

In Clinic Treatments: Why, What & How

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Understand Your Why

- **Look in the mirror and ask yourself:**
 - *What bothers you?*
 - *What changes would like to achieve?*
- **Are your topical, over-the-counter treatments not giving you adequate results?**
- **Consult with a professional**



How to Find A Provider

And Red Flags To Watch Out For

- **Word of mouth** (*ask friends, a trusted medical provider*)
- **Board certified dermatologists, plastic surgeons, extenders**
- **Red Flags:**
 - No initial consult
 - Promises incredible results with just one treatment
 - Overselling



If You Have...



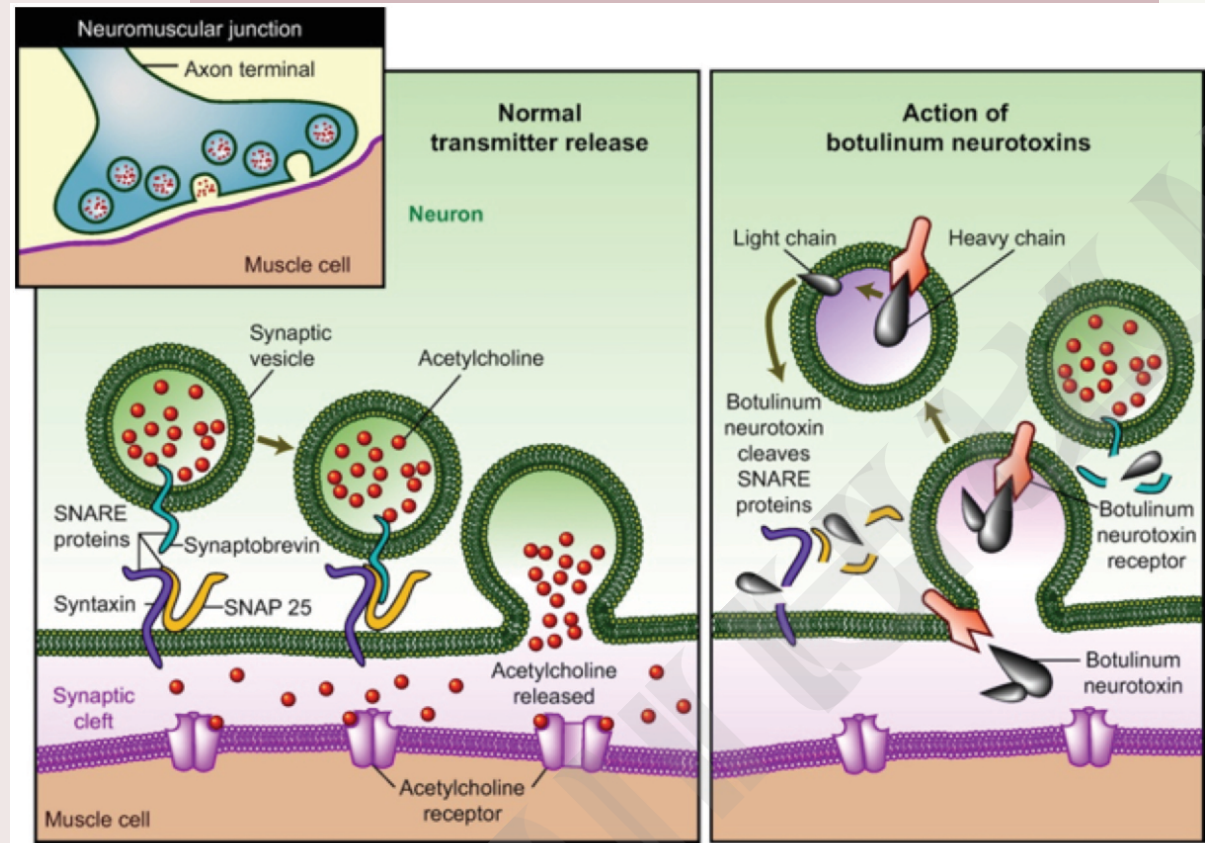
Wrinkles In The Upper Face

- These wrinkles are primarily due to underlying muscle movement
- Treat by paralyzing the facial muscles using injections of botulinum toxin
- Puts your “angry muscles in a temporary time out”
- Start in late 20s - 30s, 1 to 2 treatments per year

