

Light Facial Rejuvenation

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The Light Facial Rejuvenation is a proposal of treatment facial anti-age, practice and fast. It is based on the prevention and in the correction of signs of facial aging, with clinical measures and ambulatory procedures, without cuts.

The Light Facial Rejuvenation is composed by a "Program of Conditioning of Skin" where treatments and prevention are used at home, with topical and oral agents for the skin and a "Program of Correction of the Facial Aging " where they are applied, the Minimally Invasives Techniques, like Bioplasty, The Filling Procedures, Medium Peelings, Botox, Photo rejuvenation with LASER and The Sustentation Threads. Light Facial Rejuvenation is used for the light and medium cases of aging.

Association of Light Facial Rejuvenation with Plastic Surgery

The Light Facial Rejuvenation can be associated to small surgical procedures like Blepharoplasty with Laser, the Sustentation Threads, the Liposuction of Double Chin and the Castañares Surgery to treat, still in a Minimally Invasive way many of the medium and advanced aging processes.

Plastic Surgery and Deep Phenol Peelings

The Plastic Surgery and Deep Phenol Peelings are suitable for the most advanced cases of facial aging.

Light Facial Rejuvenation

The main techniques used in the Light Facial Rejuvenation are:

- *Bioplasty*
- *Photorejuvenation with Laser*
- *The Fillers*
- *The Botox*
- *The Topical and Oral Agents for Skin*
- *Peelings*

- *The Russian Threads*

See below a summary of the techniques used for facial treatment at Naturale Clinic - Click in the hyperlinks for more complete information of each technique

Technique	Summary
Bioplasty	Bioplasty: A revolution in the aesthetic treatment without cuts. Bioplasty is today one of the most used technique for the Facial Rejuvenation. It doesn't need internment, it doesn't have cuts and it has wide range of applications. It is performed under local anesthesia.
Laser Photorejuvenation	LASER Photorejuvenation the so called Non Ablative Laser corrects vessels and the signs of facial photoaging. It is a ambulatory technique, of fast recovery. It is not necessary internment and anesthesia.
Botox	This technique already well consolidated in the treatment of the facial aging can be used to correct wrinkles and to obtain an lifting effect of the brows. It is not necessary internment or anesthesia It is not necessary rest after the treatment Results in 3 days .
Fillers	The Fillers are used to treat wrinkles of the mouth and the furrows of the face. It doesn't need rest, and the turn to the work is immediate . Immediate results
Superficial and Medium Peelings	Superficial and Medium Peelings are an alternative to accelerate the renewal of the most superficial layers of the skin. It is also obtained an improvement of the roughness, of superficial stains, of small irregularities and fine wrinkles. The skin obtains a new aspect. The Sequential Medium Peelings allow results in more advanced cases.
Russian Threads	This Technique allows the elevation of the tissues with the use of threads of sustentation (with cogs that are arrested in the tissues). In our clinic, the technique is not used separately, but associated other procedures like Bioplasty.

Skin Topical and Oral Agents	Medical Conditioning Skin Treatment can achieve the renewal of the skin. A preventive and recovery treatment is intended based on agents of medical exclusive use with scientific proofs. Results in medium and long period of time.

Light Facial Rejuvenation associated with Plastic Surgery

The main techniques of Plastic Surgery that can be associated with the Light Facial Rejuvenation are:

- *Laser Blepharoplasty*
- *The Castañares Surgery*
- *The Double Chin Liposuction*
- *The Sustentation Threads*

Technique	Summary
Laser Blepharoplasty	Laser Blepharoplasty is performed for treatment of the eyelid laxity. Performed with the Laser of CO2 presents less ecchymosis and a faster recovery, besides allowing a wider treatment of the aging in the eyes área and of the undereye circles. It is performed without internment, under local anesthesia, with sedation. It can be associated with Castañares Surgery and Bioplasty
The Castañares Surgery	Castañares Surgery is used for treatment of the Brow. It is performed without internment, under local anesthesia, with sedation. It can be associated Laser Blepharoplasty and Bioplasty
The Double Chin Liposuction	Liposuction of Double Chin is used for treatment of the fat accumulation in the chin. It is performed without internment, under local anesthesia, with sedation. It can be associated to Bioplasty, and joints allow the recovery of the facial outlines in the light and medium aging cases.
The Sustentation Threads	Threads of Sustentation are threads that bind certain structures of the skin and fasten them, allowing the elevation of the tissues and treating the laxity in a non invasive way. It is

a reversible method. It is performed without internment, under local anesthesia, with sedation.

Plastic Surgery and Deep Phenol Peelings

The main techniques of Plastic Surgery that associadamente can be used to the Light Facial Rejuvenation are:

- *Lifting and Minilifting*
- *Deep Peeling of Phenol*

Technique	Summary
Liftings and Miniliftings	Liftings and Miniliftings is the Plastic Surgery used for treatment of the most advanced cases of facial aging. It is performed to remove the skin excess and to repositioning the structures that are flaccid under the skin. Performed under General Anesthesia or Local Anesthesia with Sedation.
Deep Phenol Peeling	Deep Phenol Peelings are performed for the treatment of the wrinkles and more advanced skin laxity. Performed under sedation.

