HArmonyCa®

A **NEW innovation** in facial rejuvenation

Q&As

HArmonyCa® Lidocaine is a dermal filler intended for facial soft tissue augmentation and should be injected into the deep dermal, sub-dermal, or supra-periosteal layers in the midface (cheek and malar areas), lateral face, and jawline. The lidocaine in the product is for reducing pain during treatment.[1]

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Q&As

Questions you might *expect* about HArmonyCa®

This *Q&A section* will help you answer questions HArmonyCa® patients may have.

1

The Treatment

What is HArmonyCa®?

HArmonyCa® combines CaHA with HA in one dual-action injectable, delivered as a **single treatment** into the deep dermal, sub-dermal, or supra-periosteal layers in the cheek and malar areas of the midface, as well as the lateral face and jawline.[1]

HArmonyCa® is powered by DART™ – Dual Action Rejuvenating Technology.[2,3]

How do CaHa and HA work?

HA particles diffuse between collagen fibres of the lower dermal layer for an immediate lifting effect.*[4]

CaHA microspheres work deep within the dermis to form a scaffold that supports fibroblast function.[5]

As HArmonyCa®'s HA-based carrier gel degrades over time, CaHA supports the body's own collagen production to build a firm and dense framework in its place, for a long-lasting lift.[3]

What does the procedure involve?

Before delivering any treatment, you should assess your patients' medical history, their treatment goals, and the regions to be treated, to create a bespoke treatment plan that ensures desired outcomes.

HArmonyCa® contains lidocaine, an anesthetic, to reduce pain your patients may experience during treatment.[1]

CaHa: calcium hydroxyapatite; HA: hyaluronic acid
*Results derived from an animal model study comparing fillers.[4]

References
1. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.
2. Data on file. DART trademark. Allergan Pharmaceuticals. October 28, 2025.
3. Gritti A, et al. *J Cosmet Dermatol*. 2025;24(9):e70430.
4. Hee C, et al. *Dermatol Surg*. 2015;41:S373–S381.
5. Allergan Aesthetics. Data on file. ABVRRTI81261 Comparative Analysis of Bio-Stimulatory Effects. REF-139077.

What areas of the face can I get treated with HArmonyCa®?

HArmonyCa® should be injected into the deep dermal, sub-dermal, or supra-periosteal layers in the midface (cheek and malar area), lateral face, and jawline.[1]

It should **not** be injected into the glabellar or periocular areas or into the lips or perioral region.[1]

Two possible injection techniques include:[2]

- The C approach: treat patients using the C approach, which includes the zygomatic arch, jaw ramus, and jawline. Utilize the three entry points located in the jowl, jaw angle, and jaw ramus to achieve full coverage of the treatment areas.*
- The C+ approach: treat patients using the C+ approach, which includes the zygomatic arch, jaw ramus, jawline, pre-jowl sulcus, and the submalar area. Utilize the three entry points located in the jowl, jaw angle, and jaw ramus to achieve full coverage of the treatment areas.*

What makes HArmonyCa® different from collagen stimulators or facial fillers?

Most single-agent collagen stimulators are unable to provide an instant lift that holds as well as sustained collagen stimulation.†,‡,§,3

HArmonyCa® allows you to target multiple signs of aging by lifting, firming, and tightening the skin.†,‡,§,3

FTV: facial tension vectors

*The responses of N=82 physicians when asked what injection technique and how many entry points they would suggest experienced injectors treat with HArmonyCa® and of a survey of N=80 physicians when asked, "What injection technique do you use when administering HArmonyCa® in a typical patient in your clinic?", and of N=76 physicians when asked, "When you inject HArmonyCa® posterior to the ligament line, how many injection entry points do you usually use in your clinical experience?".[2]
†Results from a prospective and non-randomized interventional study where HArmonyCa® was injected in the pre-auricular region of 15 women. The primary endpoint was the volumetric changes at Day 180. Secondary endpoints included changes in facial tension vectors, time to filler tissue integration, and safety profile.[3]
‡Ultrasound and elastography examinations were performed using the Samsung HT 30 ultrasound machine and the ElastoScan HS30/XH30, respectively (Samsung Healthcare Global). When compared to baseline, an increase in density, viscoelasticity, and firmness of the tissue was observed at 60 days and then confirmed at 90 days after treatment. At 180 days after treatment, an increase in collagen in the treated areas was confirmed.[3]
§Vectra® H2 (Canfield Scientific, Inc.) was used to assess skin lift and tightening by measuring the changes in FTV at 60, 90, and 180 days after treatment. As compared to pre-treatment values, FTV significantly increased at all timepoints with a median (interquartile range) increase of 2.2 (1.6–2.2) mm and 2.0 (1.7–2.2) mm in the right and left side, respectively ($p<0.0001$ each), 180 days after treatment.[3]

Can you explain pre- and post-treatment care?