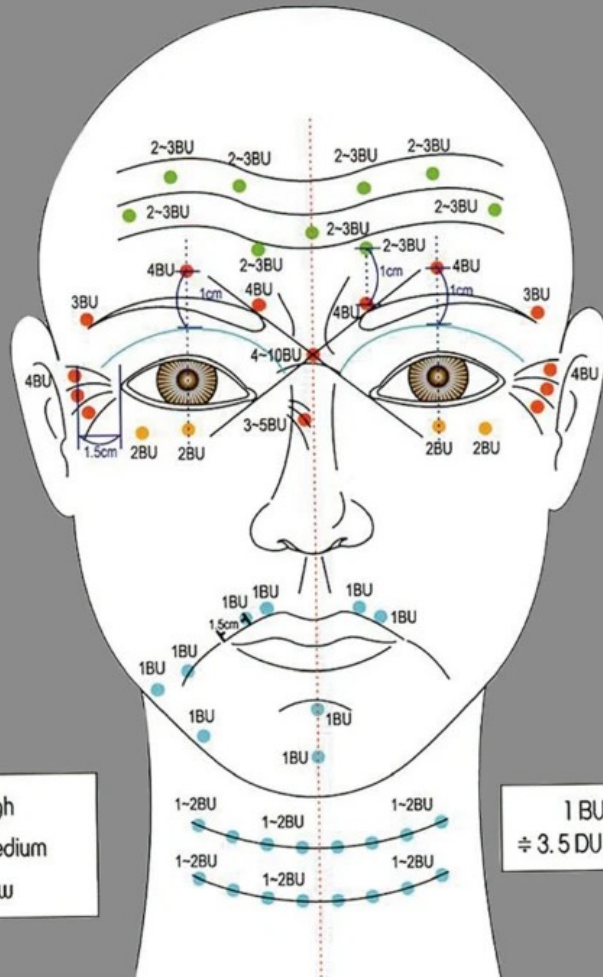


How Does It Work?

- **Type A botulinum toxin inhibits the transmission of nerve signaling via the release of acetylcholine by cleaving SNAP-25**
- **Several commercially available neurotoxins:**
 - Onabotulinumtoxin A (BOTOX®)
 - Abobotulinumtoxin A (Dysport®)
 - Incobotulinumtoxin A (Xeomin®)
 - Prabotulinumtoxin A (Jeuveau®)
 - Daxibotulinumtoxin A (Daxxify®)



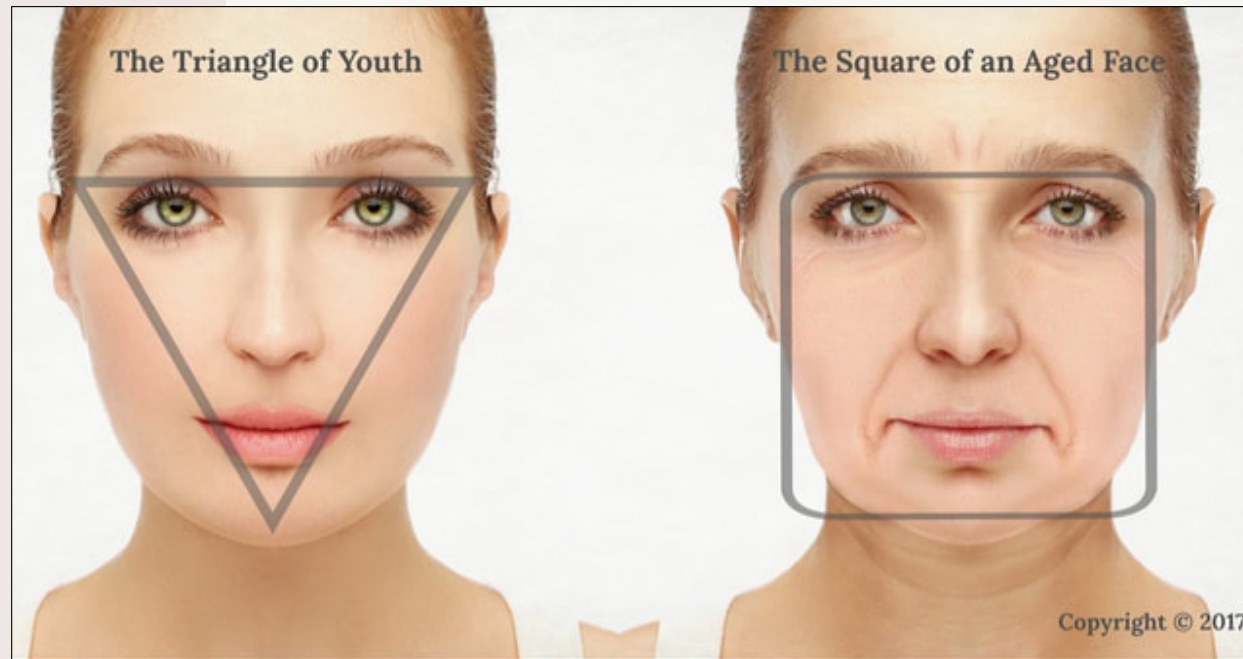
Carruthers formula



Facial Volume Loss

“Sagging”

