

Term	Topic content
Cosmetic methods	<p>Cosmetic methods are a group of procedures performed using specially selected cosmetic products and techniques aimed at maintaining and improving the condition of the skin, hair, and nails. These methods are among the most accessible and popular due to their non-invasiveness and simplicity.</p> <p>Main cosmetic methods include:</p> <ol style="list-style-type: none"> 1. Peels (Exfoliation) <ul style="list-style-type: none"> • Removal of dead epidermal cells. • Stimulation of skin cell renewal. • Types: superficial (enzyme, fruit acids), medium-depth (acid peels), deep peels. 2. Facial Masks <ul style="list-style-type: none"> • Cleansing, nourishing, moisturizing, and toning the skin. • Various types: cream, gel, alginate, sheet masks, clay masks. 3. Antioxidant Therapy <ul style="list-style-type: none"> • Cosmetics containing antioxidants (vitamin C, E, coenzyme Q10). • Protection against free radicals and prevention of premature skin aging. 4. Moisturizing and Hydrating Treatments <ul style="list-style-type: none"> • Use of hyaluronic acid, ceramides, glycerin. • Restoration of skin's barrier function, elimination of dryness and flakiness. 5. Acne Treatment (Problem Skin Care) <ul style="list-style-type: none"> • Use of antibacterial and sebum-regulating products. • Comprehensive programs for cleansing, treating, and preventing breakouts. 6. Anti-Aging Care <ul style="list-style-type: none"> • Cosmetics with retinol, peptides, collagen. • Prevention and correction of early signs of aging (fine lines, loss of elasticity). 7. Eye Area Skin Care <ul style="list-style-type: none"> • Specialized creams and gels reducing puffiness, dark circles, and fine lines. 8. Lymphatic Drainage Treatments <ul style="list-style-type: none"> • Cosmetic products with drainage properties. • Reduction of puffiness, improvement of skin tone and complexion. 9. Spa Treatments <ul style="list-style-type: none"> • Comprehensive body care including wraps, aromatherapy, and hydro massage. • Reduction of stress, hydration, and nourishment of the skin. 10. Alginate Masks <ul style="list-style-type: none"> • Intensive hydration, calming, and skin tightening. • Lifting effect, refreshes and evens out the skin tone. 11. Ampoule Cosmetology <ul style="list-style-type: none"> • Use of highly concentrated cosmetic ampoules with active ingredients. • Deep nourishment, hydration, and skin regeneration. 12. Lip Care <ul style="list-style-type: none"> • Use of moisturizing balms, oils, and scrubs. • Treatment of dryness, cracks, and prevention of lip aging. 13. Oxygen Cosmetology <ul style="list-style-type: none"> • Enrichment of skin with oxygen to improve blood circulation. • Enhances skin tone and complexion. 14. Detox Procedures <ul style="list-style-type: none"> • Specialized cosmetic products designed to cleanse the skin from toxins. • Restoration of natural skin balance and elasticity. 15. Serums <ul style="list-style-type: none"> • Highly concentrated cosmetic products targeting specific skin concerns.

	<ul style="list-style-type: none"> • Used in comprehensive skincare routines to enhance cream efficacy. 16. Sunscreen Cosmetics <ul style="list-style-type: none"> • Protection against the harmful effects of UV radiation and photoaging. • Products containing SPF factors (creams, emulsions, sprays).
Manual Methods	<p>Manual methods represent a group of therapeutic procedures widely utilized by dermatologists and dermatovenereologists for both aesthetic purposes and management of dermatological conditions. These methods involve the physical manipulation of soft tissues to enhance blood circulation, promote lymphatic drainage, improve skin tone, elasticity, and overall skin health.</p> <p>For dermatovenereologists, manual methods serve as effective adjuncts in treatment plans, particularly when combined with medical, cosmetic, and instrumental therapies.</p> <p>Key Manual Techniques:</p> <p>1. Lymphatic Drainage Massage</p> <ul style="list-style-type: none"> • <i>Mechanism of action:</i> gentle rhythmic massage movements stimulate lymphatic vessels, facilitating the elimination of interstitial fluid, toxins, and metabolic waste from tissues. • <i>Clinical effects:</i> <ul style="list-style-type: none"> ○ Reduces edema and puffiness. ○ Alleviates inflammation and congestion associated with chronic dermatologic conditions. ○ Promotes wound healing and recovery after cosmetic procedures (e.g., injection therapy, laser treatments). • <i>Indications:</i> <ul style="list-style-type: none"> ○ Chronic inflammatory dermatoses. ○ Rosacea. ○ Post-procedural swelling (post-fillers, laser, peels). ○ Prevention of postoperative fibrosis. <p>2. Sculpting (Modeling) Massage</p> <ul style="list-style-type: none"> • <i>Mechanism of action:</i> involves deeper, structured massage techniques aimed at restructuring subcutaneous fat and connective tissues. • <i>Clinical effects:</i> <ul style="list-style-type: none"> ○ Improves skin elasticity, contour, and firmness. ○ Reduces cellulite and adipose tissue accumulations. ○ Enhances local blood flow and metabolic exchange. • <i>Indications:</i> <ul style="list-style-type: none"> ○ Aesthetic correction of body contours. ○ Reduction of localized adiposity (face and body). ○ Improving tissue recovery post-liposuction or invasive dermatological procedures.

3. Osteopathic Techniques

- *Mechanism of action:* gentle manipulative procedures targeting connective tissue and underlying musculoskeletal structures, indirectly influencing skin and subcutaneous layers.
- *Clinical effects:*
 - Normalization of skin tension, tone, and elasticity through fascial manipulation.
 - Optimization of local blood circulation and lymphatic flow.
 - Reduction of pain and discomfort following surgical or invasive dermatological interventions.
- *Indications:*
 - Scar tissue management (post-acne, postoperative scars).
 - Management of tension-related dermatological disorders (such as chronic urticaria associated with musculoskeletal tension).
 - Enhancement of skin rehabilitation after aesthetic or reconstructive surgery.

Clinical Relevance and Benefits for Dermatovenereologists:

- Integration of manual methods into comprehensive dermatological treatment protocols can significantly improve patient outcomes.
- Reduction of edema, enhancement of microcirculation, and improvement of local metabolism can accelerate tissue healing, thereby minimizing downtime following invasive dermatologic interventions.
- Osteopathic approaches offer complementary tools for dermatologists, especially in cases where structural tissue dysfunction contributes to dermatologic manifestations.

Practical Recommendations for Dermatovenereologists:

- Always perform an initial skin assessment to determine indications and contraindications.
- Combine manual methods with pharmacological treatments and aesthetic procedures (chemical peels, fillers, botulinum toxin injections) to maximize therapeutic efficacy.
- Educate patients about aftercare recommendations and expected outcomes from manual therapies.

Contraindications:

Dermatovenereologists must consider common contraindications, including:

- Active skin infections (bacterial, fungal, viral).
- Acute inflammatory skin conditions (severe dermatitis, psoriasis exacerbation, acute eczema).
- Malignant skin neoplasms or suspicion of malignancy.
- Severe vascular pathologies (deep vein thrombosis, thrombophlebitis).

