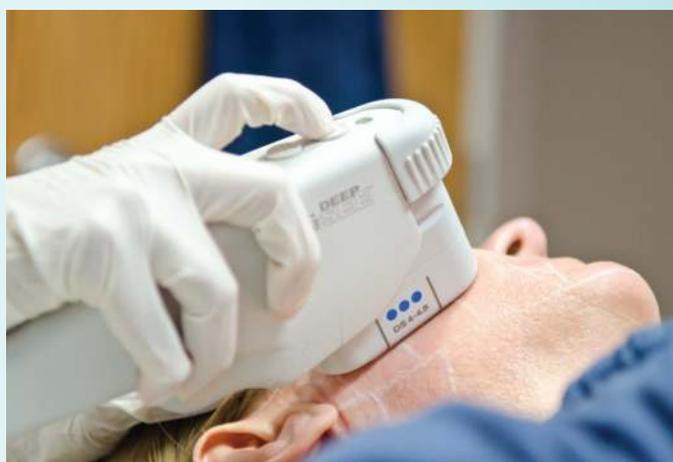


# FALL IN LOVE WITH YOUR SKIN *WITHOUT* PLASTIC SURGERY



Photography by Brian Ambs



We all experience the unfortunate side effects of aging, whether they include fine lines and wrinkles, or our faces naturally succumbing to the pull of gravity. If you're squeamish about going under the knife, looking virtually wrinkle-free is possible by a variety of nonsurgical procedures ranging from ultrasound technology to dermal filler. Some of these procedures are more permanent than others, but they all have the ability to make your face look healthier and younger without the long recovery time.

"I introduced Thermage to the Cincinnati area back in 2001," said Dr. Shalini Gupta from the Dermatology Laser and Vein Center explains. Over time, the collagen in everyone's skin starts to break down faster than the body can rebuild it. Thermage counteracts this by targeting collagen with Capacitive Radiofrequency (CRF) technology and stimulating its production.

"It's really neat because it's a micro-focused, high-intensity ultrasound that targets muscle tissue. We do it for the collagen in the skin and that allows us to see the layers of the skin because it is an ultrasound. So you get a scanning image of the skin while the energy is being delivered and it's more targeted.

"There's no recovery time and patients can play tennis right after the procedure," Gupta continues. "You'll usually feel a little bit of tenderness right afterward, but there isn't any redness or any significant recovery time."

To show patients the incredible change that they will undergo, Gupta usually treats half of the patient's face so that they can see the difference right away. She explains that typically, it takes between three and six months for the full effects of the Thermage procedure to show. Essentially, you watch yourself age in reverse.

Another newer procedure is called SkinTyte, which helps tighten skin and can be less painful than Thermage. SkinTyte uses targeted infrared energy that helps reduce redness, improve the appearance of sun-damaged skin, and smooth fine lines and wrinkles. The heat produced from the broadband light heats dermal collagen to tighten tissue. This procedure also stimulates the formation of natural collagen produced by your body.

Other procedures performed by Dr. Gupta include the Artefill dermal filler, which can last up to five years, giving your face a natural look without the extra expense of surgery. Since this filler works with your body's collagen, it also provides immediate results. Artefill is comprised of microspheres that are not absorbed by the body like typical fillers, and therefore provides longer lasting results, ridding you of regular injections in order to maintain your appearance.

"People can't really tell what you've had done because there are no scars and there really isn't any recovery time," Gupta says. "A newer procedure that we're doing with, Artefill dermal filler is a hairline lift. We can add volume around the hairline and it lifts

your skin. It's a very quick, immediate way for another option at skin lifting. It can be combined with a skin tightening procedure to give you better tone and to get your own collagen stimulated.

"I love to do mid-face lifts with the filler by adding it to the upper cheek area, which pulls everything up and makes it look really natural," Gupta continues. "I really like to emphasize that with patients because we want to look natural. Some lines are fine and they're natural and normal to have."

All of these procedures and other similar products can sometimes benefit those suffering from acne scarring. Thermage was found to help scarred skin on happenstance according to Dr. Gupta. She explained that patients with cystic acne undergoing Thermage for other needs found that their acne began to get noticeably better.

"Thermage actually shrinks oil glands in the skin and it has benefits similar to what something like Acutane might. It's not guaranteed, but we've seen it work quite well," Gupta says. "We have some other procedures for patients who don't want to be on antibiotics or medication for their acne. We have some nice laser treatments we can use to help minimize their exposure, such as facial resurfacing or the fraxal laser, which also helps them to control their acne with a few minor topical products at home. We can also use fillers to help scarring."

No matter if you're interested in adding a seemingly natural lift to your face, lessening your scars from acne or both, you can walk out of the Dermatology Laser and Vein Center with a dose of confidence.

"Patients can walk out with self-esteem," Gupta says. "And that's ultimately what you want; your patients to walk out, feel happy, and look confident." ❖

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