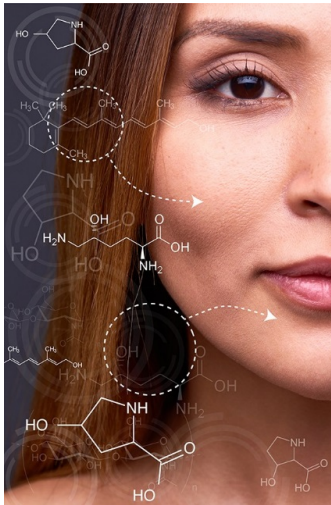


THE ORANGE COUNTY REGISTER

The most recent FDA-approved options and new cosmetic techniques



By: Alene Dawson | 2 July 2018



The wind-swept, cookie-cutter facelift is as passé as a rotary phone. Without the bonus of kitschy charm. On our increasingly technology-driven, fast-paced planet, advances in aesthetic procedures are metamorphosing even minimally invasive, non-surgical cosmetic options, including wrinkle-relaxing neurotoxins, fillers and fat reduction.

To find out how, *Coast* reached out to some of Southern California's many cosmetic procedure experts about the most recent FDA-approved options and new techniques. Our goal is to give you enough information to avoid choosing a doctor with an outdated skill set. Seek instead a doctor certified by the American Board of Medical Specialties with a balance of experience, wisdom and adeptness to discerningly and masterfully utilize what's new to help you feel your beautiful, most confident best.

The beautifying business is booming

According to the American Society of Plastic Surgeons' 2017 Plastic Surgery Statistics Report, of the 17.5 million cosmetic procedures reported, a whopping 15.7 million were minimally invasive. That's an uptick of 186 percent since the year 2000 and a 2 percent increase since 2016. And many of these counts are reporting only procedures performed by ASPS member surgeons. That's a lot of Botox.

"When I was in training, everything was about surgery," says Beverly Hills-based Dr. John Diaz, president-elect of the Los Angeles Society of Plastic Surgeons. "It's an incredibly exciting and amazing evolution in the field of plastic surgery because now we can do so many things to the face to make it look better and never have to step in the operating room."

Use your brains picking your doctor

Sure, the "lunchtime," less-downtime nature of many of these treatments adds to their popularity, but the risks, although rare, are still real. Especially for those who brave the God-knows-who wielding a needle at some random Groupon-taking storefront.

"I have seen complications from injectors at medspas ranging from bizarre-looking faces to infections and ulcerations. However, not every medspa is bad. Inferior results and complications from injecting physicians can happen as well," says celebrity dermatologist **Dr. Ava Shamban**, founder of Skin Five. "It's important to make sure that the injectors at a medspa are well-trained and are supervised by a board-certified physician in the aesthetic core specialties."

The ABMS is made up of 24 boards, and it's often recommended that if you're getting a cosmetic procedure done you go to a doctor certified by the American Board of Dermatology, American Board of Plastic Surgery, or even the American Board of Ophthalmology or American Board of Otolaryngology (head and neck surgeons). You can check which, if any, ABMS boards your doctor belongs to at certificationmatters.org.

To vet a doctor, don't skip these steps:

- Read the office's website to confirm the doctor is ABMS board-certified in a related field, has done a lot of the procedures you're seeking and has written related books or papers.
- Get recommendations from patients and other doctors.
- Look at the doctor's before-and-after patient photos.
- Confirm the doctor has hospital privileges in case something goes south.
- Check the doctor's social media for an indication the doctor is staying up-to-date on products and procedures by attending conferences and meetings on cosmetic procedures.
- Schedule a consultation

A company town

Note that various companies sell their versions of wrinkle-relaxing injections (à la Botox), hyaluronic acid fillers, lasers and more. For example, Allergan Inc. makes Botox, Kybella and the Juvéderm collection of fillers including Voluma, Vollure and Volbella. Also, just in 2017, Allergan purchased Zeltiq, known for CoolSculpting. Galderma Laboratories makes Dysport, Sculptra and Restylane fillers such as Silk, Lyft and Refyne. Merz makes Xeomin, Radiesse, Ultherapy and Cellfina. Valeant Pharmaceuticals is behind the Clear + Brilliant laser.

Several of these have been FDA-approved, or approved for select areas, only in the past few years.

Make sure your doctor isn't catfishing you

"Just because they're board-certified doesn't mean they're the best person for the job; that's just the baseline," says Dr. Anne Marie McNeill of Newport Beach Dermatology & Plastic Surgery on the importance of artistry and more. "But it's important to know the underlying anatomy so there isn't an issue with nerve damage and other things."

