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CHIN UP

Looking Ahead: 2014 Beauty Trends

Tired of hiding behind the Winter Turtleneck?

While most of us spend decades pampering our faces, our jaw and neck line might be revealing more about your age than you know! But don't give into aging and gravity just yet—as Dr. Wright uncovers the latest in-office treatments, with minimal downtime, proven to give your face a prettier pedestal!

One of the most common questions that I get from patients is how to fix the sagging skin along the jaw line that result in the appearance of a loose double chin or “turkey neck”. The neck is an aesthetically important area of the face, and can be as important as the face in revealing

one's age. The neck and the décolletage area are particularly prone to premature ageing because these are areas of increased sun exposure. These effects of sun damage, age, and gravity all work to put some excess skin along the chin and jaw line.

Traditionally, neck rejuvenation has been performed surgically to help to reposition lax skin, reduce wrinkles, and to reduce redundant fatty tissues. But for many, surgery has too much downtime and risk and people want an alternative to surgery. The good news is that these days, less-invasive options do exist to provide proven results that will improve the appearance of one's neck, provided it isn't a full-blown turkey wattle.

ThermiTIGHT-RF is arguably the most exciting new tool to emerge in the aesthetic medicine field in the last few years. Although the technology itself is not new, this device allows physicians to use radiofrequency energy in a variety of innovative new ways. The ThermiTIGHT was recently featured in ELLE Magazine stating that “Patients are experiencing an immediate tightening effect, and it will also blitz double chins as well as firm up saggy skin.” In my clinic, we are seeing the same results!

The biggest distinction between the **ThermiTIGHT** device and previously available treatments is that instead of delivering the energy on top of the skin, the radiofrequency energy is delivered directly under the skin, effectively reaching the deep dermal skin. After numbing the area, a coffee-straw size radiofrequency probe is placed under the skin and moved across the problem areas which cause contraction of the tissues all the way through the fatty layers up to the skin.



“How Well you Age
Is now an Option!

You No Longer have to
go ‘Under the Knife’ –
as these No Down-Time
Neck Lifts now hold the
Secret to Youth!”

Fiona Wright MD

Chin-Tox refers to the injection of neuromodulators (Botox, Dysport, Xeomin) to the chin area for people with dimpled or wrinkled chins. Many people develop a rough skin texture on the chin that can look like an orange peel. This "creeping" of the skin is caused by the repeated contraction of the mentalis (chin muscle). With a few precisely placed injections, these skin grooves will fade away and create a smooth profile.



The Nefertiti Lift

The Nefertiti lift is an injection procedure to achieve a more youthful looking jawline and neck area without surgery. Developed by Dr. Phillip Levy in France it is providing a mini lift and more jaw area definition for women who have started to lose youthful tautness.

How does the Nefertiti lift work?

The Nefertiti lift works by relaxing muscles beneath the jaw which contribute to a downward pull and loss of tautness along the jaw. Once these muscles are relaxed the net effect is an upward pull from facial muscles, creating a younger looking jawline and face.

Another popular treatment at my clinic is to use Botox to treat the aging neck bands that run from the jaw to the collarbone. The platysma muscle is the most important

neck structure responsible for the appearance of the aging neck. As this thin sheet of muscle on the neck begins to sag, it forms vertical bands. Placing Botox into these vertical bands help to flatten them and smooth the neck, creating a more youthful neck line.

Liquid Jaw Lift is the answer for those people who have indentations that occur on the jaw line directly below the outside corners of their

mouth. Ideally we want our jaw line to be a smooth line from the ear to the chin. But these indentations, or notches, interrupt the smoothness of the jaw line and can give it a drooping appearance that looks a little the shape of an "S". Medically this is called the prejowl sulcus. When the cause of this notching is thinning of the fat pad in the chin area or volume loss over the jaw, the best option is filling the area with many of the available facial fillers. Those most commonly used are Radiesse and Sculptra.

No-Cut "Up-Lift"

If your loose neck folds and S-shape notching along the outer sides of the jaw are caused by sagging skin then your best non-surgical options are radiofrequency (RF) and ultrasound treatments. Both of these treatments are an "uplift" not a "neck lift." While it is not a replacement for surgery, it is a viable option for those not ready for surgery or those looking to prolong the results of a cosmetic surgery.

Ultherapy treatment is a non-

No Surgery ...
No Downtime



invasive ultrasound device which targets deep tissue below the skin, an area typically reached with cosmetic surgery. The Ultherapy hand piece heats the underlying tissue of the skin, in effect burning the tissue, which sets the body's natural reaction to heal, resulting in a lift to the skin on the face and neck. The nature of heat can be quite uncomfortable and usually requires pre-medication with an anxiolytic and pain medication.

If you prefer to do a procedure that requires a series of treatments with no pain—then a radiofrequency device is what you are looking for. At my clinic we have successfully the 3-DEEP Skin Tightening device. This procedure uses a sophisticated treatment tip, which delivers a controlled amount of RF energy. With each touch to the skin, the 3-DEEP treatment tip uniformly heats a large volume of collagen in the deeper layers of the skin and its underlying tissue while simultaneously protecting the outer layer of the skin with cooling. This deep uniform heating action causes deep structures in your skin to immediately tighten. Over time, new and remodeled collagen is produced to further tighten skin, resulting in healthier, smoother skin and a more youthful appearance.

As women we understand how important the jaw line is to a youthful appearance. So now, with these innovative treatments, you can take off your scarf and enjoy the Spring with a more confident you!

Fiona Wright MD is the founder of Skin MD and Beyond. She has lived and worked in Collin County for 18 years and has earned a reputation as one of the premier physicians in Cosmetic Dermatology in the Dallas-Fort Worth area. Dr. Wright had been featured in several NBC News Health Reports and is well known for her expertise and honest opinions.

To learn more, visit
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