



## 6Rs of Aesthetic Medicine

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### Editorial

Aesthetic medicine is a rapidly developing and progressing branch of medicine. Being concerned with cosmesis and appearance, it naturally ought to comprise clinical dermatology, dermatologic surgery and corrective dermatology. Ethical practice is quality medicine and clinicians ought to abstain from doing more procedures than necessary. First and foremost comes the patients' concerns. Next comes individualizing evidence based treatments to address these concerns, while proposing a treatment procedure in the patient's best interest, building a long term relationship in the process [1].

There is right now no universally agreed upon definition of aesthetic medicine. The American Board of Cosmetic Surgery has characterized corrective surgery as "a subspecialty of medicine and surgery that exceptionally limits itself to the upgrading of visual appearance through surgical and non-surgical techniques. It is particularly concerned with keeping up one's physical appearance, enhancing it, progressing toward an artistic level. Aesthetic work is becoming "need felt" and consequently, my article will summarize, the available treatment options in order to deliver greater clarity to you, dear reader [2].

### Rejuvenate

As we age, our skin accumulates pigmentation and loses its glow, radiance and smoothness. Lasers, medical peels, energy based devices (Thermage, Ulthera, High-intensity focused ultrasound, HIFU) can help in redraping your skin, giving you cleaner and clearer skin. This is usually continued as a maintenance treatment, just like your regular skincare routine, in order to optimize your skin [3].

### Repair

Ageing and sun damage leads to skin losing collagen, elastin and moisture. Repairing damaged collagen and replenishing the skin with moisture will help in fixing skin deterioration. Rejuran, skinboosters and Platelet-Rich Plasma (PRP) are the leaders in this category [4].

### Refill

With ageing, facial deflation and descent occurs. Your skin loses tension and elasticity. Your facial ligaments grow loose. Your fat pads decrease and head south. Your bony anatomy reduces and sinks in. Fillers help to restore this volume loss. Fillers can also be used to

enhance your features. There are 2 types of fillers. One that gives instant filling, and the other, the collagen stimulants that gradually builds up volume. Common areas of enhancement are the T zone, Forehead, Nose, Chin and the U zone, Temples, cheeks and lips. On the topic of enhancement, threadlifts have been performed in the nose with excellent results [5].

### Relax

Wrinkles occur from repetitive movement. Those dynamic lines can be softened with muscle relaxant to create a fresher, softer look.

### Reposition

Natural repositioning of soft tissue and skin that has headed southwards will recreate a younger, firmer version of you. Threadlifts, filler and micro-toxin done in the right places, can help to firm and tighten your skin and lift those saggy tissue.

### Reduce

Many of us complain of 3 areas of fat accumulation. Double chin is a complaint that starts in our 30s. Jowls from 40s onwards, clearly a more matured group and finally heavy upper eyelids in the matured group, from 50s onwards. There are treatments designed to help reduce this accumulation of excess soft tissue ( e.g. Deoxycholic acid, Laser RF), but caution needs to be exercised as not everyone is suitable. The other excellent reduction act is the injection of muscle relaxant to reduce a square jaw, inducing a slimming V-line effect [6].

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