Not maintaining active social media accounts doesn't necessarily mean a doctor is bad: "There is a huge problem going on in the area of cosmetic surgery and cosmetic procedures; it's getting harder and harder for patients to figure out who to go to," says Diaz. "There is so much noise now. There is so much social media that it is hard for them to decipher what is real or not ... Young surgeons who are not plastic surgeons or dermatologists who, because of the power of social media, are able to create this image of being successful cosmetic providers — all smoke and mirrors ... There is this fine balance. You want someone who is experienced enough to know how to apply these treatments in a safe way with a great result. You also want someone who knows what's new so they can give you the most exciting, best technology."

New Gen facials

Sayonara "steam and cream." Even facials have gone high-tech: Chemical peels (where a solution of varied intensity, usually acid-based, is applied, causing your old skin to peel off, revealing fresher skin) helps with sun-damage, hyper-pigmentation and wrinkles; A Hydrafacial, described by some as "wet" microdermabrasion, is a multistep treatment that uses a vacuum-like device to cleanse, extract and hydrate skin. "Hydrafacials give you a really nice glow before an event," says McNeill.

LED (red, white, amber or blue) light therapy penetrates the skin via various wavelengths for anti-acne, anti-inflammatory and/or collagen-producing, wrinkle-relaxing results; a microcurrent facial (sometimes called a non-surgical facelift at destinations such as Kinara Spa in Beverly Hills) tones and tightens your face using wands to zap you with electric currents; and, of course, there are lasers such as the newer Clear + Brilliant laser, said to be friendlier to a wider spectrum of skin tones, and the 15-minute Skin Laundry treatment that uses a YAG laser and intense pulsed light system combo.

Microneedling, where very fine needles puncture the skin to stimulate collagen to minimize fine lines and acne scars, has been a game changer, says McNeill, citing dramatic results and recent

FDA approvals. “It can be done on all skin types with very little downtime, and it’s really not too expensive compared to some of the other procedures. People can get a pretty dramatic improvement in just five or six treatments.”

“Skin tightening is still the (non-invasive) holy grail — what everyone is trying to achieve — and still the best one is Ultherapy,” says McNeill of the ultrasound treatment FDA-cleared to lift skin on the neck, eyebrow and under-chin, and improve décolletage lines. “It still doesn’t do as much as we’d like to achieve.”

Radiofrequency facials use electromagnetic waves to heat the skin to aid firmness and build collagen. She advises that if more than 1 or 2 millimeters of lift is desired, surgical approaches are generally best.

The skinny on fat reduction

“Liposuction has been around for a long time ... but there are no skin-tightening aspects,” says Dr. Payman Danielpour who along with Dr. John Layke is co-founder of Beverly Hills Plastic Surgery Group and Beverly Hills MD. “BodyTite uses radio frequency energy along with lipolysis. Prongs goes both under and over the skin, better than applying energy from just the outside or inside, to stimulate collagen and tighten skin for up to a year ... they are continually improving it.” There’s Zerona, Trusculpt, SculpSure, Liposonix and other fat-reducing treatments. Danielpour and others touted CoolSculpting that dissolves fat using cold energy. “The beauty of cryotherapy is most people who get cryotherapy say it’s a comfortable and painless procedure. It can be done in 30 minutes. There’s no down time. There’s no recovery and there’s no anesthesia. There’s no garments to wear,” says Danielpour. “You start seeing the results in six weeks.”

During a recent cosmetic procedures panel, Dr. Max Lehfeldt espoused CoolSculpting’s significant advancements between 2009 and 2016 in both the technology and FDA-approved treatment area indications.

Here and there, hands and nose.

Restylane Lyft was just FDA-approved in May 2018 specifically for restoring fullness in the hands. And as of now, non-surgical nose jobs are “misleading,” says Diaz. “The vast majority of people want a bump on their nose smaller. Filler such as Radiesse can camouflage a small bump or define and build up the tip a bit.”

“There is a better under-standing of how and why we age,” says Diaz. “In the older days the thinking was that aging was just gravity that pulled on tissue and made it loose ... now we understand there’s another process going on which is the loss of volume. As we age, the bones of our face — around our eyes, our cheekbones — actually lose some of their volume. Another thing is that our face has all of these compartments filled with fat that over time lose mass.”

<https://www.oeregister.com/2018/07/01/the-future-of-your-face-the-most-recent-fda-approved-options-and-new-techniques/>