	<p>Incorporating manual methods effectively into dermatological practice requires proper training, understanding of skin physiology, and knowledge of soft-tissue manipulation techniques. Dermatovenereologists should view manual techniques as valuable complementary therapies capable of enhancing therapeutic results and patient satisfaction in dermatological and cosmetic treatments.</p>
Laser Technologies	<p>Laser technologies are among the most effective modern methods widely applied in dermatology and cosmetology. They are used for treating various skin conditions, correcting aesthetic imperfections, and skin rejuvenation. The principle of these technologies is based on the use of a focused light beam of specific wavelengths, selectively targeting skin structures without damaging surrounding tissues.</p> <p>Main Laser Technologies and Their Applications:</p> <p>1. Fractional Laser Resurfacing</p> <p>This method is based on creating microthermal zones of controlled skin injury, separated by intact tissue. It stimulates skin regeneration and renewal processes.</p> <p>Clinical effects:</p> <ul style="list-style-type: none"> • Reduces wrinkle depth and evens skin texture. • Improves skin tone, firmness, and elasticity. • Shrinks pores and minimizes acne scars. <p>Indications:</p> <ul style="list-style-type: none"> • Photoaging and wrinkles. • Acne scars, hyperpigmentation. • Skin laxity. <p>2. Laser Hair Removal</p> <p>This method uses selective photothermolysis to destroy hair follicles without harming surrounding skin.</p> <p>Clinical effects:</p> <ul style="list-style-type: none"> • Long-term or permanent removal of unwanted hair. • Reduces irritation and ingrown hairs. <p>Indications:</p>

- Unwanted facial and body hair.
- Hirsutism and hypertrichosis.
- Pseudofolliculitis.

3. Vascular Laser Therapy

Laser radiation absorbed by hemoglobin causes destruction of pathological blood vessels.

Clinical effects:

- Removes spider veins (telangiectasias).
- Treats hemangiomas and rosacea.
- Reduces skin redness.

Indications:

- Capillary networks.
- Vascular abnormalities (hemangiomas, port-wine stains).
- Rosacea, couperose.

4. Laser Pigmentation Removal

Selective targeting of melanin with laser energy effectively removes pigmentation without damaging the surrounding skin.

Clinical effects:

- Lightens or completely removes pigmented lesions.
- Evens skin tone.

Indications:

- Melasma, lentigo, freckles.
- Post-inflammatory pigmentation.
- Age spots.

5. Laser Ablation for Skin Lesions

Precise vaporization of pathological skin tissue with minimal impact on healthy areas.

Clinical effects:

- Quick and safe removal of papillomas, warts, keratoses.

- Minimal risk of scarring.

Indications:

- Benign skin lesions.
- Viral warts, papillomas.
- Seborrheic keratoses.

6. Laser Acne Treatment

Lasers with anti-inflammatory and seoregulatory effects are used to eliminate bacteria and reduce sebaceous gland activity.

Clinical effects:

- Reduces inflammation and breakouts.
- Normalizes sebaceous gland function.

Indications:

- Active acne.
- Post-acne conditions (scars, hyperpigmentation).

Practical Recommendations for Dermatovenereologists:

- Always conduct a dermatoscopic evaluation before laser procedures.
- Choose the appropriate laser type based on skin phototype, pathology nature, and depth of lesions.
- Combine laser treatments with medication and post-procedure skincare (hydration, photoprotection).
- Educate patients regarding expected outcomes and proper aftercare.

Contraindications for Laser Procedures:

- Active skin infections (herpes, pyoderma).
- Malignant skin lesions or suspicion of malignancy.
- Severe connective tissue diseases (systemic lupus erythematosus, scleroderma).
- Pregnancy and lactation (relative contraindication).
- Tendency toward keloid scarring.

Advantages of Laser Technologies:

- High precision and controlled effect.
- Minimal trauma and rapid healing.
- Visible results achievable with few treatment sessions.

	<ul style="list-style-type: none"> • Low complication risk when protocols are followed.
Fractional RF Lifting (Fractional Radiofrequency Microneedling)	<p>Fractional RF lifting (Fractional Radiofrequency Microneedling) is a modern minimally invasive skin rejuvenation technique that combines microneedling and radiofrequency energy. It has become widely popular in medical cosmetology due to its high efficiency, safety, and minimal recovery time.</p> <p>Mechanism of Action</p> <p>The procedure combines two mechanisms:</p> <ul style="list-style-type: none"> • Microneedling: Special handpieces equipped with microneedles penetrate the skin to a predetermined depth, creating controlled micro-injuries. • Radiofrequency (RF) energy: RF energy is delivered into the dermis through these microneedles, producing a controlled thermal effect in deeper skin layers. <p>This combined effect actively stimulates tissue regeneration and triggers the production of new collagen and elastin.</p> <p>Clinical Effects</p> <ul style="list-style-type: none"> • Significant skin lifting and tightening. • Restoration of skin firmness and elasticity. • Reduction of fine and moderate wrinkles. • Decreased depth of scars, post-acne marks, and enlarged pores. • Improved skin tone and texture. <p>Indications for the Procedure</p> <ul style="list-style-type: none"> • Wrinkles and decreased skin elasticity. • Age-related skin changes: ptosis, loss of facial contour definition. • Scars of various etiologies (especially post-acne). • Hyperpigmentation and uneven skin tone. • Stretch marks and loss of body skin elasticity. • Prevention of skin aging (recommended at age 25–35). <p>Advantages of Fractional RF Lifting</p> <ul style="list-style-type: none"> • Minimal trauma (fast healing within 1–3 days). • High effectiveness noticeable even after 1–3 treatments. • Suitable for all skin types and can be performed year-round. • Visible results immediately after the first procedure, improving over 2–3 months. • Long-lasting results (up to 1–2 years). • Can be combined with other cosmetic procedures (biorevitalization, contouring,

botulinum toxin injections).

Contraindications for the Procedure

- Acute infectious or inflammatory skin conditions.
- Active oncological diseases.
- Blood clotting disorders or use of anticoagulants.
- Presence of a pacemaker or other implanted electronic devices.
- Pregnancy and breastfeeding.
- Decompensated diabetes mellitus.
- Tendency to form keloid scars.

Procedure Details

The procedure is performed under local anesthesia using a topical anesthetic cream. The average duration of treatment is 30–60 minutes, depending on the treated area.

A course of 2–4 sessions with intervals of 4–6 weeks is recommended. Maintenance treatments are advised 1–2 times per year.

Mild redness may occur after the procedure, typically resolving within 1–3 days.

Post-procedure Care

- Apply soothing and moisturizing creams.
- Use sun protection with SPF 30–50 for at least 1 month.
- Avoid aggressive cosmetic treatments (chemical peels, lasers) for 2–3 weeks after RF lifting.

Fractional RF lifting is an important and promising technique in dermatology and cosmetology practices, providing significant lifting effects and ensuring high patient satisfaction due to its safety and rapid results.

<p>Ultrasound SMAS Lifting (HIFU)</p>	<p>Ultrasound SMAS lifting (High-Intensity Focused Ultrasound (HIFU)) is a modern, non-invasive method for lifting and rejuvenating the face and body using high-intensity focused ultrasound. This technology allows tightening of deep skin structures and subcutaneous tissues without surgical intervention, providing a long-lasting lifting effect.</p> <p>Mechanism of Action</p> <p>This procedure involves the precise application of ultrasound energy to the Superficial Musculo-Aponeurotic System (SMAS)—the structural support layer of the face, previously accessible only through plastic surgery.</p> <p>Focused ultrasound penetrates tissue at strictly defined depths (3–4.5 mm for the face and up to 6–9 mm for the body), creating controlled thermal micro-injuries. This results in immediate collagen and elastin fiber contraction, activates fibroblasts, and stimulates new collagen production. The visible lifting effect continues to improve over several months.</p> <p>Clinical Effects</p> <ul style="list-style-type: none"> • Significant lifting of the lower third of the face and neck. • Restoration of clear facial contours and definition. • Skin tightening in the eyebrow, cheek, and chin areas. • Reduction or significant improvement of submental fullness (double chin). • Improved skin tone and elasticity. • Tightening and improved skin texture on the body (abdomen, thighs, arms). <p>Indications for SMAS Lifting</p> <ul style="list-style-type: none"> • Age-related skin ptosis (sagging) of the face and neck. • Loss of clear facial contours. • Deep nasolabial folds and jowls. • Drooping eyebrows and upper eyelids. • Sagging skin and double chin. • Prevention of age-related changes (recommended between ages 35–45). <p>Advantages of Ultrasound SMAS Lifting</p> <ul style="list-style-type: none"> • Fully non-invasive procedure without punctures or incisions. • No significant recovery time or pronounced side effects. • Noticeable results after a single procedure, improving over 2–4 months. • Long-lasting effects (1.5–2 years or more). • Compatible with other rejuvenation methods (fillers, botulinum toxin, biorevitalization). • Procedure can be performed at any time of year.
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Contraindications

- Acute infectious skin diseases.
- Oncological diseases or presence of lesions in the treatment area.
- Pregnancy and breastfeeding.
- Severe diabetes mellitus and autoimmune diseases.
- Presence of implanted metal devices or pacemakers near or within the treatment area.
- Predisposition to keloid scarring.
- Blood coagulation disorders or anticoagulant therapy.

