

Ultherapy. The latest beauty breakthrough uses medical ultrasound!

Ultrasound, a household name long associated with babies and physical therapy, is now a non-surgical aesthetic procedure for the face and neck, aimed at improving lax skin. While there are other procedures that claim “skin tightening,” this is the first procedure that has been cleared for actual lifting of skin tissue.

This non-invasive procedure, called Ultherapy™, has been available in Europe, Asia and elsewhere for some time, but Barry DiBernardo, M.D. of New Jersey Plastic Surgery is pleased to be among the first U.S. physician innovators (and the only one in New Jersey) selected to introduce it after it was approved by the FDA in Fall of 2009.

“We now have a 30-minute procedure to offer our patients who are looking for an entry-level cosmetic procedure, of sorts, to counter the effects of gravity on their skin,” says Dr. DiBernardo. “With Ultherapy, we can SEE and TREAT below the surface of the skin without ever disrupting the epidermis, or top layer of skin. Our patients love that there is no downtime whatsoever, and that they can return to their normal activities right away.

The treatment triggers the body’s own regenerative response, which is to rebuild the supportive collagen fiber network with the skin. Over time, this results in a firming, tightening and actual *lifting* of skin tissue. Dr. DiBernardo explains, “While it’s not a replacement for a surgical face or eye lift, patients like that the process is non-invasive. They also appreciate that the effects take place naturally and gradually. Just like weight training to tone and tighten your body takes time—reorganizing, strengthening and building new collagen for better skin fitness. In this case, however, you only ‘work out’ once, possibly twice, and then leave the rest to your own internal repair mechanism! While some patients notice some tightening right away, results are expected to occur over a matter of two to three months. Given the aging process is ongoing, an annual treatment to maintain results may be desired.

Who is the best candidate for Ultherapy? Women and men who have mildly to moderately lax skin without excessive sun damage are great candidates for Ultherapy. The eyes are often the first place to show the effects of gravity in the form of laxity on the eyelids or a more ‘closed’ appearance. Tightening the skin on the forehead can lift the brow, which in turn alleviates the hooding of the lids and restores a more refreshed and open look around the eyes. There is also tremendous demand for “shrinking” the skin on the cheeks, along the jawline and under the chin back into a more youthful position or contour. Younger patients, increasingly, are taking a proactive approach to anti-aging, seeking medical treatments that can help to slow down the clock instead of waiting and turning it back. Because Ultherapy addresses the foundational layers providing support to the skin, it is complementary to other skin rejuvenation procedures geared to surface issues.

Ultherapy does, indeed, seem to be ultra relevant, and ultra sound!

