

You are never too old to become younger

Priyanka Singh¹, Jagriti Gupta^{2*}

¹Private Clinic, ²Associate Professor, Cosmetologist and Dental surgeon Amrawatee Skin, Hair and Dental Clinic, Lucknow, Uttar Pradesh, ²Vyas Dental College & Hospital, Jodhpur, Rajasthan India

*Corresponding Author: Jagriti Gupta

Email: jagritig26@gmail.com

Abstract

Ageing is a natural process which cannot be completely stopped. It reflects in form of wrinkles fine lines pigmentation and dull skin. Various other reasons like sun damage pollution wrong dietary habits and lifestyle also contribute to this. Ageing cannot be completely reversed but definitely can be delayed or corrected to some extent by using various cosmetic procedures.

Keywords: Dermabrasion, Mesotherapy, Thread lift, PRP.

Introduction

As we grow older, many changes occur within us both physically and emotionally and coping with these changes can become stressful. The truth, however, is that many older people are afraid of what they don't understand, which will only worsen as the years roll by.

Once you know the changes that are happening in your body as you age and how to cope with them, then you will be better prepared to deal with them, in terms of physical and mental health changes.

But how soon you should start fighting ageing is completely your choice. Experts say that some start opting for various anti-ageing or skin rejuvenation treatments right from their 20s. This is simply because they not only want to halt ageing, but also wish to save their skin from discoloration, dullness and other kinds of irregularities

Many of us would like to tweak the effects of time on our faces. Yet, cosmetic surgery might be too radical – or not yet necessary. Thankfully, science in the field of facial rejuvenation has grown by leaps and bounds over the last decade, and cosmetic injectables and lasers have been developed into a fine art. The rate of product development has moved as rapidly as cellular technology.

Most desirable and latest trend nowadays is non-surgical cosmetic treatments which includes varieties of treatments & procedures tailored by a cosmetologist according to the patient needs and desires. Here in this article, we shall talk about the most popular one such as Chemical Peel, Dermabrasion, Mesotherapy, Platelet Rich Plasma Therapy (PRP), Laser Rejuvenation and injectables including Dermal Fillers, Threadlifts & Neuro-toxin (Botox).

Chemical Peel

It is the process of applying a chemical solution to the skin to smooth out its texture. It can be used to treat many skin issues like acne, fine lines, wrinkles and hyperpigmentation. A form of chemical exfoliation, a peel allows your skin to shed off a layer, making room for new, healthier skin. The peeling procedure is a valuable method for the aged skin, photo ageing, acne scars and melasma.¹

They slough off tired, dull skin cells and stimulate fresh healthy skin, allowing for accelerated cell turnover and the stimulation of collagen-making cells.

Chemical peels can be done at different depths — light, medium or deep — depending on your desired results. Each type of chemical peel uses a different chemical solution.

Dermabrasion

Basically, dermabrasion removes the uppermost skin layers using a special instrument. This should be performed by a trained cosmetologist. This procedure helps in reducing deep acne scars, brown spots and sun damage. If carried out properly, this particular skin rejuvenation treatment can ensure a beautiful and smoother skin.

Mesotherapy

Mesotherapy is a technique which involves microinjections of conventional homeopathic medication and/ or vitamins into the mesoderm or middle layer of the skin to promote healing or corrective treatment to a specific area of the body.²

This procedure uses brightening agents such as glutathione, tranexamic acid, hydrating agents, vitamins and minerals and micro-puncture techniques. Combined with other treatments, it can definitely help in getting back skin radiance. Generally, a micro-puncture technique (using wires and needles) is used. It is one of the most popular treatments with aestheticians.

Platelet Rich Plasma Therapy (PRP):

After consulting experts, you can opt for a platelet rich plasma treatment. Platelet-rich plasma (PRP) has been advocated for the biological augmentation of tissue healing and regeneration through the local introduction of increased levels (above baseline) of platelets and their associated bioactive molecules.³ The basic principle is this — since our blood is rich in growth and healing factors, these can be used to treat fine lines and wrinkles on our face. It's a one-time treatment which can knock a few years off the face and give one a super youthful appearance.

Micro-puncture techniques are used after numbing the face for 30-40 minutes. To ensure a complete and long -

term improvement, this procedure can be combined with lasers or micro-needling radiofrequency so that the collagen gets remodelled and new collagen is also formed thereby giving a firmer and tighter feel to the skin.