Patients should be instructed to abstain from use of makeup in the area to be treated for 12 hours before and after the procedure.

After treatment, the patient should avoid strenuous activity and exposure to sunlight, tanning lamps, or extreme weather conditions for 24 hours in order to reduce redness, swelling, and irritation. They may also apply an ice pack or cold compress.

If nodules appear, the patient should massage the area. Allow four weeks between ultrasound-based treatments, laser, or peeling treatments and the use of HArmonyCa®.[1]

References
1. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.
2. Allergan Aesthetics. Data on file. HArmonyCa® Lidocaine – Train-the-trainer meeting 2022: Reported outputs. April 2023. REF-114078.
3. Urdiales-Gálvez F, et al. *J Cosmet Dermatol*. 2023;22(8):2186–2197.

How quickly can I return to my everyday activities after treatment?

Patients should be advised that they should wait 24 hours before participating in any strenuous activity after treatment with HArmonyCa®. They should also avoid tanning lamps or exposing themselves to sunlight or extreme weather conditions during that time.

They may resume wearing makeup 12 hours after the procedure.[1]

Will I be able to get HArmonyCa® alongside other treatments?

It is possible to use HArmonyCa® alongside the JUVÉDERM® range if your clinical judgement is that it may help your patients reach their aesthetic needs.

For larger volume losses related to bone structure and/or deep fat pads, or if the patient shows a lack of skin firmness and/or loss of collagen, patients should be treated with JUVÉDERM® first (midface/lower face) and then HArmonyCa®.[2]

Note that the safety and efficacy of HArmonyCa® has not been evaluated in patients treated with other filling implants.[1]

Is the procedure painful?

HArmonyCa® contains 0.3% lidocaine hydrochloride, an anesthetic, to reduce pain during treatment.[1]

References
1. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.
2. Allergan Aesthetics. Data on file. HArmonyCa® Lidocaine – Train-the-trainer meeting 2022: Reported outputs. April 2023. REF-114078.

Actual HArmonyCa® Patient. Individual results may vary.

2

Outcomes

What results can I expect with HArmonyCa®?

Throughout a 1-year clinical study (N=140), **more than 90% of patients saw ongoing visible improvements in their overall facial appearance**, which was also validated by investigators.*,†,[1]

- **91.8%** of patients reported an overall aesthetic improvement at 1 month, and 72.6% at 1 year.
- Investigators reported that approximately **98.5%** of patients had an overall aesthetic improvement at 1 month, and 75.6% at 1 year.

How long do results last and what do other people think about their results?

A survey of patients treated (N=45) with HArmonyCa® found that most patients were highly satisfied with their treatment (mean of 4.1 out of 5) after 19 months.‡,§,[2]

EI: evaluating investigator; MFVDS: Midface Volume Deficit Scale; GAIS: Global Aesthetic Improvement Scale; mITT: modified intention-to-treat

*Results from a 1-year, prospective, open-label, post-marketing study where HArmonyCa® and HArmonyCa® Lidocaine were injected in the midface of 140 patients with moderate to severe midface volume deficit. The primary endpoint was responder status based on EI-assessed MFVDS at Month 1. Secondary endpoints included responder status based on EI-assessed and participant-assessed GAIS, change from baseline on FACE-Q Satisfaction with Cheeks questionnaire, and change from baseline on FACE-Q Satisfaction with Facial Appearance questionnaire. The mITT population was all treated participants with a non-missing baseline MFVDS score. At Month 1, the MFVDS responder status (a participant with at least a 1-grade improvement on the MFVDS based on the EI's live assessment of midface volume deficit) was 82.8% (95% CI: 75.7%–88.5%) in the mITT population for both treatment groups combined.[1]

†The EI-assessed GAIS responder rate (improved or much improved) was 98.5% (132/134) at Month 1, 98.5% (130/132) at Month 3, 94.7% (126/133) at Month 6, 87.8% (115/131) at Month 9, and 75.6% (102/135) at Month 12. The participant-assessed GAIS responder rate (improved or much improved) was 91.8% (123/134) at Month 1, 86.4% (114/132) at Month 3, 81.2% (108/133) at Month 6, 75.4% (98/130) at Month 9, and 72.6% (98/135) at Month 12.[1]

‡A post-marketing clinical follow-up of safety and performance of HArmonyCa® (N=162).[2]

§Performance evaluation using the 5-point Likert Scale User Satisfaction Questionnaire.[2]

References

1. Gritti A, et al. *J Cosmet Dermatol*. 2025;24(9):e70430.
2. Allergan Aesthetics. Data on file. HArmonyCa® Lidocaine. Clinical Study Report. July 2022. REF-99624.