Procedure Details

The procedure typically lasts 40 to 90 minutes, depending on the treatment area. An ultrasound skin examination is performed prior to treatment, followed by marking of target zones.

The procedure may be performed without anesthesia or with topical anesthetic gels upon patient request. During the procedure, patients may feel slight tingling and warmth.

Minor redness after the session is possible but usually resolves within a few hours. Most patients can immediately return to their normal activities.

Post-procedure Care

- Limit intense physical activity for 2–3 days.
- Avoid overheating (saunas, baths, sun exposure) for one week.
- Apply sunscreen with SPF 30–50 for at least one month.
- Provide additional skin hydration and nourishment with cosmetic products.

Ultrasound SMAS lifting is a highly effective technology in dermatological and cosmetic practice, providing significant rejuvenation similar to surgical results, without the risks associated with surgery.

<p>IPL Photorejuvenation</p>	<p>IPL Photorejuvenation (Intense Pulsed Light) is a modern, non-invasive cosmetic procedure based on the application of high-intensity pulses of broad-spectrum light, aimed at correcting age-related skin changes, pigmentation, and vascular imperfections. The method is popular in dermatological practice due to its effectiveness, safety, and minimal recovery time.</p> <p>Mechanism of Action</p> <p>IPL technology utilizes selective photothermolysis, where light energy is selectively absorbed by skin chromophores (melanin, hemoglobin, and water), converted into heat, destroying targeted structures:</p> <ul style="list-style-type: none"> • Melanin – to eliminate pigmentation. • Hemoglobin – to treat vascular imperfections. • Collagen fibers – to stimulate collagen synthesis and tighten the skin. <p>This leads to active stimulation of collagen production, improved skin texture, reduction in pigmented lesions, elimination of vascular networks, and an overall firmer, younger-looking complexion.</p> <p>Clinical Effects</p> <ul style="list-style-type: none"> • Removal or significant reduction of pigmented spots (melasma, lentigo, freckles). • Even skin tone and improved complexion. • Reduction in wrinkle depth and improved skin firmness. • Removal of vascular imperfections (telangiectasia, couperose, rosacea). • Improved skin texture and reduced pore size. • Overall rejuvenation, brighter, healthier-looking skin. <p>Indications for IPL Photorejuvenation</p> <ul style="list-style-type: none"> • Age-related skin changes (fine lines, reduced tone). • Hyperpigmentation (sun-induced, age-related, post-inflammatory). • Vascular conditions (couperose, telangiectasia, redness). • Rosacea (redness, vascular networks). • Uneven skin tone and texture. • Prevention of photoaging in patients over 30 years of age. <p>Advantages of IPL Photorejuvenation</p> <ul style="list-style-type: none"> • Non-invasive and painless procedure. • Minimal recovery time (patients quickly return to daily activities). • Visible results even after 1–2 sessions. • Comprehensive treatment (simultaneous correction of pigmentation, vascular issues, and wrinkles). • Suitable for various body areas (face, neck, décolletage, hands).
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	<ul style="list-style-type: none"> Compatible with other cosmetic procedures (peels, biorevitalization, mesotherapy). <p>Contraindications</p> <ul style="list-style-type: none"> Acute inflammatory skin conditions (dermatitis, herpes, active acne). Pregnancy and breastfeeding. Skin cancer or suspicious lesions in the treatment area. Tanned skin or recent tanning (less than 2–3 weeks prior). Diseases accompanied by photosensitivity. Decompensated diabetes mellitus. Use of photosensitizing medications (retinoids, tetracycline antibiotics). <p>Procedure Details</p> <p>The procedure usually takes 20 to 40 minutes. Special protective eyewear is provided for the patient, and a cooling gel is applied to the treatment area. The cosmetologist then treats the skin using an IPL handpiece.</p> <p>The procedure is comfortable, with the patient typically experiencing only mild tingling or warmth. Mild redness immediately after treatment is possible but resolves within several hours.</p> <p>For lasting results, a course of 3–5 treatments at 3–4-week intervals is recommended.</p> <p>Post-procedure Care</p> <ul style="list-style-type: none"> Use soothing and moisturizing skincare products. Mandatory use of sunscreen (SPF 30–50) for 1–2 months. Avoid aggressive treatments (laser resurfacing, deep peels) for at least 3–4 weeks. Limit sun exposure and avoid tanning beds. <p>IPL photorejuvenation remains one of the most popular and effective methods in dermatological and cosmetic practice, successfully addressing age-related and photoaging concerns and ensuring high patient satisfaction.</p>
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Botulinum Therapy	<p>Botulinum therapy (Botulinum toxin therapy) is a minimally invasive technique in cosmetology and dermatology based on the injection of botulinum toxin type A into muscles to correct facial wrinkles, treat hyperhidrosis, and manage other dermatological conditions. Thanks to its</p>
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high efficiency, safety, and rapid results, botulinum therapy remains one of the most sought-after procedures in aesthetic medicine.

Mechanism of Action

Botulinum toxin preparations block the transmission of nerve impulses from neurons to muscle fibers. This leads to **temporary relaxation** of facial muscles, which helps eliminate or significantly reduce dynamic wrinkles. Meanwhile, blood circulation and muscle function remain intact, ensuring the effect is temporary and reversible.

Clinical Effects

- Smoothing of facial expression lines (forehead, glabella, crow's feet around the eyes).
- Reduction of **hyperhidrosis** (excessive sweating in the armpits, palms, feet).
- Eyebrow lifting and shape correction.
- Treatment of pathological conditions (**bruxism, migraines, muscle spasms**).
- Prevention of new wrinkle formation and further deepening of existing ones.

Indications for Botulinum Therapy

- **Facial expression wrinkles** in the upper face (horizontal forehead lines, glabellar lines, crow's feet).
- **Drooping outer corners of the eyes and eyebrows.**
- **Hyperhidrosis** (armpits, palms, feet).
- **Masseter muscle hypertrophy**, bruxism (teeth grinding at night).
- **Chronic migraines.**
- **Cervical dystonia and facial muscle spasms.**

Advantages of Botulinum Therapy

- **Fast results** (visible effect in 3–7 days).
- **Minimal discomfort** during the procedure.
- **No long recovery period.**
- **Reversible effect** (lasting **4–6 months on average**).
- **High safety** when administered correctly.

- **Can be combined with other cosmetic procedures** (dermal fillers, biorevitalization, laser treatments).

Contraindications

- Pregnancy and breastfeeding.
- Acute infections or active inflammatory skin conditions at the injection site.
- Myasthenia gravis (**muscle weakness**).
- Blood clotting disorders, use of anticoagulants.
- Hypersensitivity to botulinum toxin.
- Oncological diseases.

Procedure Details

The procedure **takes approximately 15–30 minutes**. Before treatment, the doctor determines **injection points and dosage** based on the patient's individual characteristics. The injections are administered with **ultra-fine needles**, ensuring minimal discomfort. Local anesthetics may be used upon request.

After the procedure, mild **redness or slight swelling** at the injection sites may appear but **usually resolves within a few hours**.

