

7 MUST-HAVE COSMETIC FIXES

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## Seven Non-Surgical Cosmetic Health Advancements

There's no reason to go under the knife to find the fountain of youth. These innovations, available on the Main Line, will combat many signs of aging without invasive procedures.

BY TARA BEHAN



### Liposonix

- **Treatment:** Right now, Dr. Jonathan Pontell's Aesthetic Facial Plastic Surgery Center in Media is the only practice in the region offering this procedure, in which high-intensity ultrasound energy is used to destroy fat cells in problem areas. The treatment lasts about an hour and is relatively pain-free.
- **Results:** After one treatment, a patient's waistline may be reduced by up to one inch. Other treatable areas include the hips, thighs and arms. Results come within eight to 12 weeks, during which time the body naturally eliminates the fat cells. Pontell has been using Liposonix on the abdomen in conjunction with Ultherapy for a non-surgical tummy tuck.
- **Side effects** (if properly administered): None.
- **Number of treatments:** Typically just one.

### Fillers

- **Treatment:** Fillers like Juvederm, Restylane, Perlane and Radiesse are injected into the lips and other parts of the face in a procedure that takes up to an hour and requires a local anesthetic.
- **Results:** Natural-looking, fuller lips, a lessening of lines and wrinkles, renewed fullness in areas of the face that have atrophied.
- **Side effects** (if properly administered): Some swelling up to 48 hours after injections. Bruising is also possible.
- **Number of treatments:** Depends on filler used.

### Microdermabrasion

- **Treatment:** A thorough exfoliation that essentially scrapes away dull, weathered skin to expose the fresh layer beneath. The process is gentle—so much so that other sensitive areas like the chest, neck and hands are also fair game.
- **Results:** Minimizes wrinkles, age spots, sun damage and acne scarring. Revitalizes skin and gives it a more youthful glow.
- **Side effects** (if properly administered): Sensitive and (possibly) red or swollen skin immediately after. Avoid sun for at least a week following treatment.
- **Number of treatments:** Varies.

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### Botox

- **Treatment:** Injections are used to relax and weaken muscles in the forehead, the neck, eye and mouth areas, and the chin and brow, making them unable to contract.
- **Results:** Lines gradually lessen, and new ones are less likely to form. Effects can be seen within three days of treatment and last up to four months.
- **Side effects** (if properly administered): None.
- **Number of treatments:** One treatment about every four months.

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## Radiofrequency Therapy

- **Treatment:** Bryn Mawr dermatologist Dr. Victoria A. Cirillo-Hyland helped pioneer and refine this FDA-approved procedure. Its cutting-edge technology heats the skin's inner layer, providing targeted energy to help reorganize the cellular environment and stimulate cells to produce new collagen.
- **Results:** Reduces wrinkles and tightens skin on the neck and jaw line. The new collagen produced smoothes the texture and increases elasticity. Skin eventually grows thicker, tighter and smoother, redefining the jaw line.
- **Side effects** (if properly administered): None.
- **Number of treatments:** Several to achieve full results.

## Ultherapy

- **Treatment:** Media's Dr. Jonathan Pontell is one of the first in the area to offer this procedure, which employs ultrasound energy to heat deep tissues. Ultherapy essentially treats skin laxity from the inside out, triggering the production of fresh collagen and targeting the same areas as a surgical facelift.
- **Results:** Firmer, tighter skin in the face, neck and other areas. It can also refresh the appearance of the eye area, raise sagging cheeks, reduce laxity under the chin, and improve definition in the jaw line. Patients will notice immediate tightening after the procedure; continued lifting and conditioning occurs gradually.
- **Side effects** (if properly administered): None.
- **Number of treatments:** One or two.

## Intense Pulsed Light (IPL)

- **Treatment:** IPL uses multiple wavelengths of light to treat vascular and pigmentary abnormalities of the face, neck, chest, back and arms.
- **Results:** A reduction in redness due to Rosacea, a lessening in the appearance of fine lines, the elimination of age spots and sunspots.
- **Side effects** (if properly administered): Slight redness that could last up to two days.
- **Number of treatments:** Typically a series of sessions every four to eight weeks.