

# Past and Present Treatments to Turn Back the Clock in 2014

*As we head into a new year, many of us are thinking of various ways to enhance our appearance with modest downtime. Minimally invasive facial rejuvenation is certainly the Holy Grail of plastic surgery, and there are clearly some things that work and others that are just okay. Making certain we exceed our patients' expectations has been the challenge over the last several years as more and more potential treatments have come to market.*

by **Clifford P. Clark III, MD**

**N**ot everything that is new is improved. It is hard to beat a well-performed facial with various types of superficial peels. A well-trained aesthetician can perform a brightening, and restore a healthy glow to the skin, which is immeasurable. Certainly one of the best bangs for the buck in facial rejuvenation.

Botox has been around for a long time. Botox is from a large class of medications that prevent the contraction of facial muscles in the specific area in which they are injected. They are excellent to relieve vertical frown lines, crow's feet lines, and smokers lines around the mouth. New developments in this arena include additional products such as Dysport and Xeomin, which allow variety and competition. At this point there are subtle differences between the various types of products, but nothing drastic. New developments in the use of this material include additional areas of treatment including neck bands. The onset of this treatment is two to five days with virtually no recovery, which makes this a perfect way to polish for any special occasion.

Adding volume to the face can be one of the single most successful ways to achieve a more youthful appearance. A thoughtful artistic hand is paramount, as we seem to see more and more people with an overdone look that we have termed "filler face." However, small amounts of injectable fillers placed in the right area can be

absolutely gorgeous. Standbys, such as Restylane and Juvederm, do a fabulous job in enhancing smile lines, parentheses lines, and the lips. Sculptra does an excellent job in larger areas of deflation, but may be less appropriate for a quick tune-up as several injections are required with intervals necessary to allow the restoration of the patient's own collagen. A newer development in the field of facial fillers is Voluma, which is a hyaluronic acid filler designed for cheek highlights and chin. This is an elegant filler to achieve shaping of the face which has the benefit of being easily reversible. It recently received FDA approval.

Laser treatments for hair removal and skin rejuvenation are always popular. One of our most popular combinations includes micro laser peel and IPL light. This allows textural change in the face in addition to removal of red and brown discolorations of the skin. Recent scientific studies have shown the IPL laser allows skin cells to return to a more youthful state of gene expression and long-term use has proven to be very beneficial.

Newer treatments for facial tightening have raised a tremendous amount of excitement and activity. However, the word is not yet out with regard to efficacy. Ultherapy and Exilis are noninvasive skin treatments designed to tighten skin and remove facial fat. Ultherapy works by delivering focused ultrasound to various areas, with Exilis delivering radiofrequency waves. Thus far the jury is still out.

The most exciting area of noninvasive body contouring is Vanquish. This is a device that delivers radiofrequency to abdominal and love handle fat. It appears as if several treatments are necessary and the preliminary data is encouraging. Similarly, CoolSculpting is a noninvasive treatment that allows the removal of body fat in specific areas. Unlike Vanquish, which uses radiofrequency to heat fat, CoolSculpting cools fat which leads to a shrinking of the treated area. This treatment has been around for four years and recently published data has suggested this is reasonably effective.

Nonsurgical treatment of the face and body continues to be enthusiastically received. It is important to recommend the right treatment for each patient and to adequately and ethically describe the reasonable expectations. We see many over-treatments that look odd, and under-treatments which result in disappointed patients. The right treatment plan for the right patient can provide just the perfect boost in the New Year and all year round. 2014 offers tremendous technological options to roll back the clock.

*Dr. Clark is a board certified plastic surgeon, specializing in facial rejuvenation. He operates out of the Orlando Aesthetic Institute, a fully accredited surgery center, and non-surgical treatment center.*

# VANQUISH A HOT NEW FAT BUSTER

**If you are still following the “no pain, no gain” approach to getting fit, there is something new that could get rid of abdominal fat with no pain and help you gain the body you want.**

THE REVOLUTIONARY VANQUISH TECHNIQUE uses a focused-field radio frequency to heat and destroy fat cells without ever touching your body.

The device was already in use for muscle recovery in Europe when doctors discovered patients were losing inches. That “aha” moment led to more studies and finally this spring the arrival of the Vanquish device in the United States with FDA approval for use on the abdomen.

Local plastic surgeon Dr. Clifford Clark

had been researching new non-surgical treatment options when he discovered the Vanquish technology and decided to give it a try at his practice.

“Non-surgical fat removal is one of the Holy Grails of cosmetic medicine,” Dr. Clark says. He has seen it all in his career, from extreme surgeries to the invention of liposuction and now newer non invasive solutions. But for many there are still drawbacks in terms of comfort, recovery and complications.

He contends that everyone would like to get rid of fat without surgery for the time and expense factors alone. And there are many things in the works now awaiting analysis and FDA approval like injections under the skin that dissolve fat. Many treatments available in Europe and other parts of the world are held up here due to extensive FDA scrutiny and study.

“As part of our due diligence we have been treating our staff, talking to other plastic surgeons and reading whatever we can about it. In treating one of our nurses, she saw a difference in one treatment. After three treatments, in reviewing the photos, the results were good. It’s not liposuction, but it’s good enough that we feel there is a technology out there that’s safe, effective, easy — and truly a lunchtime kind of deal,” he explains.

It seems to be ideal for women close to their goal weight who have fatty areas — love handles, a belly pooch or post-pregnancy tummy. It will not have any effect on excess skin, however. Many patients lose inches after their very first session, but experts say the best results will be after a four-treatment (30 minutes each) regimen has been completed. The affected fat cells die off and go through the lymphatic system (hence the need to stay well hydrated), liver, and then exit the body through urine.

“Hopefully this will do for body sculpting what Botox and filler did for the face — a non-surgical rejuvenation,” Dr. Clark adds. For now the device is just made for the mid-section, although Dr. Clark

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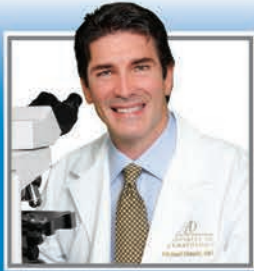
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believes that other body parts will soon have access to the same radio waves.

So how does it work? Well, I decided to give it a try even though I am most likely over the age and weight limit for ideal patients. At my consultation I was given a very thorough explanation of what to expect. The day before and the day of treatment I was to drink lots and lots of water. Basically I would lie down with a spacer pad over my abdomen. Then the machine — an arc-shaped device attached to an arm — would be positioned and the analysis would begin. The nurse/technician would check to see what levels I could handle. And then I would lie under the heat for 30 minutes.

When I arrived for my first treatment I had to endure some not-so-flattering photos and measurements as documentation is the key to keeping track of results. Next I got comfortable on the "bed" and my nurse started the testing and told me I would be able to handle the full "power." It got warm quickly (the skin heats to just over 100 degrees while the fat cells get to 120 degrees) and after 10 minutes I felt a hot spot. The protective pad was adjusted slightly and I was fine for the rest of the treatment.

Over the next 24 hours (still drinking lots of water) I did notice some swelling, but nothing noticeable under my clothes. Three days later I had my second treatment. While it was too early to see real results, I did feel my clothes were a little looser.

The biggest caveat? It does not work the same for everyone and results definitely vary. I was told that due to extensive scar tissue from previous gynecologic surgeries, my fat might be harder to penetrate. I am happy so far and will say it has encouraged me to continue my fitness and healthier eating regimes.

— Christi Ashby