Post-procedure Care

- **For the first 4–6 hours**, avoid **bending forward or lying down**.
- **Avoid excessive facial movements and massaging** the injection area for **24 hours**.
- **Avoid overheating** (saunas, hot baths, intense workouts) for **3–5 days**.
- **Consistently apply sunscreen (SPF 30–50) when exposed to sunlight** to prevent premature aging and protect results.

Botulinum therapy remains **one of the most effective and sought-after methods in aesthetic medicine**. A well-designed treatment plan allows **natural-looking, harmonious rejuvenation**, ensuring high patient satisfaction.

<p>Dermal Fillers Contouring</p>	<p>Dermal fillers contouring is a minimally invasive procedure in aesthetic medicine that allows for facial feature correction, restoration of lost tissue volume, and improvement of skin structure using dermal fillers. The main components of these fillers include hyaluronic acid, calcium hydroxyapatite, and poly-L-lactic acid, which stimulate the natural renewal of tissues.</p> <p>Due to its high effectiveness, safety, and quick results, dermal fillers contouring is a non-surgical alternative to plastic surgery for many patients who wish to enhance their appearance without undergoing an operation.</p> <p>Mechanism of Action</p> <p>Hyaluronic acid-based fillers work by attracting and retaining water molecules, which helps increase tissue volume and improve hydration. Other types of fillers, such as calcium hydroxyapatite and poly-L-lactic acid, further stimulate collagen synthesis, promoting long-term skin rejuvenation.</p> <p>The product is injected into deep or superficial layers of the dermis, depending on the procedure's goals, allowing for facial contour modification, improved proportions, and restoration of lost volume.</p> <p>Clinical Effects</p> <ul style="list-style-type: none"> • Correction of wrinkles (nasolabial folds, marionette lines, deep creases). • Lip enhancement (increased volume, improved hydration, and well-defined contour). • Cheekbone and facial contour correction (restoring lost elasticity and defining contours). • Chin and lower face sculpting. • Nose reshaping (<i>non-surgical rhinoplasty</i>). • Skin improvement through biorevitalization with hyaluronic acid. <p>Indications for Dermal Fillers Contouring</p> <ul style="list-style-type: none"> • Age-related skin changes (loss of elasticity, volume depletion, appearance of wrinkles).
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- Facial asymmetry or insufficient volume in certain areas.
- Sagging skin and contour loss.
- Dehydration and dryness of the skin (*biorevitalization*).
- Non-surgical correction of the nose, chin, or cheekbones.

Advantages of Dermal Fillers Contouring

- **Instant results** (visible immediately after the procedure).
- **Minimally invasive with a short recovery period.**
- **Reversible effect** (*hyaluronic acid fillers can be dissolved with hyaluronidase*).
- **Long-lasting results** (*6 to 18 months, depending on the type of filler*).
- **Can be combined with other aesthetic treatments** (*botulinum therapy, biorevitalization, laser procedures*).

Contraindications

- Pregnancy and breastfeeding.
- Skin infections or active inflammatory conditions in the treatment area.
- Autoimmune and oncological diseases.
- Tendency to develop keloid scars.
- Allergy or hypersensitivity to filler components.
- Uncontrolled diabetes mellitus.

Procedure Details

The procedure **takes between 30 to 60 minutes**, depending on the treatment area. The doctor **applies local anesthesia (cream or injection)**, **determines the injection zones**, and then injects the filler using a fine needle or cannula.

After the procedure, **mild redness, swelling, or bruising** may appear, but they usually subside within **2–5 days**.

Post-Procedure Care

- **Avoid touching the face or applying makeup for 6–8 hours after the procedure.**
- **Avoid intense physical activity, sauna, and steam baths for 5–7 days.**

	<ul style="list-style-type: none"> • Do not massage or put pressure on the treated area. • Use sunscreen (SPF 30–50) to maintain the results. <p>Results and Longevity</p> <p>The duration of the effect depends on the type of filler and individual metabolic rate:</p> <ul style="list-style-type: none"> • Hyaluronic acid – 6–12 months. • Calcium hydroxyapatite – up to 18 months. • Poly-L-lactic acid – up to 2 years (<i>gradual accumulation of effect</i>). <p>Conclusion</p> <p>Dermal fillers contouring is an effective method for correcting age-related changes and enhancing facial harmony without surgery. A properly selected filler and professional administration ensure a natural and aesthetically pleasing result, with high patient satisfaction.</p>
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Biorevitalization	<p>Biorevitalization is a minimally invasive rejuvenation procedure that involves injecting hyaluronic acid into the skin to restore hydration, improve elasticity, and stimulate collagen production. This technique is widely used in aesthetic dermatology to combat age-related changes, dehydration, and loss of skin tone.</p> <p>Thanks to its high efficiency and safety, biorevitalization is one of the most popular and effective non-surgical anti-aging treatments.</p> <p>Mechanism of Action</p> <p>Hyaluronic acid is a natural component of the skin responsible for hydration, elasticity, and regeneration. With age, its production decreases, leading to dryness, loss of elasticity, and wrinkles.</p> <p>Biorevitalization works by:</p> <ul style="list-style-type: none"> • Replenishing hyaluronic acid levels in the dermis. • Restoring the skin's ability to retain moisture. • Stimulating collagen and elastin synthesis, improving skin firmness.
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- **Neutralizing free radicals**, slowing down the aging process.

The injected hyaluronic acid gradually **decomposes naturally**, but during this process, it **activates fibroblasts** to produce new structural proteins, leading to long-term rejuvenation.

Clinical Effects

- Deep hydration and restoration of skin elasticity.
- Reduction of fine wrinkles and prevention of new ones.
- Evening out skin tone and texture.
- Reduction of post-acne scars and minor imperfections.
- Revitalization of tired, dull skin.
- Skin regeneration after sun exposure or aggressive treatments (**peels, lasers**).

Indications for Biorevitalization

- Dehydrated and dull skin.
- Fine lines and early signs of aging.
- Loss of elasticity and firmness.
- Skin damage from UV exposure (photoaging).
- Recovery after chemical peels or laser resurfacing.
- Prevention of age-related skin changes (from 25–30 years old).

Advantages of Biorevitalization

- **Natural skin hydration and rejuvenation** without drastic changes in facial features.
- **Minimally invasive procedure** with quick recovery.
- **Visible improvement after the first session.**
- **Safe and biocompatible**, as hyaluronic acid is naturally present in the body.
- **Compatible with other aesthetic treatments** (botulinum toxin, fillers, laser therapy).

Contraindications

- **Pregnancy and breastfeeding.**
- **Acute skin infections or inflammation** in the treatment area.
- **Autoimmune diseases.**
- **Oncological conditions.**
- **Allergy to hyaluronic acid or other injection components.**
- **Blood clotting disorders or use of anticoagulants.**

	<p>Procedure Details</p> <p>The procedure takes 30–60 minutes and is performed with microinjections of hyaluronic acid into the superficial and middle layers of the dermis. The injections are made using a fine needle or cannula.</p> <p>Mild redness, swelling, or small papules may appear after the procedure, but they typically subside within 24–48 hours.</p> <p>For optimal results, a course of 3–4 sessions is recommended, with an interval of 2–4 weeks between treatments.</p> <p>Post-Procedure Care</p> <ul style="list-style-type: none"> • Avoid makeup for 12 hours after the session. • Do not touch or massage the treated area. • Avoid intense physical activity, sauna, and sun exposure for 3–5 days. • Use SPF 30–50 sunscreen to protect the skin. <p>Results and Longevity</p> <p>The effects of biorevitalization accumulate over time. After a full course, the results last up to 6–9 months, depending on the patient’s age, skin type, and lifestyle.</p> <p>Regular maintenance treatments every 4–6 months help sustain the benefits and keep the skin youthful and radiant.</p>
Biorepair (Bioreparation)	<p>Biorepair (Bioreparation) is an advanced minimally invasive rejuvenation procedure that restores skin structure by injecting hyaluronic acid combined with peptides, vitamins, amino acids, and coenzymes. This innovative method not only hydrates the skin but also stimulates cell regeneration, enhances collagen and elastin production, and protects against free radical damage.</p> <p>Due to its prolonged action and ability to activate natural skin renewal processes, biorepair is a step ahead of traditional biorevitalization and</p>

is widely used in **aesthetic medicine and dermatology**.

