Cosmetic Tips

Kyle Coleman, MD
New Orleans, LA

Tear trough isn’t the only part of the lower lid
• Lateral canthal depressions are a dead give away
• Accentuated by tear trough improvement / cheek volumization
• Tiny amounts of filler -> more natural appearance

Act like a Dentist
• Set up follow ups in advance
  • Neuromodulators
  • Fillers
• Biyearly maintenance
  • Chemical peel
  • IPL
• Yearly or biyearly
  • Tightening

Treat the jawline
• Eyes, jawlines, and necks are how most people determine age
• Treat the lateral jawline to improve contours and tighten the neck
• Combine with chin filler and botox of mentalis, dao, platysma

Mix neuromodulators to be the same
• My “equivalence”
  • 1 Botox = 2.5 dysport = 1.2 Xeomin
• Mix botox 2cc
• Mix dysport 2.4cc
• Mix Xeomin 1.7cc
• Don’t have to think to inject different product

Don’t Waste Good Downtime
• Combine lasers / peels / injectables
• Complementary treatments with similar downtime
• IPL with spot treatment of lentigines
• IPL with NAFL of lower lids
• Chemical peel with NAFL or light AFL
• Chemical peel with deoxycholic
Clinical & Therapeutic Pearls in Appearance Procedures

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Glenn Dale, MD

Skin Rejuvenation in Skin of Color

- Facial UV-induced hyperpigmentation
- Dermatosis papulose nigra
- Rhytids, folds & volume loss
- Skin tightening
- Hirsutism with PFB/PIH

Case Study

- 87 y/o African-American female
- c/o “moles” on face, present for many years, increasing in size & irritating
- She requests removal
- PE: TNTC hyperpigmented papules, flat-pedunculated, varying in size 1-10 mm in size

Dermatosis Papulosa Nigra “DPNs”

- Benign epithelial tumors, variant of SK
- 10-35% of adult patients of color
- Hereditary (40-54%), more common in females, develop after puberty in second decade and peak in the 6th decade
- Multiple hyperpigmented papules, flat, pedunculated, polyoid, verrucous
- Occur mainly on the face and neck, but can occur on the trunk, scalp and extremities
- Cosmetic concern, but can be symptomatic
- Histopathology: seborrheic keratoses
- Differential diagnosis: Verruca, irritated achrochordon & pigmented BCC

DPNs: Treatment

- Cryosurgery
- Curettage
- Electrodesiccation (with/without lido)
- Excision (with/without) - shave, tenotomy scissors
- Laser surgery - KTP, Fractional thermolysis

DPNs: Treatment Complications

- Dyspigmentation
  - Cryosurgery may cause post-inflammatory hypopigmentation
  - Electrodesiccation (ED) may cause PIH
- Hypertrophic scarring & keloid formation
- These potential AE should be discussed with the patient prior to the procedure

DPNs: Cryotherapy

- Clean the skin with alcohol
- Topical anesthetic 1-2 hours before treatment
- Local anesthesia for larger thicker lesions
- Hyfrecator on setting 1
- Apply topical cortisone
- Gradually fall off in 1-3 weeks
- Lubricate with aquaphor
- Do not pick them off before they are ready!!!

DPNs: Electrodessication

DPNs: Cryotherapy & Electrodessication

Thank you

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AHHHHHH.......the jawline

JODY COMSTOCK, MD
SKIN SPECTRUM TUCSON
WINTER CLINICAL
DERMATOLOGY CONFERENCE-
HAWAII

Tricks & Tips for the jawline
Tight without Shadows
- Temple & Cheekbone Lift with fillers
- Submalar Lift with fillers
- Masseter manipulation
- MesoNeuromodulator lateral cheek & neck
- Jawline filler
- Submandibular gland shrinkage
- Removal of Fat Pads
- Platysma relaxation
- Lasers/Lights/RF/Peels

Sheeck Lift

Submalar filler

Masseter manipulation

Mesoneuromodulator

Submandibular Gland Shrinkage
Summary for the Jawline

- Combination therapy is necessary for prevention, correction and maintenance.
- Careful assessment of Bone, Muscle, Fat and Skin along with Genetics, Lifestyle and Aging will optimize results and patient satisfaction.
Disclosures