3

Patient

Is HArmonyCa® suitable for me? Or who is it suitable for?

Powered by DART™, HArmonyCa® is a **dual-action injectable** designed for patients with facial skin laxity. It offers a comprehensive approach that **addresses multiple signs of aging in one treatment**.*,†,‡,1,2,3

Signs to help identify your next HArmonyCa® patient:§,4

- Lack of skin firmness
- Mild/moderate lateral skin sagginess
- Accordion lines
- Mild/moderate jowling
- Low/moderate volume loss

There are 5 additional tests or tools you can use when assessing patients for HArmonyCa®:

Pinch test
- Assess your patient's skin laxity by pinching their skin.[5]

Soft tissue descent
- Observe whether laxity is present in your patient's skin, after instructing them to tilt their head down.[6]

Before images
- Take images before treatment to help aid your assessment.

3D images
- 3D imaging can help support you when assessing your patient's skin.[7]

Cutometer®
- Evaluate the viscoelastic properties of your patient's skin and its change with aging.[8]

How do I know if I would benefit from HArmonyCa®?

During the consultation, patients should be advised about the potential benefits of HArmonyCa®. HArmonyCa® can be used only in certain areas of the face, so depending on their specific facial concerns, they should be advised whether it is a suitable treatment for them.[2]

*Results from a prospective and non-randomized interventional study where HArmonyCa® was injected in the preauricular region of 15 women. The primary endpoint was the volumetric changes at Day 180. Secondary endpoints included changes in facial tension vectors, time to filler tissue integration, and safety profile.[3]

†Ultrasound and elastography examinations were performed using the Samsung HT 30 ultrasound machine and the ElastoScan HS30/XH30, respectively (Samsung Healthcare Global). When compared to baseline, an increase in density, viscoelasticity, and firmness of the tissue was observed at 60 days and then confirmed at 90 days after treatment. At 180 days after treatment, an increase in collagen in the treated areas was confirmed.[3]

‡Vectra® H2 (Canfield Scientific, Inc.) was used to assess skin lift and tightening by measuring the changes in FTV at 60, 90, and 180 days after treatment. As compared to pre-treatment values, FTV significantly increased at all timepoints with a median (interquartile range) increase of 2.2 (1.6–2.2) mm and 2.0 (1.7–2.2) mm in the right and left side, respectively ($p<0.0001$ each), 180 days after treatment.[3]

§The responses of N=75 physicians when asked, "What signs of aging indicate the greatest suitability for HArmonyCa® treatment?".[4]

References

1. Data on file. DART trademark. Allergan Pharmaceuticals. October 28, 2025.
2. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.
3. Urdiales-Gálvez F, et al. *J Cosmet Dermatol*. 2023;22(8):2186–2197.
4. Allergan Aesthetics. Data on file. HArmonyCa® Lidocaine – Train-the-trainer meeting 2022: Reported outputs. April 2023. REF-114077.
5. Goldie K, et al. *Clin Cosmet Investig Dermatol*. 2021;14:643–654.
6. Swamy R and Sam P. *Facial Plast Surg Clin North Am*. 2010;18(2):245–252.
7. Linming F, et al. *Skin Res Technol*. 2018;24(1):3–8.
8. Ohshima H, et al. *Skin Research and Technology*. 2013;19:238–242.

4

Safety

Is HArmonyCa® well tolerated?

HArmonyCa® is a generally well-tolerated treatment with minimal downtime.*,†,1,2

Are there any side effects associated with HArmonyCa®?

The most common AEs with HArmonyCa® are erythema, edema, pain, tenderness, and itching. These are typically mild and usually resolve within 48 hours.[2]

- In a retrospective study of patients treated with HArmonyCa® (N=403), 4.7% experienced a TEAE, the majority of which were mild in severity.*,[1]
- In a 1-year clinical study of patients treated with HArmonyCa® (N=140), 37.1% experienced a treatment-related TEAE, the majority of which were mild in severity.‡,[3]

Treatment site reactions typically resolve within 24–48 hours and swelling within a week. The patient should be informed that the injected material may be palpable for a long period after treatment. If nodules appear, the patient should massage the area.[1,4]

See the full HArmonyCa® DFU for the full list AEs, contraindications, warnings, and precautions.

