

**AGING OF FACE AND NECK—**

**NONSURGICAL TREATMENT OPTIONS:**

**3 MAIN FACTORS TO COMBAT THE AGING PROCESS OF THE FACE/NECK:**

1. Laxity of Skin (Loose/Sagging Skin)
2. Loss of Volume
3. Skin (Quality/Texture/Discoloration)

In order to prevent and/or treat the aging process, there are multiple options available to treat for each of these factors.

The following handout will discuss each problem area separately, while giving you the different options available Dr. Wyble can use to treat the area.

*\*\*It should be noted that not all procedures/treatments are an option for every patient and a free consult with Dr. Wyble will help to determine which treatments will be right for you!*

1. **OPTIONS FOR TREATING LOOSE/SAGGING SKIN OF FACE & NECK**
   1. **ULTHERAPY**—Device uses focused ultrasound energy to stimulate new collagen and elastin formation.
      1. ADVANTAGES:
         1. NO downtime — can be done any time of year.
         2. Can treat face and neck and target dermis and deeper layers.
         3. Additive improvement (can use every 6-18 months to 'add' to tightening effect).
         4. Results in natural tightening which progresses from time spanning 3 months to a year.
         5. Can be added with other treatments such as Fraxel laser which targets surface of skin for combined treatment

* + 1. DISADVANTAGES:
       1. May not get enough tightening if skin is “too loose”
       2. May need to repeat for moderate-severe "loose "skin
       3. Procedure may be uncomfortable; whereby medication may be needed
  1. **THERMAGE**—Device uses radio-frequency energy to uniformly heat the deep dermis, tightening existing collagen and stimulating new collagen.

* + 1. ADVANTAGES:
       1. No down time – can be performed any time of year.
       2. Treats full face especially mid-face and jowls.
       3. Additive improvement (can use every 6- 24 months)
       4. Get immediate effect and slow tightening over 6 months
       5. Can be used with other devices
          1. Use with Ultherapy or ThermiTight to treat the neck
          2. Use with Fraxel laser to treat surface of skin (blemishes, pore size, discoloration, and “fine lines”).
       6. Can be used on other parts of the body.
    2. DISADVANTAGES:
       1. Although upper neck below jawline is treated does not improve neck as much as other devices such as Ultherapy or ThermiTight.
       2. Can be uncomfortable, whereby medication may be needed prior to procedure.
       3. Works best for “full faces”.
  1. **THERMITIGHT**—Device which utilizes a more aggressive use of radio-frequency energy to tighten jaw line and neck by placing a 1mm probe beneath the skin to maximally heat and tighten the dermis.
     1. ADVANTAGES:
        1. Will maximally tighten the jawline and neck, a step down from a surgical neck lift.
        2. Natural tightening occurring from over 6-month period up to a year.
        3. Typically, a “one time” treatment.
        4. Can be used with other devices (i.e.: Ultherapy or Thermage for midface).
        5. No pain afterward
        6. No "incisions"
        7. Can be used on other parts of body (i.e.: arms, abdomen, upper knees, etc.)

* + 1. DISADVANTAGES:
       1. Has downtime of 4-6 days.
       2. Medication needed prior to procedure for comfort.
       3. Seemingly \*no effect for 2-3 weeks, then slow tightening of skin over 6-12 months.
       4. If skin laxity OR platysmal bands are severe, you may need a surgical neck and face lift in order to get necessary improvement.
       5. More expensive than other options but more aggressive.
  1. **THERMISMOOTH**—Device which uses radio-frequency device to tighten skin of face, neck, and body.

* + 1. ADVANTAGES:
       1. No downtime
       2. Additive effect
       3. No pain, feels like “hot massage”
       4. Works well with other devices, (i.e., Ultherapy to tighten skin)
       5. Excellent for use after liposuction to tighten skin

* + 1. DISADVANTAGES:
       1. Requires 4-6 treatments, each treatment spaced 2-3 weeks apart.
       2. Not as aggressive as other options

1. **OPTIONS FOR TREATING LOSS OF VOLUME TO FACE/NECK:**
   1. **DERMAL FILLERS**—(such as Restylane, Juvederm, Radiesse, etc.) This mechanism for restoring volume to the face uses synthetically made hyaluronic acid gel (which is natural substance in human skin) to provide fullness and restore volume. It should be noted that different fillers/products vary in cross-linking to target specific areas of face and/or wrinkles. (For instance—Radiesse is composed differently with calcium hydroxyapatite gel and can last longer and better for deeper folds) *Due to this differences in the products, one product may be recommended for a specific area in a patient versus another; in some cases—2 or 3 types of product may be used to treat different areas of the face in one patient.*
      1. ADVANTAGES:
         1. In office use with immediate results.
         2. Normally no downtime (unless bruising occurs)
         3. Costs can be reasonable for results
         4. Minimal pain
         5. Can be used with Botox in certain locations for additive effect (i.e., jowls, lips, forehead lines, neck lines, etc.)
         6. If used additively, products can stimulate your own collagen and elastin and slowly improve area over time.
      2. DISADVANTAGES:
         1. May only last 6-12 months depending on location placed, severity of fold, other factors
         2. May get bruising /swelling [but usually resove 1-3 days]
         3. Certain patients may be "hypermetabolic' and break down product sooner than expected
         4. May require multiple syringes (which increase costs) to obtain results desired
         5. If area is severe may need other treatments as well.
   2. **SCULPTRA**—Mechanism which uses poly-l-actic acid (pllc), which acts as a collagen stimulator, to gradually restore fullness and volume to face.
      1. ADVANTAGES:
         1. Best used for full face treatment to improve all areas of face (i.e. Cheeks, below eyes, jawline).
         2. Best use in patients with overall loss of volume and mild to moderate facial laxity
         3. Although expensive can be less expensive than traditional fillers (over time) and can last up to 24-30 months
         4. Minimal downtime
         5. Gradual natural improvement over time so you are looking younger as you are aging.
         6. Can treat “whole face”
      2. DISADVANTAGES:
         1. May get bruising and expect swelling for 1-2 days
         2. Can be expensive depending how many vials used overall. (this varies upon each individual)
            1. *For example*: The decade of age translates to the rough guide of number of vials that may need to be used:

40 year old -4 vials

50 year old -5 vials

60 year old -6 vials

* + - 1. Can only inject 2 vials at time 6 weeks apart (\*may take time to get desired results).
      2. May not totally correct folds around mouth (nasolabial folds, marionette lines, and infra-lid).
  1. **FAT GRAFTING**—This is where we harvest your own fat, centrifuge it, and then use it as your own natural filler for volume (Dr. Sidney Coleman Technique). Fat can then be furthered “filtered” to breakdown into your own stem cells to inject into your face—also known as using NanoFat (Dr. Patrick Tonnard Technique)—This produces no volume but reinvigorates your own stem cell regrowth.
     1. ADVANTAGES:
        1. Best “filler” as your own natural fat is replacing volume loss in face
        2. Added advantage of adding stem cells [NanoFat] to improve surface of skin
        3. Can give very natural result after healing
        4. Usually unlimited supply as not much is needed to produce results
        5. Although “expensive”—it can be less so if you consider the long term
        6. May last for several years
     2. DISADVANTAGES:
        1. Usually performed in operating room pending patient and area to be treated, although sometimes can be performed in office
        2. Downtime of 14 days, sometimes more for mouth area
        3. If face has significant laxity may require skin tightening first
        4. Can be expensive
        5. May have variable duration based on the individual
        6. Not good option for smokers

1. **OPTIONS FOR TREATING THE SKIN AS IT AGES:**
   1. **MEDICAL GRADE SKINCARE & SUNBLOCK**
      1. There are available products for all ages and skin types, but EVERYONE should be on a Medical Grade Skincare Regiment.
         1. Please refer to our ZO Skincare products that we keep in stock or that we can order for you. (Our Medical Aesthetician, Amanda, can help you to determine which regiment will be best for you.)
      2. EVERYONE should be using sunblock anytime you are outdoors!!!
   2. **CHEMICAL PEELS**—Different strengths can penetrate more deeply to improve skin quality/texture, fine wrinkles, pore size, etc.
      1. The stronger the peel more potential for downtime
      2. Good way to "jump start" skin care to exfoliate old skin
      3. Usually not painful
   3. **FRAXEL LASERS**—This is the most aggressive method to resurface the skin but may require more than one treatment pending amount of skin damage.
      1. These lasers can be used to treat the face, neck, upper chest (décolletage), and hands.
      2. This treatment can also be combined with other treatments to increase effectiveness and overall results!!
   4. **KYBELLA**—This is a Synthetic produced enzyme (deoxycholic acid) that dissolves fat by injecting where needed.
      1. Ideally used for submental chin to treat fat deposit (aka. “double chin”).
      2. Usually requires 2-vials per treatment, with each treatment set for 6 weeks apart, (\*on average, a patient will require 2-3 treatments).
      3. Can be expensive if the area is large (more fat = more vials).
      4. Minor downtime for 1-2 days with swelling possible bruising.
      5. Can be used on isolated areas such as the jowls and can be combined with other treatments (i.e.: Thermage, ThermiTight, Ultherapy, etc.) for treatment of fat.
   5. **BOTOX (NEUROTOXIN) TREATMENT**—
      1. This treatment is often referred to as “Botox” but may also include or be exchanged for the other neurotoxins available: **DYSPORT, XEOMIN,** and **JEUVEAU.**
      2. All work similarly—causing the muscles to relax and therefore, reduce wrinkles caused by muscle movement
      3. Products very similar, some may be “stronger in certain areas”, and some may take longer to have an effect
      4. Usually starts working 3-7 days post injection
      5. May require a touchup
      6. Can be individualized based on severity of wrinkles, and specific muscle motion that specific patients may want to retain, etc.
      7. All are produced so they have a (patented) protein wrapped around the “botox” molecule.
      8. Because people can develop allergies to protein, one may see a decrease in the duration if one becomes “allergic” to the product.
      9. Certain people can be "hyper- metabolic " and also see decrease duration despite product used.
      10. Mainly for use upper face (frown lines, forehead lines, “lines around eyes”) but can also be used on: jowls, platysma muscle of neck, masseter muscle “hypertrophy of jaw”, “bunny lines” of the nose, smile lines of upper cheek/lower eyelid, to treat sweating axilla, and also fine lines of the upper lip.
      11. Only lasts 3-4 months, some patients may experience longer/shorter results than others.
      12. If you get “allergy” to one product (meaning the duration is shorter than expected), talk to Dr. Wyble and consider changing products.
   6. **BOTOX FACIAL**—This is the newest “peel” available. Using a special microneedling device (Aqua Gold) to make “micro-punctures” in skin (superficially), while delivering a combination of neurotoxin (“Botox”) and hyaluronic acid (“Fillers”) to the skin in order to achieve glowing, hydrated skin with a decrease in pore size and improvements in fine lines.
      1. Little to No downtime.
      2. Does not take the place of Botox injections in muscle
      3. Can be combined with Fraxel laser for added effect
      4. Can be combined with stem cells (nanofat), along with the Fraxel laser to maximally improve the skin.
      5. Can be used on face, neck, upper chest, and hands.