

## Precise Subcision for Cellulite and Micro Focused Ultrasound with Skin Tightening Visualization

**Steffen Giesse**

Estetic Lounge Ludwigshafen, Germany

1. Cellulite describes the scalp-like retraction of the skin in post-pubertal women and is often associated with a change in the subcutaneous adipose tissue at the thigh and buttocks area. Men have a significantly different, cross-linked connective tissue structure from women, which is why cellulite occurs almost exclusively in women due to the typical parallel connective tissue. In advanced age occurs in about 80-90% of women, the appearance of cellulite in different forms. The pathogenesis of cellulite is a multi factorial event in which the subcutaneous adipose tissue is permeated by altered connective tissue collagen strands. These structures can e.g. when hormone changes more or less swell, making the shape of collagen bands as “dents” visible.

In the technique of manual subcision, the reticular dermis is surgically separated from the underlying collagen septa. This technique is recommended only for Dellen Förmige recoveries, which are present in the rest position of the area. After the exact marking of the individual dents and after prior local anesthesia, the collagenous septa are severed individually by means of sharp micro annulas. With the purely manual subcision, the experience and technique of the surgeon is decisive for the success of the treatment, which is why it is only occasionally used by experienced users.

The manual subcision distinguishes the vacuum-assisted subcision, also known as Tissue Stabilized-Guided Subcision (TS-GS). The subcutaneous tissue is stabilized after previous tumescent anesthesia by means of a vacuum hand piece, while a motor-assisted microblade separates the fibrous septa in this area. The precise and standardized transection of these septa can be performed in 2 depths at defined fan angles, depending on the location and extent of the dents. The relief effects on the skin show in a prospective clinical study after 3 months, significant improvements in the appearance of cellulite. In the meantime, 3-year results for this prospective clinical trial are available as part of the follow-up. Here, 93% of patients showed satisfaction after only a single treatment.

This standardized precision technology provides predictable and reliable effects and addresses the structural causes of cellulite, i. Fights cellulite where it originates.

2. Micro Focused Ultrasound with Visualization (MFU-V) for skin tightening. Micro Focused Ultrasound with Visualization (MFU-V) is an FDA approved non-invasive method for non-invasive lifting and skin tightening of the face, neck and décolleté. In numerous publications its effect could be shown with at the same time small number of unwanted side effects. The device consists of control unit, hand piece and different transducers. With each ultrasound head, the practitioner can visualize the tissue in a depth of up to 8 mm and at the same time deliver the ultrasound energy focused into the tissue.

By visualizing the tissue, sensitive structures, such as bones or larger vessels, can be detected and the unwanted injury to these structures during treatment can be avoided. Furthermore, the visualization allows the creation of an individual and tailor-made treatment plan for each patient, as it allows an analysis of the thickness of skin and tissue layers. Since the skin or tissue thickness of patients may be different not only individually, but also intra-individually (e.g., cheeks / submental / neck), and may not necessarily be different from external factors, e.g. BMI or visible and tactile degree of elastosis, can be deduced, the visualization represents the decisive advantage for the treatment

3. Skin tightening with a diluted version of Calcium-hydroxyl apatite.
4. Skin tightening of the face and the body by a new radio frequency based device via Transdermal Microneedeling Radiofrequency
5. Combined therapies for rejuvenation of the Periorbital area.