- “I look more tired than I feel”
- Age + gravity = volume loss and migration
- Loss of fat, muscle, and bone
- “Rehang the curtains”

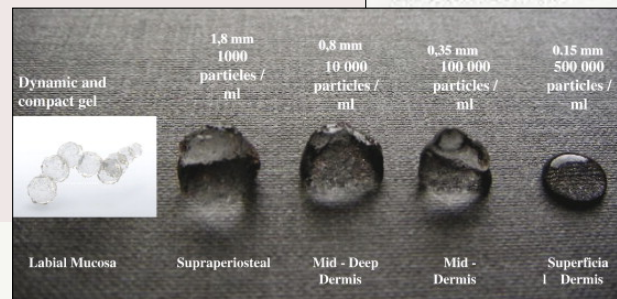
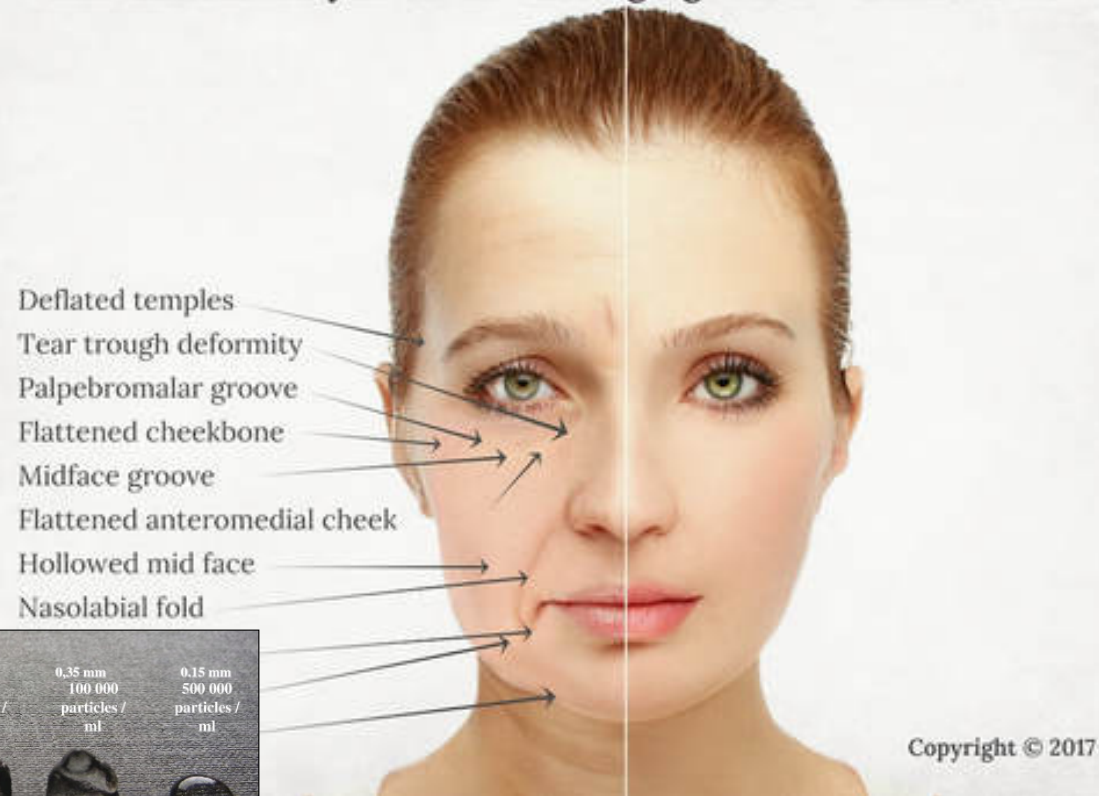


https://www.maips.com/restore_facial_volume.html

How Does It Work?

