

Is a Lunchtime Face or Neck Lift Possible?

By Dr. William Carter



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Since 1999 Dr. Carter has been extensively involved in all office-based things having to do with appearance optimization. He has performed over 35,000 Botox treatments and thousands of laser and filler procedures. He maintains active practices in Lancaster, Dauphin, and York counties.

Perhaps the better question is: Can there be significant long-lasting face and neck lifting and tightening from a non-operative lunchtime procedure?

Yes!

But isn't surgery required to lift and tighten skin? This used to be true, but this is no longer a requirement. What is required is controlled tissue trauma. During an operation, the trauma occurs by the use of sharp instruments, pulling, and sutures. With non-operative techniques, some form of energy is required to heat up living tissue. Heating tissue in a controlled manner (to stimulate, not obliterate!) causes trauma that induces a healing response from the body. The healing response causes thickening and tightening. This is the

skin and subcutaneous tissues way of healing that is exactly analogous to what occurs with muscles in response to exercise.

In the aesthetic world we have witnessed an evolutionary progression of different energy sources to elicit this healing, thickening, and tightening effect. First came various lasers. Next came radio frequency energy (RF) devices. The first of these was Thermage. Now there are many RF devices. Between 2-8 treatments are required. Most recently, there is micro-focused ultrasound. The company that developed this technology is Ulthera. The best evidence suggests this is the latest, greatest, and most promising of the available current technologies to achieve the highest degree of benefit with a single treatment.

Ultherapy is the treatment process delivered by the Ulthera device. It takes between one half to two hours

to perform. It results in a lifting and tightening of the skin. Maximum benefit occurs 4-6 months after the treatment. There is no downtime whatsoever. The visible improvement in the treated area lasts 1 ½ to 3 years. It is described that people eventually age beyond the benefit over time. FDA-cleared areas of the body that are being treated now with Ultherapy are brows, faces, jowls, and necks. In my particular practice population, the greatest need is for neck and/or jowl improvement. The next, most likely, area to receive

FDA clearance is probably going to be the skin of the upper chest. Other areas that are off-label, but still being treated, are the loose skin above the elbows or knees.

What is so exciting from a technical standpoint about Ultherapy is that the micro-focused ultrasound energy can be precisely directed to any needed combination of three different depths, specifically 1.5, 3.0, and 4.5 mm beneath the surface of the skin. No other currently available non-invasive technology can heat tissues at these deeper levels with so much control. This is why Ultherapy can induce so much improvement with a single treatment. Note that the most significant improvements occur in healthy individuals between the ages of 30 and 60 and when skin laxity is not extreme.

Great news! Medical Cosmetics just recently purchased an Ulthera device.

To find out if this is something you could benefit from, I would be happy to see you in the office for a free consult or you could attend an upcoming seminar. We will be having our first **Ulthera Seminar** at our office Wednesday, February 19th from 7-8 PM. The first five registrants at the seminar to make a deposit on a treatment will receive \$200 off the standard treatment price. The second five will receive \$150 off. And the last 10 will receive \$100 off. Seating is limited to 20. RSVP for the seminar or to make an appointment by calling (717) 735-3900. 🍷

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Published in **Fine Living Lancaster**
 Issue Number Twenty-Nine

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