AE: adverse event; TEAE: treatment emergent adverse event

*Results from a retrospective, non-interventional study assessing the incidence and severity of TEAEs in adults (N=403) treated with HArmonyCa® Lidocaine at six clinics in Brazil.[1]
†In a post-marketing clinical analysis of HArmonyCa® (N=162), one unrelated serious AE was reported and one AE required medical intervention due to material migration into the lips and overcorrection.[2]
‡Results from a 1-year, prospective, open-label, post-marketing study where HArmonyCa® and HArmonyCa® Lidocaine were injected in the midface of 140 patients with moderate to severe midface volume deficit.[3]

References

1. Braz A, et al. *Plast Reconstr Surg Glob Open*. 2024;12(2):e5622.
2. Allergan Aesthetics. Data on file. HArmonyCa® Lidocaine. Clinical Study Report. July 2022. REF-99624.
3. Gritti A, et al. *J Cosmet Dermatol*. 2025;24(9):e70430.
4. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.

Consultation

Here are some key questions and pieces of information to help during a consultation.

Key HArmonyCa® facts to discuss during *consultations*

- During consultations, express the multidimensional needs of the aging face, in particular the **loss of volume** and **soft-tissue structural support** some individuals may have.[1–3]
- Most single-agent collagen stimulators are unable to provide an instant lift that holds as well as sustained collagen stimulation.*,†,‡,[4]
- Powered by DART™, HArmonyCa® combines CaHA with HA in one dual-action injectable, delivered as a single treatment into the deep dermal, sub-dermal, or supra-periosteal layers in the cheek and malar areas of the midface, as well as the lateral face and jawline.[5,6]
- Designed for patients with facial skin laxity, HArmonyCa® offers a comprehensive approach that addresses multiple signs of aging in one treatment.*,†,‡,[4]

*Results from a prospective and non-randomized interventional study where HArmonyCa® was injected in the preauricular region of 15 women. The primary endpoint was the volumetric changes at Day 180. Secondary endpoints included changes in facial tension vectors, time to filler tissue integration, and safety profile.[4]

†Ultrasound and elastography examinations were performed using the Samsung HT 30 ultrasound machine and the ElastoScan HS30/XH30, respectively (Samsung Healthcare Global). When compared to baseline, an increase in density, viscoelasticity, and firmness of the tissue was observed at 60 days and then confirmed at 90 days after treatment. At 180 days after treatment, an increase in collagen in the treated areas was confirmed.[4]

‡Vectra® H2 (Canfield Scientific, Inc.) was used to assess skin lift and tightening by measuring the changes in FTV at 60, 90, and 180 days after treatment. As compared to pre-treatment values, FTV significantly increased at all timepoints with a median (interquartile range) increase of 2.2 (1.6–2.2) mm and 2.0 (1.7–2.2) mm in the right and left side, respectively (p<0.0001 each), 180 days after treatment.[4]

References

1. Kahn DM, Shaw RB. *Facial Plast Surg*. 2010;26(5):350–355.
2. Swift A, et al. *Aesthet Surg J*. 2021;41(10):1107–1119.
3. Coleman SR, and Grover R. *Aesthet Surg J*. 2006;26(1S):S4–S9.
4. Urdiales-Gálvez F, et al. *J Cosmet Dermatol*. 2023;22(8):2186–2197.
5. Data on file. DART trademark. Allergan Pharmaceuticals. October 28, 2025.
6. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.

How do HA and CaHA work?

- HA particles diffuse between collagen fibres of the lower dermal layer for an immediate lifting effect.*,[1]
- CaHA microspheres work deep within the dermis to form a scaffold that supports fibroblast function.[2]
- As the HA-based carrier gel degrades over time, CaHA supports the body's own collagen production to build a firm and dense framework in its place, for a long-lasting lift.[3]

What makes HArmonyCa® different from HA fillers or collagen stimulators?

Most single-agent collagen stimulators are unable to deliver the **instant lift provided by HA** as well as the **sustained collagen stimulation provided by CaHA**.[†,‡,§,4]

The cross-linked HA in HArmonyCa® is created through a **unique** manufacturing process that is different from other HA preparations. **This process is different from the ones used to produce the HA found in JUVÉDERM® products.**

What is HArmonyCa®?

