

skin

# LIFT & TIGHTEN WITH ULTHERAPY

AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



SAY GOODBYE TO SAGGING SKIN ON THE NECK, UNDER THE CHIN AND ON THE DÉCOLLETAGE WITH ULTHERAPY. ERIN DOCHERTY REPORTS.

Ultherapy is a type of non-surgical cosmetic procedure designed to rejuvenate the appearance of facial ageing by lifting the skin. Well known to be highly effective for lifting skin on the face and neck areas, Ultherapy can also effectively address the décolletage, targeting lines, wrinkles and sun damage with no surgery and minimal downtime.

Dr Joseph Hkeik, director and founder of *All Saints Cosmedical*, has been an early adopter of Ultherapy and is particularly impressed by the results that can be seen in just one treatment.

## THE HISTORY BEHIND ULTHERAPY

High intensity focused ultrasound, which the Ultherapy system uses, is probably the most interesting type of energy, achieving a level of precision that have not been successfully achieved by other energy-based systems using Radio Frequency (RF) and lasers.

The technology was originally developed for tumour ablation in liver cancer patients in collaboration with Johnson & Johnson, but it was noted that this use of ultrasound therapy could be used to increase collagen production in the skin. With its precision and ability to target very specific structures in the skin, the technology was bought and developed further, used initially in the USA, Japan and Europe (plus many more) and now in Australia.

## AM I SUITABLE FOR ULTHERAPY?

Ultherapy is ideal for both men and women, of all skin types, with mild to moderate wrinkles and skin laxity, loose neck skin and wrinkles on the chest/décolletage who desire a natural degree of firmness and minimisation of wrinkles and lines.

The treatment is suitable for those in their early 30s onwards who want to maintain higher levels of collagen and elastin in the skin and help delay the ageing process.

Jesse Chan, practice manager at Cosmetic Medical Clinic, in Sydney's CBD, is especially impressed by Ultherapy's suitability for the treatment of Asian skin. 'Ultherapy provides excellent skin tightening and lifting for all skin types without the risk of hyperpigmentation found with many other devices,' he says.

Ultherapy can also be used to help prolong the effects in patients who have already undertaken surgical options, or as a complement to non-surgical procedures.

'Technology in the area of aesthetic facial treatments has improved dramatically over the past 15 years, but what was lacking was a non-surgical option to treat loose skin on the neck and facial laxity under the chin,' he says. 'We had been achieving beautiful results with faces in our clinics, but it was frustrating not being able to find equivalent non-invasive treatments for the neck and décolletage.'

'Thanks to Ultherapy, we can now treat these key areas, in just one treatment, so that we have beautifully rejuvenated necks, jawlines and décolletages to match their beautifully rejuvenated faces,' he says.

The décolletage is one of the first places to show ageing and is in the prime position to soak up Australia's harmful UV rays. Perhaps one of the most neglected, hard-to-treat areas of the body, the décolletage is particularly prone to photo ageing which can often result in crepey or leathery skin, cleavage, wrinkles and age spots.

'The new indication for décolletage rejuvenation with Ultherapy is exciting as it provides a no-needle, no-downtime treatment of the area,' says Dr Robin Chok, from *Regenesis Cosmetic Surgery* in Adelaide. 'Some of my patients have reported a mild lift of their upper breast segment which is helpful in providing a better cleavage.'



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The addition of new, lower energy settings has allowed even better comfort levels with no reduction in effect. Being more comfortable, the procedure can be performed more precisely with better coverage of tissue for lift.

'Studies have shown that when reducing the energy level, the results remained the same. This reduction in energy levels means the procedure is much more comfortable, with only a few spots of heat experienced by most patients,' says Dr Hkeik.

## HOW DOES ULTHERAPY WORK?

Ultherapy uses ultrasound energy in two ways. First, it uses imaging technology to see beyond the skin, allowing the practitioner to see key areas to be treated. Then, similar to a magnifying glass, it delivers this energy to its precise target, leaving the surrounding skin intact. Through ultrasound imaging, the practitioner can see beneath the skin about 8mm deep, which allows for unprecedented control. Ultherapy is the only treatment to allow this level of visualisation.

