



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

ASSOCIATION OF BODY PROCEDURES: MACRO AND MICROFOCUSED ULTRASOUND AND INJECTABLE POLY-L-LACTIC ACID

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Background: describe the combination of two procedures performed at the same day to treat corporal skin sagging. There is a current tendency to associate distinct procedures in order to optimize the results and safety of facial treatments. However, literature is still scarce in evaluating combined corporal procedures. Complaints of sagging and localized fat have increased in dermatology clinic, either due to improvement of social media and networking, or to the development of new treatments. Such procedures may be often performed at the same day, improving patient compliance.

Observation: We describe four cases in which the combination of macro and microfocused ultrasound (HIFU) and injectable Poly-L-Lactic Acid (PLLA) was performed at the same visit to treat skin sagging, with excellent results. All patients were female, and treated areas were abdomen in two patients, arms in the other; and thighs on fourth patient. All patients reported excellent improvement of skin sagging three months after the treatment, and so demonstrated the photographic evaluation. PLLA is a synthetic lactic acid polymer which stimulates skin production and deposition of collagen I and III. On the other hand, the wave sounds emitted by macro-microfocused ultrasound lead to lipolysis by mechanical and thermal mechanisms, and also promote collagen remodeling.

Key Message: as both procedures have different mechanisms, the association of these techniques proved to be effective, safe and with additional benefit from decreased overall downtime and office visits in the treatment of laxity skin with and without localized fat.

