

# 3-Dimensional Facial Rejuvenation with Fillers, Lasers, & Light Therapy

A Case Study with Sabrina Guillen Fabi, MD



The popularity of skin rejuvenation treatments in the United States continue to grow each year, with \$1.9 billion spent in 2013 alone.<sup>1</sup> As a result, Americans are inundated with promotional advertising and marketing on how to treat the aging face. Many of Dr. Sabrina Fabi's patients visit with a preconceived idea of what they need treated based off of what they've seen in the media. Most commonly they only want to address obvious areas such as their nasolabial folds and glabellar furrow. This is where Dr. Fabi emphasizes the need to take time to educate patients that those are just two of the many different signs of facial aging in a very complex process. "It's our job to understand the dynamic process of the aging face and body," Fabi says, "and address their concerns in a concerted effort with the multiple modalities that we have."

## Becoming an Artist

In 2013 injectables, such as Botox, Dysport and Xeomin, were the number one most popular nonsurgical cosmetic procedure, and Hyaluronic Acid (including Juvederm Ultra, Ultra Plus, Voluma, Perlane, Restylane, and Belotero) ranked number two.<sup>1</sup> A combination of these fillers can be used to reposition and lift the skin over the maxilla and zygoma, similar to what is seen with a rhytidectomy, and has been coined a "liquid facelift". It is a great and effective way to restore the volume loss contributing to the appearance of the nasojugal, nasolabial and melomental folds, while lifting the skin that contributes to jowl formation. However, this is only one of the many facets of the aging face. Chronic photodamage leads to the formation of pigmentation and telangiectasia, and contributes to the intrinsic decrease in collagen and cell turnover, which results in fine lines, wrinkles and irregular texture. This decrease in collagen replication not only occurs at

## Cosmetic Laser Dermatology

- 5 full-time MD
- 2 technician
- 220-250 patient visits per month

the level of the dermis, but also along the fibromuscular plane, adding to the skin laxity. "New patients come in and explain what's bothering them," says Fabi, "but from there they're relying on us as practitioners to put together a comprehensive treatment based on our knowledge of the anatomic and pathophysiologic changes taking place, that will result in aesthetically natural result."

For Dr. Fabi, it's far more than just injecting something into someone's face or using the predetermined settings that a device populates after entering skin color, type, and the condition being treated. Her patients tell her that she is a true artist in her ability to personalize an all-encompassing treatment plan that will leave their skin looking beautiful and aesthetically natural. Dr. Fabi acknowledges that if she was only to focus on relaxing the muscle and repleting the volume in the subcutaneous planes, any remaining brown spots, redness, and wrinkles would detract from the results of the botox and fillers. "The multiple modalities we have available to us are like tools in our artist's kit." Fabi continues, "We can do all the filler and neuromodulator that we want, but by combining treatments such as IPL and nonablative fractional resurfacing, we can rejuvenate the aging face in a 3-dimensional manner."

**Top 5 Nonsurgical Procedures in 2013**

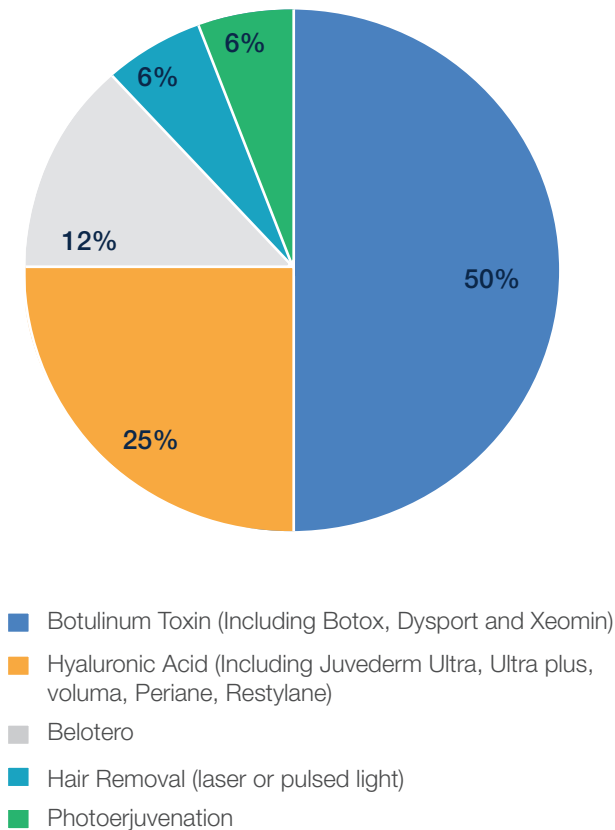


Fig 1: Source: American Society for Aesthetic Plastic Surgery.

**The Benefits of ResurFX**

With the M22 (Lumenis) and its combination of IPL and ResurFX nonablative fractional resurfacing module, Dr. Fabi has a comprehensive four-in-one system to address her patients' needs beyond fillers. ResurFX is able to penetrate deeper into the skin to stimulate collagen production, but with only a three day social recovery period compared to the typical seven to ten day downtime period of an ablative procedure. With the addition of ResurFX to the M22, the results are at a level where she feels good recommending it as a safer alternative to ablative.



63 year-old female received 1 vial of Sculptra followed by 1 photodynamic therapy treatment using the M22 to activate the Levulan (before), 1 month after (middle). She then received another 1 vial of Sculptra, followed by 1 photodynamic therapy treatment using the M22 to activate the Levulan (1 month later)



33 year-old female received 2 vials of Sculptra one month apart, followed by IPL/ResurFX combo five months later. Images are before and 1 month after the IPL/Resurfx combo.

Among the greatest benefits of ResurFX is that it saves the patient and the practice money. The complete lack of consumables is an incredible way to directly give the savings back to the patient. Additionally, the M22's four-in-one platform cuts treatment time in half by eliminating the need for multiple machines, and bringing calibration time down to within a minute. "Time is money," says Fabi, "And not only does the patient reap the cost savings, but they are also more likely to use the savings towards a combination therapy which will ultimately benefit them more."

The M22 is designed with safety in mind, and Dr. Fabi notes that its interface is easy to operate, even for inexperienced users, because of its preset parameters. The ResurFX's sapphire tip protects the epidermis and provides a level of cooling, while eliminating the need for a separate cold air-cooling device. The non-sequential controlled scanning pattern allows for a treatment to be done in one pass, which keeps the patient comfortable and happy. "Pain is cumulative, and with other devices often needing six or eight passes to deliver the necessary density, a patient sometimes finds it intolerable without more pain control," Fabi says. "If a treatment with ResurFX can be done in less than half that time, there's no time for the pain to accumulate."

### Improved Outcomes

Dr. Fabi explains that not only does the ability to offer a combination of liquid facelift, IPL, and, ResurFX's nonablative fractional resurfacing lead to superior patient outcomes, but it also adds to the reputation of her practice. Most of her patients are loyal, repeat visitors and she sees this as a result of their appreciation and trust that she will recommend the treatment that they truly need and will benefit them.

Every treatment is customized on a patient by patient basis utilizing the best combination of therapies for each condition. Dr. Fabi's patients recognize this as the source of their superior results and it's why they return and refer their friends and family. "It sets you apart when you can deliver a superior all-inclusive treatment that addresses redness, browns, and wrinkles at a fraction of the cost." Fabi continues, "It's a much easier sell, and the patient will appreciate you."



44 year-old female – Before and 6 months after 1 microfocused ultrasound treatment (full face and upper neck), combined with 1 vial of Sculptra, followed by an additional 2 vials of Sculptra (1 month apart), and an M22 IPL.