



face

TIGHTEN & BRIGHTEN

THE NEW AND ADVANCED THERMAGE CPT CAN IMPROVE SKIN LAXITY AND ELASTICITY WITHOUT THE NEED FOR SURGERY. JESSICA RULE REPORTS.



There has been a paradigm shift in the approach to cosmetic rejuvenation over the past decade or so. Whereas in the past there was arguably a distinct 'all or nothing' approach to cosmetic facial rejuvenation, this has now been broken down into less invasive techniques that offer a synergistic effect.

Sydney cosmetic physician Dr Buddy Beaini from MD Cosmedical Solutions believes patients will be pleasantly surprised with the non-surgical solutions available, such as Thermage. 'We're seeing excellent outcomes, partly due to the major upgrade from the predecessor Thermage NXT, which we used for over four years, to the new Thermage CPT,' he explains.

Dr Beaini says Thermage CPT offers an effective anti-ageing tool. 'By improving the density of your own natural skin collagen, it improves the structure of the skin and hence its tone and elasticity,' he explains. 'Therefore, Thermage slows down the ageing process in the skin with respect to skin laxity and elasticity.'

TECHNOLOGY WITH AN EDGE

Thermage CPT is an advancement of the older Thermage systems, designed to deliver superior results and greater patient comfort. 'The revolutionary new Thermage CPT system represents a leap forward in skin tightening and contouring technology,' he explains. 'The core of the new system, which uses the proprietary "Comfort Pulse Technology", is a vibrating handpiece for more comfortable and effective treatments. Figures suggest the new system

offers a 25 percent more effective treatment than the previous system.'

As a result, the Thermage CPT system delivers a more comfortable treatment, at higher treatment levels, and therefore resulting in better and longer lasting results.

Thermage CPT uses patented monopolar radiofrequency technology that tightens and strengthens existing collagen and stimulates the production of new collagen within all skin layers as well as the collagen strands within the subcutaneous tissue.

'Thermage is the only technology that can penetrate the skin to these levels, delivering excellent skin tightening and lifting,' says Dr Beaini.

GIVING PATIENTS THE ADVANTAGE

'I believe Thermage CPT technology is the gold standard treatment for non-surgical face lifting and skin tightening,' says Dr Beaini. 'In my experience there are multiple advantages: just one treatment is required by most patients; the treatment only takes around 60 to 90 minutes; there is no downtime in typical cases; and the results last between three to four years in most individuals.'

Dr Beaini explains that his patients are very satisfied with the new system because they can see and feel initial improvements during and immediately after the treatment. An added benefit is that results continue to improve gradually over the next six months or so.

'Thermage is suitable for just about any part of the body in need of skin tightening,' he says. 'By far, the most popular

is the face and neck – for non-surgical brow lifting, face lifting, jowl and neck tightening and neck skin tightening,' he explains. 'The next most popular areas are the tummy, under the arms, knees, buttocks, thighs and hands.'

According to Dr Beaini, the most suitable patient generally has skin laxity (looseness) and is between the ages of 30 to 70. 'Having said this, I have satisfactorily performed Thermage on clients up to the age of 88 years old,' he says. 'I just discuss the fact that for older clients they will likely have limited but satisfying results, lasting for approximately two years.'

When performed by experienced doctors, Thermage has a very good safety profile. 'At MD Cosmedical Solutions, we have performed more than 2,000 treatments with a 100 percent safety record,' says Dr Beaini. 'However, there are reports that with inexperienced clinics there is a very small risk of swelling, redness and mild short-term blistering. It is very important to do your research and only have treatments with experienced cosmedical practitioners.'

Dr Beaini says he is excited about the possibilities for clients thanks to the new Thermage CPT system and the combined opportunities with Fraxel re:store laser. 'We can shave years off a client's appearance without them going under the knife, while keeping their look natural at the same time,' he says. 'Even better for the patient, we can offer this with minimal discomfort, minimal risk and minimal downtime. I believe Thermage CPT is definitely the way of the future.'

THE RIGHT COMBINATION

Adelaide and Sydney cosmetic doctor Dr Michael Molton likes to pair Fraxel and Thermage to better address the signs of ageing. 'I like to say to patients that this is the "combo you don't get fries with",' he explains. 'For clients who come to me seeking anti-ageing solutions that don't necessitate surgery, Fraxel re:store laser and Thermage in combination can offer significant results.'

Dr Beaini agrees: 'By combining the latest Thermage CPT with Fraxel laser in a treatment program, a client can look up to 10 years younger. The anti-ageing results are synergistic and the results I have seen have been remarkable. We can achieve results that will make a client's skin look significantly younger.'

'The technologies work synergistically to restore surface collagen and elastin in the skin, hence making the skin healthier, tighter and plumper,' says Dr Beaini. 'Secondly, while Thermage primarily lifts and tightens skin, Fraxel reduces sun damage, pigmentation, acne scars, injury scars, skin pores, stretch marks and dark under-eye circles for a more refined complexion.'

'I have been a patient of the Thermage/Fraxel combination myself and enjoy the surprised look on people's faces when I tell them I'm 60, which I attribute to my treatments,' says Dr Molton.



BEFORE



Two months after Thermage treatment. Photos courtesy of Bonnie Straka, MD.



BEFORE



AFTER Fraxel and Thermage treatment by Dr Molton

So how does Dr Molton recommend using them in combination? 'Personally I like to administer Thermage in week one, followed by either the 1927nm Fraxel re:store, or the 1550nm in week two,' he explains. 'The combined treatment using the two devices has a compounding effect because two different types of energy delivery systems are used, creating an exponential improvement in the end result.'

Secondly, because the devices stimulate collagen, it encourages energy delivery to overlap depths and zones in the skin. Surface improvement plus boosted elasticity along the jawline and neck can also be seen.

A big drawback for patients is the typical lack of downtime. 'With Thermage, they can potentially be out to dinner that night; with Fraxel they may need a few days extra, depending on the treatment,' says Dr Molton.

'Because the focus these days is towards non-surgical procedures as a preventative method, Fraxel and Thermage are an ideal combination for people celebrating their mid-milestones such as 30 or 40 who aren't ready for surgery, or for those wishing to delay or postpone invasive facial rejuvenation surgery,' Dr Molton concludes. **acsm**