical records from January 2023 to December 2024 at an aesthetic and regenerative medicine clinic in Barcelona. Eligible adults had clinician-confirmed HT with biochemical and clinical stability for ≥ 6 months before treatment. Key exclusions were other active autoimmune disease, immunosuppression, granulomatous disorders, pregnancy/lactation, infection, non-facial treatment, or incomplete records. Extracted variables included demographics, Fitzpatrick phototype, thyroid therapy, filler characteristics (cross-linker, total volume, injection sites), adverse events (AEs), and follow-up via in-clinic assessments and telephone contacts.

Results: Twenty Caucasian women met inclusion criteria (mean age 52 years; range 33–72). Fifteen (75%) were receiving levothyroxine (mean 50 μ g/day); five were euthyroid without medication. The mean injected HA volume was 2.6 mL per patient. Treatment regions were lips ($n=4$), upper third ($n=5$), midface ($n=5$), and full face ($n=6$). All products were BDDE-cross-linked HA. Over a mean 14-month follow-up (range 4–28), no infections, nodules/granulomas, severe allergic reactions, or other clinically significant AEs were recorded; tolerance was uniformly good across indications.

Conclusions: In women with well-controlled Hashimoto's thyroiditis, facial hyaluronic-acid fillers looked safe in routine practice—we saw no adverse events during follow-up. Stable Hashimoto's shouldn't be an automatic contraindication if thyroid status is verified and risks are discussed. Larger, prospective controlled studies (including product comparisons) are still needed to confirm safety and guide care.

Biography

T. Garriga-Baraut is a dermatology and aesthetic medicine specialist with a strong focus on safe and evidence-based facial rejuvenation techniques. Their clinical work includes research on autoimmune-related considerations in cosmetic procedures, helping improve patient selection and treatment outcomes.

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