Hand rejuvenation using the FDA-approved Restylane Lyft is a popular cosmetic intervention to combat:

- Wrinkles
- Skin-laxity
- Hollowing of dorsal webspace
- Prominent tendons and veins

But, given the complex hand anatomy, the injector must use the steps in this article to administer the filler safely and successfully.

**The 5-step filler hand rejuvenation technique**

1. **Cleanse & prepare hand with Chloraprep™**
2. **Inject Restylane Lyft (0.5 cc/webspace) perpendicular to the skin**
3. **Apply topical anesthetic (Topical lidocaine 2.5% & prilocaine 2.5%)**
4. **Massage hand with ultrasound gel to ensure smooth contour**
5. **Critically assess hand appearance & movement & apply any touch ups/ massage if needed**

These steps help an experienced clinician to safely administer Restylane Lyft to patients seeking hand rejuvenation.

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