Mechanism of Action

Biorepair works on multiple levels:

- **Deep hydration** – Hyaluronic acid restores skin moisture and prevents dehydration.
- **Cellular regeneration** – Active ingredients (peptides, vitamins, nucleotides) stimulate fibroblast activity.
- **Collagen and elastin synthesis** – Improves skin firmness and elasticity.
- **Antioxidant protection** – Neutralizes free radicals and slows down aging.
- **Tissue repair** – Enhances skin recovery from damage caused by UV exposure, stress, and inflammation.

The **main difference** between biorepair and biorevitalization is **the presence of additional bioactive components** that extend the effect and enhance **skin renewal at a cellular level**.

Clinical Effects

- Deep hydration and improved skin elasticity.
- Reduction of fine lines and prevention of new wrinkles.
- Regeneration of skin affected by UV damage (photoaging).
- Improvement of skin tone and texture.
- Reduction of post-acne scars and hyperpigmentation.
- Strengthening of blood vessels, reducing redness and couperose symptoms.
- Faster recovery after aggressive cosmetic treatments (peels, lasers, mesotherapy).

Indications for Biorepair

- Dull, dehydrated skin with loss of elasticity.
- Early signs of aging (fine wrinkles, loss of firmness).
- Hyperpigmentation and uneven skin tone.
- Photoaging and UV-induced skin damage.
- Recovery after chemical peels or laser resurfacing.
- Prevention of premature aging (starting from 25–30 years old).

Advantages of Biorepair

- **Longer-lasting effect** compared to standard biorevitalization.

- **More profound skin renewal** due to additional peptides, vitamins, and antioxidants.
- **Minimal downtime** – fast recovery after the procedure.
- **Safe and biocompatible**, as hyaluronic acid is a natural skin component.
- **Compatible with other aesthetic procedures** (botulinum therapy, fillers, laser therapy).

Contraindications

- Pregnancy and breastfeeding.
- Active skin infections or inflammation in the treatment area.
- Autoimmune diseases.
- Oncological conditions.
- Allergy to any component of the injection solution.
- Blood clotting disorders or use of anticoagulants.

Procedure Details

The procedure **takes 30–60 minutes** and is performed using **microinjections** into the **superficial and middle layers of the dermis**. The injections are administered with a **fine needle or cannula**, ensuring even distribution of the active substances.

After the session, **mild redness, swelling, or papules** may appear, but they usually **disappear within 24–48 hours**.

A **full course** consists of **3–4 sessions** with **2–4 week intervals** for optimal results.

Post-Procedure Care

- **Avoid touching the treated area and applying makeup for 12 hours.**
- **Do not massage or put pressure on the injection sites.**
- **Avoid intense physical activity, saunas, and sun exposure for 3–5 days.**
- **Apply SPF 30–50 sunscreen** to protect the skin and prolong the effects.

Results and Longevity

	<p>The effects of biorepair last longer than biorevitalization, typically 6–12 months, depending on the patient's age, lifestyle, and skin condition. Regular maintenance treatments every 6–9 months help sustain the results.</p>
Platelet-Rich Plasma (PRP) Therapy	<p>Platelet-Rich Plasma (PRP) Therapy, also known as plasmotherapy, is an advanced regenerative procedure that uses the patient's own blood plasma enriched with platelets to stimulate skin rejuvenation, hair growth, and tissue repair. This natural and biocompatible method is widely applied in aesthetic medicine, dermatology, and trichology, offering a safe and effective alternative to synthetic injectables.</p> <p>Due to its autologous nature (using the patient's own biological material), PRP therapy eliminates the risk of allergic reactions and ensures natural rejuvenation by activating the body's own repair mechanisms.</p> <p>Mechanism of Action</p> <p>PRP therapy relies on the healing properties of platelets, which contain growth factors and cytokines responsible for tissue regeneration, collagen production, and improved blood circulation.</p> <p>The procedure involves drawing a small amount of blood, centrifuging it to separate platelet-rich plasma, and injecting it into the target area (skin, scalp, or joints).</p> <p>PRP stimulates:</p> <ul style="list-style-type: none"> • Collagen and elastin synthesis, improving skin firmness. • Cellular renewal, reducing fine lines and wrinkles. • Hair follicle activation, promoting hair growth. • Wound healing and scar reduction. <p>Clinical Effects</p> <ul style="list-style-type: none"> • Skin rejuvenation (improves elasticity, firmness, and hydration). • Reduction of fine lines and wrinkles. • Improvement of acne scars and post-inflammatory pigmentation. • Restoration of hair follicles, prevention of hair loss, and stimulation of hair regrowth. • Faster healing of damaged tissues after laser treatments, peels, and aesthetic procedures. <p>Indications for PRP Therapy</p>

- Age-related skin changes (loss of elasticity, wrinkles, and sagging).
- Dull, dehydrated skin with uneven tone.
- Acne scars and post-inflammatory pigmentation.
- Hair thinning, androgenic alopecia, or excessive hair loss.
- Stretch marks and minor scars.
- Accelerated skin recovery after aggressive treatments (chemical peels, laser resurfacing).

Advantages of PRP Therapy

- 100% natural – Uses the patient's own plasma, eliminating risks of allergies or rejection.
- Minimal downtime – Quick recovery with no major side effects.
- Versatile applications – Suitable for skin rejuvenation, hair restoration, and wound healing.
- Long-lasting results – Stimulates gradual improvement over several months.
- Safe and non-toxic – Free from synthetic chemicals or foreign substances.

Contraindications

- Blood disorders (low platelet count, clotting issues, hemophilia).
- Autoimmune diseases.
- Oncological conditions.
- Acute skin infections or active inflammatory processes.
- Pregnancy and breastfeeding.
- Use of anticoagulants or blood-thinning medications.

Procedure Details

Blood collection – A small amount of venous blood (10–30 ml) is drawn.

Centrifugation – The blood is placed in a centrifuge, separating platelet-rich plasma from red blood cells.

Injection process – The PRP is injected into target areas using fine needles or a mesotherapy technique.

The procedure takes 30–60 minutes, and mild redness or swelling may occur but resolves within 24–48 hours.

For optimal results, 3–4 sessions are recommended, with an interval of **3–4 weeks between treatments.**

	<p>Post-Procedure Care</p> <p>Avoid touching or massaging the treated area for 12 hours.</p> <p>Avoid direct sunlight and use SPF 30–50 sunscreen.</p> <p>Refrain from intense physical activities, saunas, and steam baths for 3–5 days.</p> <p>Increase water intake to support skin hydration.</p> <p>Results and Longevity</p> <p>The effects of PRP develop gradually, with visible improvements in 2–4 weeks. A full course of treatment can provide results lasting up to 12 months, depending on individual skin and hair conditions.</p> <p>Regular maintenance treatments every 6–12 months help prolong the benefits.</p>
Cryotherapy	<p>Cryotherapy is a minimally invasive therapeutic procedure that uses extremely low temperatures to treat skin conditions, promote tissue regeneration, and stimulate skin rejuvenation. It is widely applied in aesthetic medicine, dermatology, and physiotherapy for skin tightening, reducing inflammation, and eliminating unwanted skin growths.</p> <p>Cryotherapy offers quick recovery, minimal discomfort, and effective results, making it a safe and efficient method for both medical and cosmetic treatments.</p> <p>Mechanism of Action</p> <p>Cryotherapy works by rapidly cooling the targeted skin area, leading to:</p> <ul style="list-style-type: none"> • Vasoconstriction (narrowing of blood vessels) → reduces inflammation and swelling. • Controlled cell destruction → freezes and eliminates unwanted tissue (e.g., warts, keratosis). • Microcirculation stimulation → enhances skin oxygenation and collagen production. • Temporary nerve signal interruption → provides pain relief in physiotherapy applications. <p>Depending on the intensity and application, cryotherapy can be used for</p>

skin rejuvenation, therapeutic treatments, or removal of abnormal growths.