Dr Chok says: 'The effectiveness of Ultherapy is largely from the sophistication of its ultrasound real-time imaging, allowing precise placement of thermal coagulation heat points. These heat coagulation points lead to specific denaturation of collagen within the dermal muscle layers. This leads to progressive repair and tightening of tissue to create a lift of the face and neck.'

During the procedure, the practitioner gradually moves the flat surface of the ultrasound applicator over each region of the face. The sound waves deliver small, controlled amounts of energy into the deep layers of skin and soft tissue while sparing the upper layers.

The length of the treatment varies, depending on the individual treatment plan, however a face and neck procedure typically takes 60 to 90 minutes, while a chest treatment takes approximately 30 minutes. These treatments are a much quicker, easier alternative to often costly and time-consuming surgical means of skin tightening, where post-treatment care is usually required.

## AFTER TREATMENT & RESULTS

The treatment requires minimal downtime and patients can usually return to normal activities immediately after the procedure, without any post-treatment restrictions or requirements. The skin may appear red immediately after treatment, however this often disappears within a few hours. Some patients experience a slight swelling, tingling or tenderness to touch, but these are mild and temporary in nature.

The beauty of the procedure is that it forms new, naturally occurring collagen, which continues to form for two to three months after treatment. Initial effects may be seen right after the first treatment, however the effect will build gradually as new collagen begins to lift and tighten the skin on the neck, chin and brow, as well as smoothing the skin on the chest.

Dr Chok has used Ultherapy on his own skin and has been very satisfied with the results, highlighting that he has seen continued improvement in the tightening of his skin even up to six months after the first treatment. 'I had Ultherapy performed to my own face last Easter and I still discover a better lift effect along my jawline and mid-face even after six months. It's quite an extraordinary experience to see and feel your face firmer, rejuvenated and refreshed.'

Ultherapy can be used on all skin types, and does not hold the risk for hyperpigmentation often found in other non-surgical devices. 'Ultherapy is especially popular amongst Asian patients as the treatment does not have a pigmentation complication and the effect is a natural, slimming lifting effect of the face,' says Dr Chok.

Patients are equally as impressed by Ultherapy's excellent level of results. 'We have combined Ultherapy with several modalities of rejuvenation within our practice with consistent results,' he continues.

'The lack of downtime and no residual marks on the skin are the main reasons our patients prefer Ultherapy. It represents the next generation of aesthetics and has become a revolutionary tool in my practice. The effectiveness of Ultherapy has seen it become one of our most popular treatments.'

Treatment is long-lasting and can be maintained with a repeat session after 12 to 18 months, depending on the age and health of the person. According to Dr Hkeik, he receives a lot of positive feedback about the treatment from

## THE SCIENCE BEHIND ULTHERAPY

A clinical study has shown that collagen contraction and denaturation are optimised at temperatures between 60 and 70°C, resulting in neocollagenesis (the creation of new collagen).

Ultherapy reaches these optimised temperatures (around 68°C) at depth, without causing surface effects. There is no breaking, cutting or disruption of the skin, unlike needles, toxins or lasers. The epidermis and melanocytes are avoided, making the treatment suitable for all pigmented skin types. The discrete spacing between the thermal coagulation points also helps to promote healing post-treatment, resulting in minimal downtime.

Independent physician evaluators found nine out of 10 treated subjects demonstrated clinically significant eyebrow lifts at 90 days, resulting in less hooding and a more open look to the eyes. Patients reported skin feeling firmer and tighter all over the face, especially in the upper face area, as well as an overall more refreshed appearance.

his patients, and some have seen good results in as little as six weeks.

While it is a clinically proven non-invasive alternative to surgery, Ultherapy can also be used as an option for patients who wish to extend the effects of cosmetic surgery. The treatment provides an excellent post-surgical top-up option to maintain and extend the longevity of a surgical result. Ultherapy can therefore also be used effectively in a combination treatment.

An exciting alternative to cosmetic surgery, Ultherapy is fast becoming the treatment of choice for targeting ageing and sagging skin both on the décolletage, neck and under the chin. With minimal downtime and improved comfort, Ultherapy offers patients seeking non-invasive treatments effective skin lifting and tightening for a rejuvenated, natural-looking appearance. **csbm**