- Johnson & Johnson - Allergan
- Valeant - Pfizer
- Galderma - Novartis
- Intermix - Skin Medica
- BTI - Kythera
- Innovating - Proctor & Gamble
- Revenant - Restylane
- Theraplex - Pudera Pro
- Cutera - Lisse 2 Good
- Medmetrics - Innocutis
- Laxir - Neuticles
- Reutzky - PeriDex
- Alphason - Fibrocell
- Merz

INTRAcel

FRM (Bipolar / Monopolar)
Mode
SRR (Superficial RF Rejuvenation) Mode

Specification

- Applied Energy: RF (Radio Frequency) 1 MHz
- Out Power:
  - Monopolar: up to 700W (Peak power & 200 °)
  - Bipolar: up to 700W (Peak power & 200 °)
- Spot Size: 1cm x 1cm
- Tip Types:
  - FRM Bipolar, FRM Monopolar
  - SRR (Superficial RF Rejuvenation)
- Disposable tip matrix: All electrode needles
- Data on file, Jeisys 2016

Needle Composition

- Substantial insertion depth by needles and RF irradiation range
- There are about 0.2mm differences between needle depth and substantial insertion depth.
  - RF irradiation ranges are up, down, and both sides of & skin
  - Depths are Adjustable in 4 different levels
  (Data on file, Jeisys 2016)

<table>
<thead>
<tr>
<th>Needle Composition</th>
<th>Superficial RF</th>
<th>Superficial RF</th>
<th>Superficial RF</th>
<th>Superficial RF</th>
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<tbody>
<tr>
<td>Needle Depth</td>
<td>0.3mm</td>
<td>0.4mm</td>
<td>0.5mm</td>
<td>0.6mm</td>
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How INTRAcel works?

Inserting needles (0.02 sec)
RF emission (0.03 ~ 0.10 sec)
Removing needles (0.02 sec)

Histology Results

Histology Results

Histology Results

Histology Results

Histology Results
Baseline
7 days after 1st treatment
Case01, 42 y.o. M
1st treatment – 2009/01/16
2nd treatment – 2009/02/20
INTRAcel

STANDARDIZED NUTRACEUTICALS: Multi-Targeting Hair Loss
5α-reductase Inhibitors and Anti-androgens
Minoxidil Vitamins, Minerals
Biotin, Iron, Deep Sea Marine Collagen
Nutraceutical Supplement with Standardized Botanical Extracts

FREE RADICALS:
Aging; Styling UV; Toxins; Pollution
DHT/Hormones Stress
Inflammation Oxidative Stress
Compromised Circulation Compromised Nutrition

MULTI-TARGETING
MONO-TARGETING
Nutrafol
Supplement

**NUTRACEUTICAL SUPPLEMENT WITH STANDARDIZED BOTANICAL EXTRACTS**

**Key Ingredient Highlights**

- **STANDARDIZED MSKTOCOTRIENOLS** in clinical trials was proven to:
  - Significantly increase endothelial nitric oxide and improve circulation
  - Decrease inflammation and lower CRP
  - Significantly lower inflammatory cytokines (IL-6, TNF-α, IL-1β)

- **STANDARDIZED SAW PALMETTO in clinical trials was proven to:**
  - Significantly lower inflammatory cytokines (IL-6, TNF-α)

- **STANDARDIZED ASHWAGANDHA in clinical trials was proven to:**
  - Significantly improve endothelial function via endothelial vasodilation
  - Decrease inflammation and lower CRP
  - Be antiandrogenic and neuroprotective

- **STANDARDIZED CURCUMIN in clinical trials was proven to:**
  - Significantly lower inflammatory cytokines (IL-6, TNF-α)
  - Be antiandrogenic and neuroprotective

- **STANDARDIZED Tocotrienols**
  - Significantly lower mean cortisol levels by 35%
  - Significantly raise levels of endogenous antioxidants
  - Significantly reduce oxidative stress in the hypothalamic-pituitary-adrenal (HPA) axis