Photorejuvenation

Photorejuvenation is the process of using laser and light sources for returning skin to a more youthful appearance.⁴ Photorejuvenation employs LASERS, intense pulsed light or photodynamic therapy to treat skin conditions and remove effects of photo ageing such as wrinkles and spots. It also helps in doing away with wrinkles, spots and textures. Fractional lasers like erbium yag / Co2 fractional can be used to re-surface the skin and lighten acne scars, age spots, photo ageing and superficial fine lines and wrinkles. And laser like Q-switched effect on the skin by exfoliating epidermal layers, improving skin tone, removing large pores and reducing wrinkles.

Dermal Fillers

Dermal fillers have revolutionized the field of cosmetic dermatology, as evidenced by the presence of a large number of products in the market.⁵

This procedure uses injectable gels that can smoothen wrinkles, iron out lines and folds and fill up scars and other depressions on the skin surface. Temporary fillers made with Hyaluronic acid (HA) can last for about a year. They are safe and can help in forming the body's natural moisturiser. Permanent fillers, on the other hand, are synthetic and last longer, but there is a rare possibility of infection or granuloma with them.

HA fillers are mostly used on sunken eyes. They help to make the eyes look much youthful and fresh. These fillers are also used to lift eyebrows, fill the temples and also to fill the cheeks. They help to recreate cheek bones in younger women, and also make a flat nose sharp without surgery. Other uses of HA fillers include filling thin lips to create a pout, removing laugh lines, recreating a sharp jawline, filling thin earlobes and making wrinkled hands look smoother and youthful.

This is considered better than surgery for various reasons. Firstly, it is cheaper than face lift surgery. Secondly, if you don't like the way your face looks after the injection, it can be dissolved with another injection called hyaluronidase within two hours.

Threadlifts

An excellent and effective cosmetic technique to lift and tighten sagging skin tissue. The Thread Lift works by redefining the facial contours and inducing collagen production creating a lifting effect which lasts for up to 2 – 3 years. The threads will form an integrated support structure for the tissue of the face due to collagen synthesis. The lifting effect is at its peak 6 months later when collagen has formed around the threads.

It effectively strengthens the contour, reduce roundness and lift sagging skin in various area which includes Upper and lower cheeks,

Foreheads (brow lift), jawline, neck, nasolabial folds (nose to mouth lines), Marionette lines (corners of the mouth), arms, buttocks, abdomen.

There is an immediate improvement seen after Thread Lift treatments with a visible lift in the areas treated. Thread lift Therapy is a tailor-made treatment, which can be adjusted to your requirements at any time. When you combine this therapy with Fillers and Botox great results can be achieved. The thread-lift provides only limited short-term improvement that may be largely attributed to postprocedural edema and inflammation.⁶

Neuro - toxin (Botox)

Botulinum toxin type A is an injectable neurotoxin, better known under brand names such as Botox Cosmetic®, Dysport®, and Xeomin®. Neurotoxin treatments are the most popular single cosmetic procedure mainly used to smooth dynamic wrinkles, or those wrinkles that form as a result of facial movements like frowning, squinting, smiling, and other expressions we tend to make day after day. Most common locations for dynamic wrinkles are between the eyebrows, forehead wrinkles, and on the cheeks near the outer corners of the eyes, referred to as 'crow's feet'. Treatment works by blocking nerve impulses to the muscles, causing them to relax. As a result, your expressions soften and the dynamic wrinkles are greatly reduced.

Beyond aesthetic applications, Botox is used to treat a variety of medical conditions, including eye squints, migraines, excess sweating, and leaky bladders.

With the advancement and development of modern sciences, people with any skin related issues and age-related undesirable changes now shouldn't get demotivated and hopeless rather they should ideally opt for non-invasive or minimally invasive skin rejuvenation methods that are set to make scalpels obsolete and get the best newer version of you. But before undergoing these treatments one should consult with skin specialists. And please remember that these procedures are not meant for all skin types. Do not proceed without checking with an expert.

Conflict of Interest: None.

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How to cite this article: Singh P, Gupta J. You are never too old to become younger. *Int J Aesthet Health Rejuvenation* 2019;2(2):17-9.