HArmonyCa® combines CaHA with HA in one dual-action injectable, delivered as a single treatment into the deep dermal and sub-dermal layers.[5]

*Results derived from an animal model study comparing fillers.[1]
†Results from a prospective and non-randomized interventional study where HArmonyCa® was injected in the preauricular region of 15 women. The primary endpoint was the volumetric changes at Day 180. Secondary endpoints included changes in facial tension vectors, time to filler tissue integration, and safety profile.[4]
‡Ultrasound and elastography examinations were performed using the Samsung HT 30 ultrasound machine and the ElastoScan HS30/XH30, respectively (Samsung Healthcare Global). When compared to baseline, an increase in density, viscoelasticity, and firmness of the tissue was observed at 60 days and then confirmed at 90 days after treatment. At 180 days after treatment, an increase in collagen in the treated areas was confirmed.[4]
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1. Hee C, et al. *Dermatol Surg*. 2015;41:S373–S381.
2. Allergan Aesthetics. Data on file. ABVRRTI81261 Comparative Analysis of Bio-Stimulatory Effects. REF-139077.
3. Gritti A, et al. *J Cosmet Dermatol*. 2025;24(9):e70430.
4. Urdiales-Gálvez F, et al. *J Cosmet Dermatol*. 2023;22(8):2186–2197.
5. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.

Why should I have treatment with HArmonyCa®?

With skin aging, a gradual loss of HA, collagen, and elastin can cause thinning and a loss of elasticity.[1,2]

By combining HA and CaHA in one dual-action injectable, HArmonyCa® offers a comprehensive approach that addresses multiple signs of aging in one treatment.*,†,‡,[3]

Will the injection hurt?

HArmonyCa® contains lidocaine, a mild local anesthetic, to make treatment more comfortable.

Assess the patient's need for managing pain and apply the appropriate form of anesthetic if necessary. To reduce local swelling, ice may be applied to the injection site.[4]

*Results from a prospective and non-randomized interventional study where HArmonyCa® was injected in the preauricular region of 15 women. The primary endpoint was the volumetric changes at Day 180. Secondary endpoints included changes in facial tension vectors, time to filler tissue integration, and safety profile.[3]

†Ultrasound and elastography examinations were performed using the Samsung HT 30 ultrasound machine and the ElastoScan HS30/XH30, respectively (Samsung Healthcare Global). When compared to baseline, an increase in density, viscoelasticity, and firmness of the tissue was observed at 60 days and then confirmed at 90 days after treatment. At 180 days after treatment, an increase in collagen in the treated areas was confirmed.[3]

‡Vectra® H2 (Canfield Scientific, Inc.) was used to assess skin lift and tightening by measuring the changes in FTV at 60, 90, and 180 days after treatment. As compared to pre-treatment values, FTV significantly increased at all timepoints with a median (interquartile range) increase of 2.2 (1.6–2.2) mm and 2.0 (1.7–2.2) mm in the right and left side, respectively (p<0.0001 each), 180 days after treatment.[3]

References

1. Swift A, et al. *Aesthet Surg J*. 2021;41(10):1107–1119.
2. Jenkins G. *Mech Ageing Dev*. 2002;123(7):801–810.
3. Urdiales-Gálvez F, et al. *J Cosmet Dermatol*. 2023;22(8):2141–2375.
4. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.

What potential side effects are there?

HArmonyCa® is a generally well-tolerated treatment with minimal downtime.*[1]

Common postoperative adverse events include erythema, edema, pain, tenderness, itching, lumps or bumps, firmness, bruising, and discoloration.[2]

Treatment site reactions typically resolve within 24–48 hours and swelling within a week.[2]

*Results from a retrospective, non-interventional study assessing the incidence and severity of TEAEs in adults (N=403) treated with HArmonyCa® Lidocaine at six clinics in Brazil.[1]

References
1. Braz A, et al. *Plast Reconstr Surg Glob Open*. 2024;12(2):e5622.
2. Allergan Aesthetics. HArmonyCa® Lidocaine DFU. November 14, 2025.

HArmonyCa®

Powered by DART™

Adverse events should be reported to Allergan Aesthetics, an AbbVie company, by emailing AGN-DL-AUSDermalinternationalComplaints@abbvie.com, or by calling 1-800-624-4261.

HArmonyCa® injection may be accompanied with mild discomfort; administration of anesthetics should be considered. As with all transcutaneous procedures, injection of HArmonyCa® carries a risk of infection. To reduce this risk, common practice of such procedures should be followed. If nodules appear, patient should massage the treated area. Patient should be informed that the injected material may be palpable for a long period after treatment. Common postoperative adverse events include erythema, edema (swelling), pain, tenderness, and itching. Treatment site reactions typically resolve within 24–48 hours and swelling within a week. Less common adverse events associated with dermal fillers in general and calcium hydroxyapatite-based fillers in particular include hematoma, seroma, extrusion, induration, skin pigmentation, fistula formation, inflammatory reaction, infection, allergic reaction, migration, persistent nodules, granulomas, fever, necrosis, and blindness.

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