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REVOLUTIONARY NON-SURGICAL FACE-LIFT TECHNOLOGY

BY FRANCES GORMLEY



Anna Avaliani, M.D., is a prominent, non-invasive cosmetic surgeon whose Park Avenue suite is one of the few recipients of the prestigious Cynosure of Excellence Award. Among her patients are many physicians; celebrities from the worlds of fashion, sports, and entertainment; and finance executives.

Dr. Avaliani's bespoke practice offers the latest and best lasers and other technologies. In our July Fourth issue (available online), we wrote about SculpSure and CoolSculpting. In our August 10 issue, we will write about PicoSure, the technology that rejuvenates skin and removes stubborn pigmentation. For this issue, we're focusing on Ultherapy and TempSure, two evidenced-based procedures to tighten and lift skin. Dr. Avaliani's equipment is state-of-the-art, but technology is only a tool. It's Dr. Avaliani herself who creates exceptional outcomes because of her education (dual board-certified physician), experience (a thriving practice), and expertise (a Real Self 100 Top Doctor for her outstanding contribution to patient education and excellence in care).

ULTHERAPY

The evidence continues to grow for this FDA-approved ultrasound technology that non-invasively tightens and lifts skin by promoting the production of collagen. Only one treatment is usually necessary to lift skin over two to three months, for results lasting

up to two years. Ultherapy is a pre-face-lift alternative, and it can also be used to tighten and smooth the neck, brows, décolletage, arms, thighs, and abdomen.

Last week, my 90-minute face treatment was completely pain free. Dr. Avaliani first applied a numbing cream to assure comfort during the procedure, which has no post-treatment downtime.

All I had to do was lie back, close my eyes, relax, and listen as Dr. Avaliani explained what she was doing. Over the next month or two, my body will continue to respond to the sound waves that had penetrated beneath the surface of my skin, forming new collagen for a more youthful look.

TEMP-SURE

This radio-frequency technology became available only in 2018. It's the world's first *full-body* skin tightening system. Its various applicators can be used to tighten eyelids, elbows, and even vaginas. Plus, it works on cellulite. Unlike other technologies, TempSure works equally well on all skin colors and skin types.

While Ultherapy can lift brows, it's TempSure that can lift upper eyelids. So I decided to have this treatment myself. So far, I've had only one of the recommended six treatments. During the procedure, a gel-coated patch was placed on my back, which enabled the TempSure device to create a complete energy circuit. I completely forgot it was there. Then a special gel was applied along my left brow and temple (the applicator targets the eyelids by working on the orbital bone). For my eyelift, a small hand piece was used with a gold-coated flat knob that was gently pressed and swept across my skin for a specified time, working on one side of my face at a time.

Radiofrequency (RF) is a heat technology, but unlike previous RF devices, TempSure is exactly precise. It senses the exact skin temperature and eliminates any guessing about how long the device should be in contact with the skin. My treatment took only a half-hour. Although I still have five to go, I've already noticed some improvement. This treatment doesn't even require numbing cream, and there is no downtime.

And as always with Dr. Avaliani's practice, a staff member calls to see how I am doing. This is part of the attentive, personalized care I've come to expect.

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