Types of Cryotherapy

1. Cryomassage (Cryofacial)

- Uses liquid nitrogen (-196°C) or CO₂ to stimulate blood circulation, tighten pores, and refresh the skin.
- Effects: improves skin tone, reduces oiliness, and enhances collagen synthesis.
- Indications: acne, oily skin, first signs of aging, enlarged pores.

2. Cryosurgery (Cryodestruction)

- Application of liquid nitrogen to freeze and destroy unwanted tissues (e.g., warts, papillomas, keratosis).
- Effects: eliminates abnormal skin growths with minimal scarring.
- Indications: warts, actinic keratosis, seborrheic keratosis, molluscum contagiosum.

3. Whole-Body Cryotherapy (WBC)

- Short exposure (2–3 minutes) to -110°C to -140°C in a cryochamber.
- Effects: reduces inflammation, boosts metabolism, relieves muscle and joint pain.
- Indications: chronic pain, muscle recovery, skin tightening, cellulite reduction

Clinical Effects

- Skin rejuvenation → improves elasticity and tightens pores.
- Reduction of inflammation → beneficial for acne and rosacea.
- Elimination of skin growths → warts, papillomas, keratosis.
- Enhanced circulation → stimulates collagen and elastin production.
- Pain relief and muscle recovery → used in physiotherapy for sports injuries.

Indications for Cryotherapy

- Acne-prone skin and enlarged pores.
- Skin laxity and first signs of aging.
- Warts, papillomas, and keratosis.
- Rosacea and vascular skin conditions.

- Muscle pain and joint inflammation.
- Post-procedure recovery (after peels, laser treatments).

Advantages of Cryotherapy

- Non-invasive and painless (except for cryodestruction).
- Minimal side effects and fast recovery.
- Immediate refreshing and tightening effects.
- No anesthesia required.
- Compatible with other aesthetic treatments (botulinum toxin, fillers, laser therapy).

Contraindications

- Cold intolerance (cryoglobulinemia, Raynaud's disease).
- Severe cardiovascular diseases.
- Active skin infections or wounds.
- Pregnancy and breastfeeding.
- Oncological conditions (unless approved by a doctor).
- Nerve damage or sensitivity disorders.

Procedure Details

- Cryofacial / Cryomassage: Liquid nitrogen or CO₂ is applied with a cotton swab or a cryospray, lasting 5–15 minutes.
- Cryodestruction: Liquid nitrogen is applied to the growth for 5–30 seconds in 1–3 sessions.
- Whole-Body Cryotherapy: The patient enters a cryochamber for 2–3 minutes at temperatures between -110°C and -140°C.

After the session, mild redness or tingling may appear but usually subsides within a few hours.

Post-Procedure Care

- Avoid direct heat exposure (saunas, hot baths) for 24 hours.
- Moisturize the skin to support recovery.
- Protect treated areas from sun exposure (SPF 30–50).
- Do not scratch or pick at frozen lesions after cryodestruction.
- Cryomassage (Cryofacial): Immediate skin tightening and radiance; results last several weeks.
- Cryosurgery: Permanent removal of skin lesions.
- Whole-Body Cryotherapy: Effects on metabolism and pain relief last up to 6 months.

	Regular maintenance (every 4–6 weeks for facials, yearly for cryosurgery) helps maintain long-term benefits.
Electrocoagulation	<p>Electrocoagulation is a minimally invasive procedure used in dermatology and aesthetic medicine to remove benign skin growths through high-frequency electrical current. This method allows for precise tissue coagulation, effectively eliminating unwanted formations while minimizing damage to surrounding healthy skin.</p> <p>Due to its high efficiency, minimal trauma, and quick recovery, electrocoagulation is widely applied for cosmetic and medical purposes.</p> <p>Mechanism of Action</p> <p>Electrocoagulation works by applying a high-frequency electrical current to the target tissue, leading to:</p> <ul style="list-style-type: none"> • Protein denaturation → coagulates abnormal tissue, causing controlled destruction. • Vessel sealing → prevents bleeding during and after the procedure. • Minimal thermal damage → precise removal with reduced scarring risk. <p>The procedure is performed using a special electrode (needle, loop, or blade), depending on the size and type of the lesion.</p> <p>Clinical Effects</p> <ul style="list-style-type: none"> • Removal of benign skin growths. • Sealing of small blood vessels to stop bleeding. • Improvement of skin texture after lesion removal. <p>Indications for Electrocoagulation</p> <ul style="list-style-type: none"> • Papillomas and warts. • Seborrheic keratosis. • Hemangiomas (small vascular lesions). • Skin tags (fibroepithelial polyps). • Molluscum contagiosum. • Hyperplasia of sebaceous glands. • Spider veins (telangiectasias, small capillaries). <p>Advantages of Electrocoagulation</p> <ul style="list-style-type: none"> • Precise targeting → minimal damage to surrounding tissues. • Immediate results → growths are removed in one session. • Quick procedure → takes 5–30 minutes.

	<ul style="list-style-type: none"> • Minimal bleeding due to vessel coagulation. • Fast recovery → skin heals within 5–14 days, depending on the lesion size. • Lower risk of infection compared to surgical excision. <p>Contraindications</p> <ul style="list-style-type: none"> • Malignant skin tumors or suspicious lesions. • Active skin infections or inflammation in the treated area. • Severe cardiovascular diseases, presence of a pacemaker. • Pregnancy and breastfeeding (relative contraindication). • Blood clotting disorders or use of anticoagulants. • Diabetes mellitus with impaired wound healing. <p>Procedure Details</p> <ol style="list-style-type: none"> 1. Anesthesia – Local anesthetic (cream or injection) is applied for patient comfort. 2. Electrode selection – The doctor chooses a fine needle, loop, or blade electrode depending on the lesion. 3. Tissue coagulation – High-frequency electrical current is applied to destroy and remove the lesion. 4. Aftercare – An antiseptic dressing or healing ointment is applied to the treated area. <p>The duration of the procedure depends on the number and size of the lesions, typically 5–30 minutes.</p> <p>Post-Procedure Care</p> <ul style="list-style-type: none"> • Do not touch or scratch the treated area to prevent scarring. • Avoid water exposure (baths, pools, saunas) for 3–5 days. • Apply antiseptic solutions (chlorhexidine, miramistin) 2–3 times a day. • Use wound-healing creams (panthenol, bepanten, solcoseryl). • Avoid direct sun exposure and use SPF 30–50 sunscreen for at least 1 month. <p>Crust formation is normal and falls off naturally within 7–14 days.</p> <p>Results and Longevity</p> <ul style="list-style-type: none"> • Immediate removal of the lesion during the procedure. • Minimal scarring when properly cared for. • Long-lasting effects if combined with proper skin hygiene and sun protection.
Laser Removal of	Laser removal of skin lesions is a modern, minimally invasive procedure