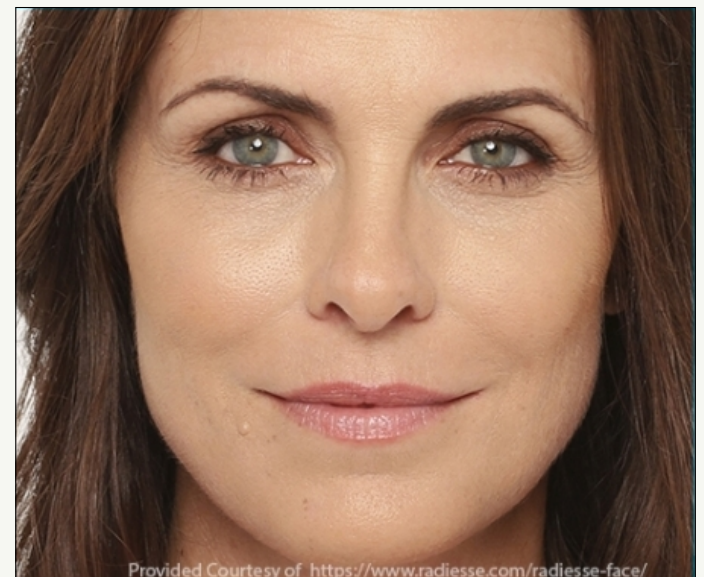
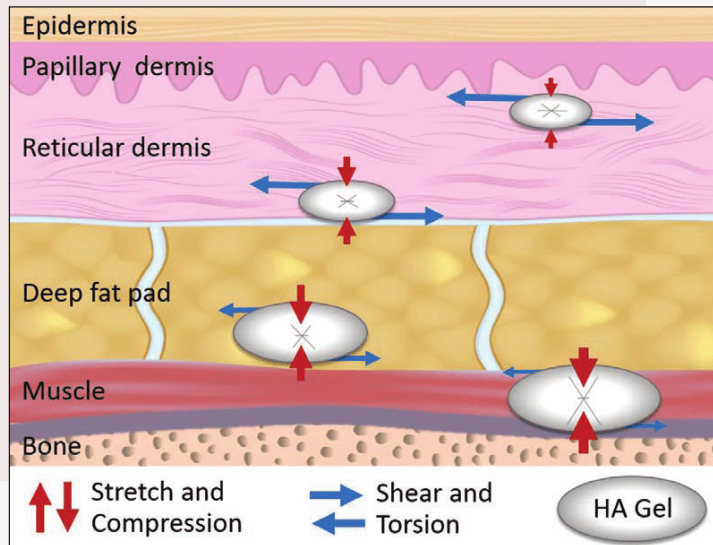
- Restore lost volume using filler injections
- **Several types of temporary filler:**
 - Hyaluronic acid
 - *Juvederm, Restylane, Belotero*
 - Calcium hydroxyapatite
 - *Radiesse*
 - Poly-L-Lactic Acid
 - *Sculptra*

Anatomical Analysis of the Face Aging due to Volume Loss



- **Higher risks**

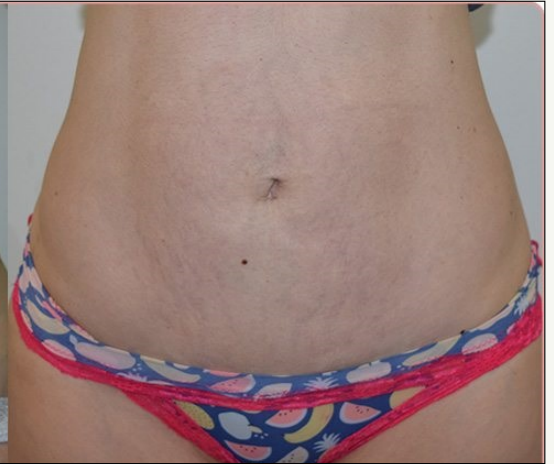
- Vascular occlusion
- Infection
- Nodule formation
- **Qualified and skilled injector with detailed knowledge of facial vascular anatomy**



Redness from Rosacea

- This type of redness is very difficult to treat with topical medications
- Intense Pulse Light (IPL, “photofacial”, BBL)
- Requires multiple treatments and maintenance
- Not safe for darker skin types

