

## A Recent Interview

### **What is the radiofrequency facelift?**

As Dr. Goldberg explains, "the radio frequency facelift gently heats the deep surface of the skin causing it to contract and tighten. This lifts the face, brow and cheeks without surgery and without downtime. The procedure is safe and requires less than one hour. Only topical anesthesia is used and patients return to work or play immediately following a treatment." The U.S. Food and Drug Administration (FDA) approved the Thermage ThermaCool TC System for the non-invasive treatment of wrinkles around the eyes in November. The new cosmetic use clearance is based on clinical data showing that a single treatment can safely improve the appearance of facial fine lines and wrinkles.

### **What does a ThermaCool Procedure feel like?**

As Dr. Goldberg explains, "each time treatment is delivered there is an immediate cool sensation, followed by a brief hot sensation, followed by a cool sensation. Fortunately this heat sensation lasts only fractions of a second and is followed by a cool sensation, which also helps with the discomfort felt. This is the result of the use of cryogen spray, which is delivered before, during and after the application of heat. An anesthetic cream applied one hour before the procedure numbs the surface of the skin to help make the treatment more comfortable."

### **Where on the face is it applied?**

Tightening skin in certain key areas can be advantageous for cosmetic improvement, for example: Treating the skin of the forehead can lift the eyebrows and enhance the appearance of the eyes, making the eyes look more open, less tired, more alert. Previously, this result could only be obtained with major surgery. Other areas of the face such as the skin of the cheeks and neck can also be treated to reduce flaccidity, which produces deep folds with aging. "Other applications such as stomach tightening and breast lifting are currently being tested," says Dr. Goldberg.

### **How long will the ThermaCool Procedure take?**

Depending on the size of the area treated, the procedure itself may take anywhere from a few minutes to an hour. For many patients one treatment will suffice. Repeat treatments may be needed for others.

### **When can normal activity be resumed?**

Dr. Goldberg explains that, "patients may return to regular activities immediately, as there is usually no down time.

### **When will the results show?**

Although in some patients the results are seen immediately, in most patients they will appear gradually over 4 to 6 months. Since the effects are so gradual, the patient may not be aware of the extent of the changes. Photographic comparison with pre-operative pictures usually will demonstrate the changes. Many patients benefit from having a second treatment.

### **Does this mean that the traditional facelift and laser resurfacing will disappear?**

The introduction of the ThermaCool TC System does not mean that other types of surgeries like the NLite, CoolTouch and Smoothbeam "lunchtime" lasers, or traditional facelift have been rendered obsolete. "On the contrary," says Dr. Goldberg, "these technologies are still appropriate to improve specific conditions." Dr. Goldberg still recommends the lunchtime lasers to treat large pores, fine lines and promote anti-aging. Nor does the Thermage completely replace traditional facelift, which may be more appropriate for certain patients, especially those desiring treatment for skin laxity and bands in the neck. Of course, candidacy for any of these procedures is determined at the time of the consultation.