

UPLIFTING RESULTS

SYDNEY COSMETIC PHYSICIAN **DR BUDDY BEAINI** TELLS US HOW THE THERMAGE CPT SKIN TIGHTENING SYSTEM HAS BEEN UPDATED TO PROVIDE PATIENTS WITH A MORE COMFORTABLE EXPERIENCE AND MORE REFINED RESULTS. **GEMMA GARKUT** REPORTS.

Non-surgical anti-ageing treatments are becoming highly sought after by patients who want to combat the effects of ageing without going under the knife. According to Dr Buddy Beaini, one such treatment is the recently updated Thermage skin tightening system, Thermage CPT.

'Thermage CPT is an advancement of the previous Thermage systems that delivers impressive skin-tightening results with greater patient comfort,' Dr Beaini explains. 'At the core of the new system is the "Comfort Pulse Technology" (CPT), which constitutes a vibrating hand piece for more comfortable and effective treatments.'

'It typically involves minimal discomfort and little downtime, so patients can continue their daily routines without interruption,' he continues. 'In my experience, these features make up the treatment criteria that an increasing number of people are seeking. Ideally, they want to be able to have a lunchtime procedure that allows them to return to work afterwards and go out to dinner the following night.'

The skin on the face is made up of three layers: the epidermis on the surface; the collagen-rich under-layer

beneath the surface called the dermis; and the layer beneath the dermis called the subcutaneous layer – also known as the fat layer – which has collagen fibres that run through it. When the collagen in these layers breaks down due to sun exposure and the natural ageing process, the face begins to sag and wrinkle.

A hand piece with a smooth, flat tip delivers radiofrequency energy, which heats the skin's under layer and the collagen in the inner layer causing immediate tightening, as well as improved skin tone and texture. This process stimulates and renews the skin's collagen, improving the texture and reducing fine lines, wrinkles, sagging skin, as well as contouring the jaw line and under the chin.

'The Thermage CPT treatment involves the use of radiofrequency technology to effectively tighten existing skin collagen and stimulate the production of new collagen within all skin layers, and the collagen strands within the subcutaneous tissue,' explains Dr Beaini.

Thermage can generally work on all skin types and colours, and many patients typically only need one treatment to observe an immediate improvement to their skin tone and texture.

'The improvements that the Thermage CPT system offers include more uniformed heating to increase the volume of tissue reached under the skin and a new vibrating hand piece designed to enhance comfort for the patient,' says Dr Beaini. 'This improves ease-of-use and treatment efficiency for the practitioner and makes the treatment more comfortable for patients.'

According to Dr Beaini, the most suitable patient generally has some skin laxity and is between the ages of 30 to 70 years old. 'I have performed Thermage on clients up to the age of 88 years old who have experienced pleasing results. In these cases, it is important to inform older clients that they may experience limited but satisfying results that last for approximately two years,' he says.

Results are normally long lasting, depending on the patient's skin condition and severity of facial ageing. 'The advantage of Thermage CPT is that only one treatment is required in most individuals. The treatment takes around 60 to 90 minutes, there is no downtime, and the results last between three to four years in most cases,' says Dr Beaini.

Although Thermage is typically used to treat areas on the face, Dr Beaini says that it can also be used on other parts of the body.

'By far, the most popular area is the face and neck for non-surgical brow lifting, face lifting, jowl tightening and neck tightening. The next most popular is tummy skin tightening,' he says. 'Other suitable areas include the underarm, above the knees, buttocks, thighs, and hands.'



BEFORE



AFTER Thermage treatment. Photos courtesy of Bonnie Straka, MD



BEFORE



AFTER Thermage treatment. Photos courtesy of Mark Nestor, MD



BEFORE



AFTER Thermage treatment. Photos courtesy of Ronald Krueger, MD

'There is a small risk of swelling, redness, and mild short term blistering which often result from inexperienced practitioners. Because of this, it is very important to do your research and only have treatments with experienced practitioners,' he says.

Dr Beaini believes that the Thermage CPT technology is the gold standard treatment for non-surgical face lifting and skin tightening.

'The Thermage CPT system delivers a more comfortable treatment for the patient, at higher treatment levels and therefore resulting in better and longer lasting results. I believe this treatment is the way of the future,' Dr Beaini concludes. **acsm**