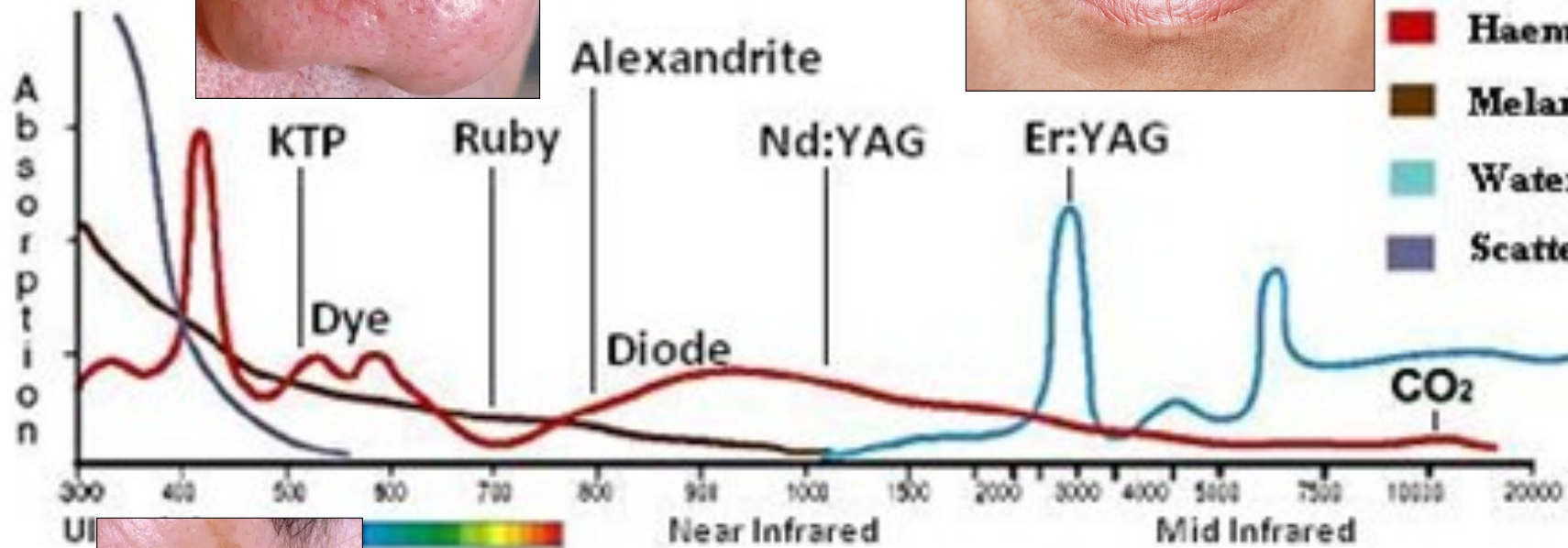




A Word on Lasers

- **Not magic**
 - **Like working out**
- **Often requires multiple sessions**
- **Typically, the first session is used to assess skin response**
- **Targeted therapy**





Wavelength (nm)

Acne Scarring

- **Post inflammatory erythema**
 - Laser, chemical peels
- **Post inflammatory hyperpigmentation**
 - Chemical peels
- **Atrophic scarring**
 - Microneedling, subcision, ablative resurfacing laser



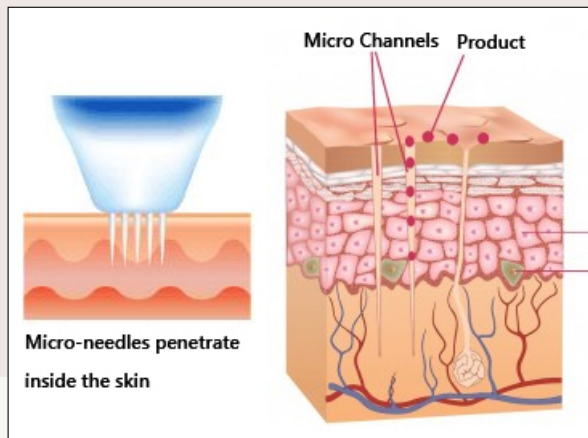
Chemical Peels

- Glycolic, trichloroacetic acid (TCA), salicylic acid, blends
- Can be used to treat a wide range of concerns
 - *Acne scarring, melasma, sun damage*
- Safe in skin of color (*Vi Peel*)
- Cost effective
- Downtime, risk of scarring



Microneedling

- Controlled wounding of skin to stimulate new, healthy collagen production
- Scarring, skin texture concerns, rejuvenation
- Radiofrequency microneedling (Morpheus8)



Bottom Line

- **Not everyone needs more invasive in-office treatments**
- **Additional tools to help you achieve your aesthetic goals**
 - **If you are spending >\$500 a year on products, devices, facials, it may be worth pursuing these treatments**
- **Make sure you are being treated by a qualified and knowledgeable provider**
- **It's a marathon, not a sprint**
- **Questions?**
 - **Check out @draegeanchan on Instagram or TikTok**