Skin Lesions	<p>used in dermatology and aesthetic medicine to eliminate benign skin growths with high precision and minimal trauma. This technique utilizes a focused laser beam to vaporize or coagulate abnormal tissue, ensuring an effective and safe treatment with fast healing and minimal scarring.</p> <p>Due to its high accuracy, non-contact application, and reduced risk of infection, laser removal has become a preferred method for treating various skin lesions, including warts, papillomas, moles, and keratosis.</p> <p>Mechanism of Action</p> <p>Laser technology operates based on selective photothermolysis, where light energy is absorbed by the targeted tissue, leading to:</p> <ul style="list-style-type: none"> • Evaporation of abnormal cells → precise removal of lesions without affecting healthy tissue. • Sealing of blood vessels → minimal bleeding and reduced risk of infection. • Collagen stimulation → faster healing with minimal scarring. <p>The procedure is performed using CO₂, Erbium, or Nd:YAG lasers, depending on the type and depth of the lesion.</p> <p>Clinical Effects</p> <ul style="list-style-type: none"> • Complete removal of unwanted skin lesions. • Fast healing with minimal discomfort. • Reduced risk of scarring. • Prevention of lesion regrowth. <p>Indications for Laser Removal</p> <ul style="list-style-type: none"> • Papillomas and warts. • Seborrheic and actinic keratosis. • Fibromas and skin tags. • Molluscum contagiosum. • Xanthelasma (fat deposits around the eyes). • Vascular lesions (hemangiomas, telangiectasias, spider veins). • Non-malignant moles and nevi (after dermatologist approval). <p>Advantages of Laser Removal</p> <ul style="list-style-type: none"> • Non-invasive and bloodless technique → No need for sutures. • Quick procedure → Takes 5–20 minutes per lesion. • Fast healing with minimal discomfort → Crusts fall off naturally. • Reduced risk of scarring compared to traditional surgery.
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	<ul style="list-style-type: none"> • Precise targeting → Only affects the lesion without damaging surrounding skin. • Minimal risk of infection due to the laser's sterilizing effect. <p>Contraindications</p> <ul style="list-style-type: none"> • Suspicion of malignancy (biopsy may be required before laser treatment). • Active skin infections or inflammation in the treatment area. • Uncontrolled diabetes mellitus (affects wound healing). • Blood clotting disorders. • Pregnancy and breastfeeding (relative contraindication). • Recent tanning or use of photosensitizing medications. <p>Procedure Details</p> <ol style="list-style-type: none"> 1. Skin assessment – The doctor evaluates the lesion to confirm suitability for laser removal. 2. Anesthesia – Local anesthesia (cream or injection) is applied for patient comfort. 3. Laser treatment – The laser beam precisely removes the lesion layer by layer. 4. Post-treatment care – A healing ointment or antiseptic is applied to the treated area. <p>Mild redness or swelling may appear after the procedure but typically subsides within a few hours to a few days.</p> <p>Post-Procedure Care</p> <ul style="list-style-type: none"> • Do not scratch or remove crusts – Let them fall off naturally in 7–14 days. • Avoid water exposure (swimming pools, saunas, hot baths) for 3–5 days. • Apply wound-healing creams (panthenol, solcoseryl, bepanten). • Use SPF 30–50 sunscreen for at least 1 month to prevent pigmentation. • Avoid direct sun exposure and tanning until complete healing. <p>Results and Longevity</p> <ul style="list-style-type: none"> • Immediate removal of the lesion during the session. • Fast healing with minimal downtime. • Long-term effects with a low risk of recurrence (depends on the type of lesion). • Minimal scarring if post-procedure care is followed properly.
Microneedling Therapy (Collagen	Microneedling works by penetrating the skin with fine needles (ranging

Induction Therapy)	<p>from 0.25 mm to 2.5 mm in depth), which:</p> <ul style="list-style-type: none"> • Triggers the skin's natural healing response → stimulates fibroblasts to produce new collagen and elastin. • Increases skin permeability → enhances the absorption of serums and active ingredients. • Reduces hyperpigmentation and evens skin tone. • Improves microcirculation, boosting oxygen and nutrient supply to the skin. <p>Microneedling can be performed using:</p> <ul style="list-style-type: none"> • Dermalrollers (manual rollers with tiny needles). • Dermapens (microneedling pens) → more precise and customizable depth. • RF Microneedling (radiofrequency combined with microneedling for deeper collagen stimulation). <p>Clinical Effects</p> <ul style="list-style-type: none"> • Skin tightening and improved elasticity. • Reduction of fine lines and wrinkles. • Minimization of acne scars and post-inflammatory hyperpigmentation. • Improvement in skin texture and pore size reduction. • Evening out skin tone and treating melasma. • Reduction of stretch marks and surgical scars. • Revitalization of dull, aging skin. <p>Indications for Microneedling</p> <ul style="list-style-type: none"> • Fine lines and early wrinkles. • Acne scars and atrophic scars. • Enlarged pores and rough skin texture. • Uneven pigmentation and sun damage. • Stretch marks and mild skin laxity. • Hair thinning (microneedling for hair regrowth in combination with serums like PRP or minoxidil). <p>Advantages of Microneedling Therapy</p> <ul style="list-style-type: none"> • Minimally invasive → No surgery or long recovery time. • Natural skin rejuvenation → Stimulates collagen production without injecting foreign substances. • Safe for all skin types → Unlike lasers, microneedling has a lower risk of hyperpigmentation. • Can be combined with PRP (Platelet-Rich Plasma), vitamin serums, or growth factors for enhanced results. • Short recovery time → Redness and sensitivity usually resolve in 24–72
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	<p>hours.</p> <p>Contraindications</p> <ul style="list-style-type: none"> • Active acne breakouts or skin infections. • Rosacea or inflammatory skin conditions (eczema, psoriasis, dermatitis). • Uncontrolled diabetes (delayed wound healing risk). • History of keloid scars or hypertrophic scarring. • Recent use of isotretinoin (Accutane) in the past 6 months. • Pregnancy and breastfeeding (relative contraindication). <p>Procedure Details</p> <ol style="list-style-type: none"> 1. Cleansing and anesthesia – The skin is cleansed, and a topical anesthetic is applied to minimize discomfort. 2. Microneedling process – A dermapen or dermaroller is used to create micro-injuries across the treatment area. 3. Application of serums – Hyaluronic acid, peptides, or PRP are applied to boost skin regeneration. 4. Post-treatment care – Soothing and hydrating products are used to calm the skin. <p>The session lasts 30–60 minutes, depending on the treatment area.</p> <p>A course of 3–6 sessions, spaced 4–6 weeks apart, is recommended for optimal results.</p> <p>Post-Procedure Care</p> <ul style="list-style-type: none"> • Avoid washing the face for 6–12 hours. • Do not apply makeup for 24 hours. • Use gentle cleansers and hydrating serums. • Avoid direct sun exposure and use SPF 50 for at least 2 weeks. • Refrain from using retinoids, acids, or exfoliants for 5–7 days. <p>Mild redness, sensitivity, and slight swelling are normal and typically resolve within 48–72 hours.</p> <p>Results and Longevity</p> <ul style="list-style-type: none"> • Visible skin improvement after 1 session, with full results developing over 4–6 weeks. • Long-lasting results after a complete course of treatments. • Maintenance sessions every 4–6 months help sustain the benefits.
Thread Lifting (PDO, PLLA, and	The procedure involves inserting biocompatible threads into the skin,

