

# THE LATEST IN SKIN REJUVENATION

## Ultratherapy



OUR EXPERT: CYNTHIA DIEHL, MD, FACS, BOARD-CERTIFIED PLASTIC SURGEON, DIEHL PLASTIC SURGERY

**Time and tide wait for no man..or woman! Unfortunately, some of the first visible signs of time shows up where you least want it to: Your face.**

Many of the miracles of modern medicine have made it possible to reverse some of the signs of aging. However, most of them involve invasive surgery, like face lifts or implants, which can not only be risky but can put a huge dent in your wallet. Some other cosmetic therapies have provided solutions with success, such as chemical peels, microdermabrasion, Botox, fillers and laser light therapy.

A relatively new procedure known as Ultratherapy takes a different approach, using ultrasound therapy to tighten the deeper tissues beneath the skin which, in turn, rejuvenates the skin.

“Ultratherapy is an FDA approved non-invasive ultrasound-based technology

designed to lift and tighten the deeper tissue in the face and neck”, explains Dr. Cynthia Diehl, M.D., F.A.C.S. of Diehl Plastic Surgery. “The ultrasound energy targets the layer that we pull up on during a facelift (the SMAS layer), stimulating the structural support layers of the skin to form new collagen.”

Dr. Diehl says that Ultratherapy can be used to lift the brow, tighten the jaw line and the area under the chin, and lift and tighten the neck. A deep tightening treatment can provide significant results in only one treatment, but some people may choose to repeat the procedure every few years.

For superficial treatment of fine lines, it is optimal to have a series of treatments spaced about four weeks apart. With each session, the body responds to the directed ultrasound energy with continued collagen growth, helping to tighten and refresh the skin.

Ultratherapy is noninvasive and does not require incisions as with surgery, but Dr. Diehl cautions, “Patients have to be realistic about what a nonsurgical technology can achieve. Although the results in some patients may be dramatic, there are others that will not achieve the outcome they desire without surgery. It is important to be evaluated by a physician or a plastic surgery PA or NP so that they can give you a realistic idea of surgical versus nonsurgical results.”

Unlike surgery, there is no down time for Ultratherapy, and healing does not require the use of compression garments. Also, unlike surgery, the results are gradual and natural, so no one has to know that you have received treatment. You’ll just naturally look more youthful.

“Patients can go about their usual day after the procedure,” Dr. Diehl says of Ultratherapy. “Some people have redness that disappears shortly after the treatment. A



small percentage of patients have some swelling and bruising. Comfort levels vary from patient to patient during the treatment.” These may include over-the-counter pain relievers, prescription medications, and local anesthesia. This would be discussed during the consultation and a plan formulated specifically for you.

“Ultherapy addresses mild to moderate laxity of the face and neck by stimulating collagen in the deeper tissue layer,” Dr. Diehl shares. “Some patients can expect a 20 to 40 percent face lift result, giving a gentle lift to the treated areas. Subtle and gradual changes over time keep the results natural. A healthy lifestyle and pharmaceutical-grade skin care work hand in hand with facial rejuvenation procedures to give the best long term results.”

Ultherapy is appropriate for any skin type since it is not a laser therapy, so any patient may be eligible for the treatment. “Because the technology is treating the deeper tissue layers, there is no skin sensitivity, need to avoid the sun after the treatment, or increased risk for different ethnicities,” Dr. Diehl says.

Patients with more complex skin issues may need to combine Ultherapy with other treatments, such as laser therapy or chemical peels. It is important for each person to consult with a doctor or qualified treatment professional to discuss therapeutic options that will achieve the best results. 🍏