Aesthetic dermatology continues to grow and the armamentarium of non-surgical options to treat the aging face is expanding.

Ava Shamban, MD, who recently sat down with *Practical Dermatology*® and DermTube.com, says she believes cosmetic dermatology is one of the most exciting parts of medicine. “There are so many new technologies and new approaches to the face,” she explains, discussing two recent new injectable approvals: Bellafill, approved for the treatment of acne scars, and Restylane Silk, approved for use in lips and the perioral region.

“The interesting part, I think, in terms of the evolution of our approach to the face is looking at the face as a truly three-dimensional structure. We used to approach the face, looking at it as if we were chasing lines and wrinkles and never fully understanding reflection of light, use of the golden proportion—the 1:1.6—to look at the elevation of the brows, the projection of the cheeks, the projection of the chin, the curve of the jawline. So understanding how beauty and how a face is supposed to look has really informed our use of fillers that have already been approved and ones that are now available to us.”

**ADvaNES IN TECHNOLOGY**

Dr. Shamban says she is also excited about new technologies that are available and have evolved for treating the face, such as radiofrequency tissue tightening technologies. “We have better options for elevation of skin—both with radiofrequency and with ultrasound technologies.

NEW APPROACHES TO THE AGING FACE

“Some of the technologies that I feel are advantageous to the face are radiofrequency (RF) devices, whether they are just plain tissue tightening or some of the evolved micro radiofrequency devices that will actually give a resurfacing to the skin. There are also new RF devices with little probes that when applied to the skin enter into the dermis and stimulate tissue tightening as well as neocollagenesis...You can use a combination of RF and focused ultrasound for tissue tightening—I think that’s going to be very important.”

—Ava Shamban, MD

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In addition, the lasers are getting better every year. There is a lot of pressure on the industry to develop the most advanced, non-invasive technologies to give a youthful looking face without surgery,” she explains, adding that there are some devices now that have small probes that go into the skin and actually plump up the skin.

### STARTING TREATMENT EARLIER AND LAYERING THERAPIES

She also predicts that, in terms of other developments, there will be more interest in gauging the actual health and age of the skin and the components of the changes that are seen in the aging face.

“As we get older, we see tissue laxity, we see dyspigmentation, we see volume loss, we see bony loss—aging occurs as so many different levels in the face, we want to be sure we can address aging in the face and changes in the face from the deepest level and the most superficial level. I also feel that some of the science will show us that early intervention is so important in terms of changing the trajectory of how we age,” Dr. Shamban says. “So if someone comes in and they have a little fine line, or a little depression, a little loss of the roundness of the cheek and we might have said, well it’s not too bad yet. But truly I think that research will show that it is much more important to treat at this point because then that patient will look different than other patients her age who haven’t had treatments 10 years down the road.”

Another important advance in facial aesthetics, according to Dr. Shamban, is layering treatments. “So it turns out that the whole is going to be greater than the sum of its parts...if you’re doing a treatment where you’re layering on a radiofrequency, intense pulsed light, a vascular laser, and then follow it with some microneedling, we might see a much better result than if we were to do each of those treatments separated by a month,” she says, explaining that one-month intervals between treatments was considered the standard of care.

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### SKIN TIGHTENING WITH LITTLE DOWNTIME

“Devices are very near and dear to my heart and I utilize a lot of devices for tissue tightening... When I’m looking for something that will tighten the skin, it comes down to how much tightening can I give them, how much money will the procedure cost, how much does it hurt, and down time. So the two [device treatments] that have the least amount of downtime, or really no downtime would be Thermage and Ulthera.”

—Suzanne Kilmer, MD

“I think that patients overall now are really trying to look for something that really looks natural—enhance what they have, enhance their own natural beauty. And when patients come to me talking about really wanting to change their looks, no matter what body part it is, I try to go through the basics of what makes a person beautiful and what can make them look like they’ve had something done. And really once a person understands that concept, at least in my practice, they’re a little more comfortable with going with what I recommend. And then sometimes starting slow and building up—so maybe they really want prominent cheeks or that very sculpted face, and you can give them that and still make them look harmonious, that’s ok. But I think you do need to talk to patients and not allow themselves to get dragged down in an area they might be sorry about later.”

—Dee Anna Glaser, MD