**NUTRACEUTICAL SUPPLEMENT WITH STANDARDIZED BOTANICAL EXTRACTS**

**Key Ingredient Highlights**

- **STANDARDIZED ARONICA EXTRACT**
  - Significantly increase endothelial nitric oxide and improve circulation

- **STANDARDIZED HYALURONIC ACID**
  - Significantly increase hair counts on average by 34%, via
    - **Nutrients & Vitamins**
      - **NUTRITIONAL SUPPORT**
        - Tocotrienols, Minerals, Amino Acids, and Hydrolyzed Hyaluronic Acid
      - **IMMUNE & CIRCULATORY SUPPORT**
        - Standardized to 78% d-αlpha, d-beta, d-gamma, far superior to traditional tocopherol extractions

- **STANDARDIZED Tocotrienols**
  - Standardized to 78% d-αlpha, d-beta, d-gamma, far superior to traditional tocopherol extractions

- **STANDARDIZED SAW PALMETTO**
  - Standardized to contain ≥ 10% withanolides

- **STANDARDIZED ASHWAGANDHA**
  - Standardized to contain ≥ 10% withanolides

- **STANDARDIZED CURCUMIN**
  - Standardized to 95% curcuminoids

- **STANDARDIZED Tocotrienols**
  - Standardized to 95% curcuminoids

**Thermitight**

- First aesthetic technology that uses thermistor-regulated radiofrequency energy to achieve desired cosmetic results.
- The Thermi RF system uses a tiny treatment probe that is the size of a pen point to gently heat specific tissues to a pre-determined therapeutic temperature.
- The surgeon applies a controlled amount of thermal energy to the targeted tissue.
- The tip of the tiny probe provides constant feedback of the actual temperature during treatment.
Thermitight

- An infrared camera is used to monitor skin temperature to ensure the patient's treatment is both safe and effective.
- Minimally invasive, painless, single treatment solution, little to no downtime.
- Can be used for jawline, neck, arms, knees, upper back and abdomen.
- Restructures collagen by breaking through fibrous bands that cause dimples, so it treats cellulite on the thighs, abdomen and buttocks.
- A head wrap must be worn for forty-eight hours after jawline/neck procedure.

The First Injectable RF

Thermistor regulated radio frequency
- Thermal Image Guidance for improved safety and predictable outcomes
- Temperature as endpoint

Patient Benefits
- Micro-invasive
- Local anesthesia
- Fast recovery
- Long lasting results

Non-Invasive Fat Melting
Best/Poor Candidates

- Patient must have pinchable fat
- Good skin quality
- If doing Coolsculpting or Sculpsure the patient must fit in the adaptor
- They must have the capacity to understand the side effects/potential pain and/or tenderness post procedure
- A bad patient is someone with poor skin quality, visceral fat, morbid obesity or has excessive loose skin.

(Derm Times, January 2016).
The FuturaFit Solution

- Proprietary electronic TranStim™ technology
- The Secret to Success
- Works out the patient electronically via very deep and prolonged muscle contractions
- Move fat to circulatory/lymphatic system where it can be metabolized

Vanquish/Exilis/FP

- Before treatment
- After treatment

REAL PEOPLE. REAL OUTCOMES

REAL PEOPLE. REAL OUTCOMES

Vanquish

- The world’s first:
  - Non-contact, panel array
  - Multipolar, emits selective RF energy to treat the entire core in one application
  - Selective RF™ treatment
  - With impedance matching that targets thermal effects into the fat layer while protecting surrounding skin and tissue
  - For non-invasive circumferential reduction of the abdomen.
  - Without downtime, discomfort, or consumption.

(Journal of Drugs in Dermatology, June 2015)
Vanquish

- Painless, effective fat reduction device with the largest treatment area in the industry.
- Uses selective RF (multipolar) energy technology, non-invasive
- Treats large areas in short 45 minute sessions (4-6 sessions recommended)
- Fat has different absorption properties due to its diminished water content and this device takes advantage of that to selectively target fat.
- The applicator-generators deliver energy selectively to tissue layers with specific impedance, focusing RF energy with high power while minimizing the delivered to surrounding layers.

Vanquish/Exilis/FP

- Before treatment
- After treatment

Flexin

- Before treatment
- After treatment