PCL Threads)	<p>which:</p> <ul style="list-style-type: none"> • Provide an immediate mechanical lift → The threads create structural support, repositioning sagging tissues. • Stimulate collagen production → Over time, the threads dissolve, leaving behind a firmer, more elastic skin structure. • Improve microcirculation and skin tone → Leading to a natural rejuvenation effect. <p>Common types of lifting threads include:</p> <ul style="list-style-type: none"> • PDO (Polydioxanone) Threads → Absorbable in 6–9 months, primarily used for skin tightening and collagen stimulation. • PLLA (Poly-L-Lactic Acid) Threads → Dissolve in 12–18 months, providing a stronger lifting effect. • PCL (Polycaprolactone) Threads → Last up to 2 years, offering long-term collagen production. <p>Clinical Effects</p> <ul style="list-style-type: none"> • Immediate lifting and tightening of sagging skin. • Improved skin firmness and elasticity over time. • Restoration of facial contours (cheekbones, jawline, and neck). • Reduction of wrinkles and fine lines. • Enhanced skin texture and hydration. • Long-term collagen regeneration for lasting results. <p>Indications for Thread Lifting</p> <ul style="list-style-type: none"> • Sagging skin in the face, neck, and jawline. • Loss of facial contours and definition. • Mild to moderate skin laxity in the cheeks, eyebrows, and midface. • Fine lines and wrinkles in the nasolabial folds and marionette lines. • Skin laxity on the body (abdomen, arms, knees, buttocks). <p>Advantages of Thread Lifting</p> <ul style="list-style-type: none"> • Minimally invasive → No incisions or general anesthesia required. • Immediate visible effect, improving over several weeks. • Natural collagen stimulation for long-term benefits. • Fast recovery → Most patients resume daily activities within 24–48 hours. • Long-lasting results (up to 2 years, depending on thread type). • Safe and biocompatible → Threads dissolve naturally, leaving no residue.
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	<p>Contraindications</p> <ul style="list-style-type: none"> • Severe skin laxity requiring surgical intervention. • Active skin infections or inflammatory conditions. • Autoimmune diseases or connective tissue disorders. • Uncontrolled diabetes or blood clotting disorders. • Pregnancy and breastfeeding. • Recent filler or botulinum toxin injections in the treatment area (should be planned accordingly). <p>Procedure Details</p> <ol style="list-style-type: none"> 1. Consultation and Planning → The doctor evaluates the patient's skin condition and marks insertion points. 2. Local Anesthesia → A numbing agent is applied to ensure a comfortable experience. 3. Thread Insertion → Using a fine cannula or needle, the threads are inserted into targeted areas for lifting and collagen stimulation. 4. Adjustment and Final Positioning → The threads are gently tightened, repositioning the skin. 5. Recovery and Care → The procedure takes 30–60 minutes, with minimal downtime. <p>Mild swelling, redness, or bruising may appear but typically resolves within a few days.</p> <p>Post-Procedure Care</p> <ul style="list-style-type: none"> • Avoid facial massage and excessive facial movements for 1–2 weeks. • Do not sleep face-down for the first few nights. • Refrain from intense physical activities, saunas, and steam baths for 2–3 weeks. • Use SPF 30–50 sunscreen to protect the skin. • Avoid makeup for 24 hours to reduce the risk of infection. <p>Full results appear within 4–6 weeks as collagen production increases.</p> <p>Results and Longevity</p> <ul style="list-style-type: none"> • Immediate lifting effect, improving gradually over 2–3 months. • PDO threads last 6–12 months, PLLA and PCL threads last up to 2 years. • Maintenance treatments every 12–18 months help sustain youthful contours.
Rhytidectomy	Rhytidectomy, commonly known as a facelift, is a surgical procedure

(Facelift Surgery)	<p>designed to rejuvenate and tighten the face and neck by removing excess skin, repositioning deep tissues, and reducing wrinkles. This procedure is one of the most effective long-term solutions for significant signs of aging, restoring a more youthful and refreshed appearance.</p> <p>Due to advancements in surgical techniques and technology, modern facelifts provide natural-looking results with minimal scarring and improved recovery time.</p> <p>Mechanism of Action</p> <p>Rhytidectomy focuses on lifting and repositioning sagging tissues while maintaining natural facial expressions. The procedure involves:</p> <ol style="list-style-type: none"> 1. Incision Placement – Typically along the hairline, around the ears, and sometimes under the chin. 2. SMAS Layer Lifting – The Superficial Musculo-Aponeurotic System (SMAS), which supports facial structure, is lifted and tightened. 3. Excess Skin Removal – Loose, sagging skin is trimmed, ensuring a smoother, firmer appearance. 4. Fat Redistribution or Removal – To sculpt facial contours and restore volume balance. 5. Skin Re-draping and Suturing – The skin is carefully repositioned over the lifted structures. <p>In some cases, fat grafting, liposuction, or complementary procedures (blepharoplasty, brow lift, or neck lift) are performed for optimal results.</p> <p>Types of Rhytidectomy</p> <ol style="list-style-type: none"> 1. Traditional Facelift (Full Facelift) <ul style="list-style-type: none"> ○ Targets deep wrinkles, sagging skin, and volume loss in the midface, jawline, and neck. ○ Best for patients with moderate to severe signs of aging. 2. Mini Facelift <ul style="list-style-type: none"> ○ Less invasive technique with smaller incisions, primarily addressing mild skin laxity in the lower face. ○ Best for younger patients or those with early signs of aging. 3. SMAS Facelift <ul style="list-style-type: none"> ○ Focuses on lifting the deeper muscular layer (SMAS), ensuring long-lasting, natural results. ○ Ideal for patients with significant tissue sagging.
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4. Deep Plane Facelift

- A more advanced technique that repositions deeper tissues rather than just tightening the skin.
- Best for older patients with severe facial sagging.

5. Mid-Facelift

- Elevates the cheeks and nasolabial folds, restoring volume and youthful contours.
- Often combined with eyelid surgery or fat grafting.

6. Neck Lift (Lower Rhytidectomy)

- Tightens loose skin and muscles in the neck and jawline.
- Often performed with a facelift for complete rejuvenation.

Clinical Effects

- Tighter, smoother skin with reduced wrinkles.
- Restored facial contours and lifted cheeks.
- Defined jawline and neck (elimination of jowls and double chin).
- More youthful and refreshed appearance.
- Long-lasting results (10+ years, depending on lifestyle and genetics).

Indications for Rhytidectomy

- Moderate to severe skin sagging in the face and neck.
- Deep wrinkles and folds (nasolabial folds, marionette lines).
- Loss of jawline definition (jowls, double chin).
- Sagging or drooping cheeks and midface.
- Desire for long-term facial rejuvenation.

Advantages of Rhytidectomy

- Most effective and long-lasting surgical solution for facial aging.
- Comprehensive rejuvenation, addressing multiple signs of aging in one procedure.
- Customizable technique → Can be tailored to individual facial anatomy and goals.
- Natural-looking results with modern deep-plane and SMAS techniques.
- Can be combined with complementary procedures (brow lift, blepharoplasty, fat grafting).

Contraindications

- Severe medical conditions (heart disease, uncontrolled diabetes, autoimmune disorders).

- Active skin infections or inflammatory conditions.
- Blood clotting disorders or use of anticoagulants.
- Smoking (increases risk of complications, requires cessation before surgery).
- Unrealistic expectations about surgical outcomes.

Procedure Details

1. Preoperative Consultation – The surgeon evaluates skin elasticity, facial structure, and aging severity.
2. Anesthesia – General anesthesia or local anesthesia with sedation is used.
3. Incision Placement – Hidden along the hairline, ears, or chin, depending on technique.
4. Deep Tissue Repositioning – SMAS or deep-plane lifting is performed for natural and long-lasting results.
5. Skin Re-draping & Suturing – Excess skin is trimmed and repositioned to prevent an unnatural, “pulled” look.
6. Recovery & Follow-Up – Patients wear a compression garment and follow post-op care for optimal healing.

The procedure lasts 2–5 hours, and patients usually return home the same day or after an overnight stay.

Post-Procedure Care

- Rest and limit facial movements for the first 7–10 days.
- Wear a compression bandage to reduce swelling and support healing.
- Avoid heavy lifting, intense exercise, and bending over for 2–4 weeks.
- Use cold compresses to minimize swelling and bruising.
- Keep head elevated while sleeping for at least 1–2 weeks.
- Follow all prescribed medications and post-op instructions.

Swelling and bruising peak within the first 2 weeks and subside over the following 4–6 weeks. Full results are visible after 3–6 months.

Results and Longevity

- Immediate skin tightening and lifting, with full results after 3–6 months.
- Long-lasting effects (10–15 years), depending on genetics and lifestyle.
- Regular skincare, sun protection, and non-surgical treatments can prolong results.