The choice of the treatment

This is a didactic division of the procedures, that allows to order the treatments second a logic, but each patient in a previous physician consultation will have a program especially prepared for their needs and it will be guided about the most current available treatment possibilities.

Navigating by this section you will find detailed information on causes, prevention and treatment of the facial aging writing by Naturale Clinic's medical staff.

1 - Facial aging

a- What is Facial Aging

The skin is formed by two main layers, the epidermis and the dermis. The Epidermis is subdivided in 5 very fine layers: Extratum Corneum, Lucidun, Granulosum, Spinosum e Basale, and the Dermis in 2 thicker layers: Papillary and Reticular. Dividing the two layers, it is the basal membrane, responsible for the regeneration of the skin. The basal membrane is continued by the annexes of the skin, as the pilous follicle and glands it is this basal membrane the responsible for the regeneration of the skin after the peeling. Under the skin it is a layer of fat tissue, the muscles and the bone layer. Everything intermixed by vessels, nerves and tendons, and the organs of the senses. The harmony of all these complex tissues, is that check the youth and the facial beauty. To age is a dynamic process. While we aged a lot of changes happen in our skin. These changes are provoked not only for the inevitable fact of we get older, but also for external factors that accelerate the process. If we cannot avoid the progress of the years, at least we can act on some of these external factors.

The Process of Aging Skin

- The Action of the Time
- The Genetic Factors
- The Action of the Sun
- The Other factors for the aging

b-The Action of the Time

All of us know that the time acts on the aging of the skin. The theory more accepts is that happens a progressive fall of the tissues by action of the gravity, but more recent evidences show that it happens a remodelation of the deepest tissues, that disappear of some places and they appear in other, and in that process, the modification of the deposits of fats on the face has an important role. To that condition the actinic damage is associated, (the action of the sun and of the light).

30-year-old

On the age of 30, a certain laxity of the skin is already noticed. If there is a genetic predisposition, and environmental exposition, even a woman 30 years old can already present facial aging, what coincides with the fall of the estrogenic hormones that begins to happen in the third decade. Mainly if this woman was exposed to the tobacco and was not protected of the sun during his youth. The dermis begins to lose collagen and elastin, and the first aging signs can be present. In a general way, skins clearer, fine and dry tend to present rugosity and roughness, while the skins darkest, thick and oily, tend to present laxity. The eyelid becomes flaccid, if noticing a fold that increasing progressively and begins to observe the deepening of the nasolabial furrow, that is going from the nose to the corner of the mouth. The formation of a saculation in the lateral area of the jaw is also noticed.

40-year-old

In the second half of the fourth decade of the life, the cellular renewal turns slower. The epidermis becomes slack, and wrinkles and furrows begin to appear, perpendicular to the lines of muscular action. They are the so called "wrinkles". Weight changes, the gestations, the gravity are going modifying the form of the deeper fat deposits, and it seems there are even a trend to modify the place of deposit of the facial fats with running with the time. Around 40 years, wrinkles appear in the forehead and the crow's feet, and the loss of definition of the jaw begin to happen. The jaw, well marked in the youth begins getting confused with the neck in the course of time. It begins to happen an impairment of the fat tissue that it is under the skin and in some cases deposition in other places.

40 /50-year-old

On the 50-year-old the corner of the lips begins to fall and also the tip of the nose. A sensation of skin surplus exists in the face. On the 60-year-old exists an impression that the eyes decreased provoked by the laxity of the eyelids, the skin is finer, and with evident laxity.

60 /70-year-old

On the 70-year-old , all these alterations are more evident, and a progressive impairment of the deepest tissues happens. If the patient did not take care of skin, the whole process installs, hardly observing normal skin. Wrinkles, folds, furrows, stains and laxity will be present, becoming most visible in the face.

Main Alterations of the Natural Facial Aging	
<ul style="list-style-type: none">• Loss of the Elasticity• Loss of the Muscle Tonus• Laxity• Roughness• Wrinkles• Furrows• Stains	
Age	Alterations
30	Discreet laxity of the skin Laxity of eyelid Beginning of the evidence of the nasolabial furrows
40	Wrinkles of forehead Crow's feet Extra tissue below the jaw line - Jowls Loss of jaw definition
50	Increase of laxity

	Increase of wrinkles Wrinkles of mouth Extra tissue below the jaw line - Jowls Loss of jaw definition Inframandibular fat – double chin Infralabial folds Fall of mouth corner Fall of the nose tip Decrease of of deep tissues Decrease of malar region (cheek) Deepening of nasolabial folds Photoaging Stains
60	Decrease of eye aperture Thinner skin of the eyelids and under the eyes Evident laxity Stains photoaging
70	all alterations more visible

c-The Genetic Factors

It is known that some people age more and another one last more more to age, a genetic action, or family predisposition, seems to also act on the process. Some genetic factors protectors are very known, for instance the color of the skin or the thickness, but it seems there is also a genetic predisposition to age more or less quickly. It is due that some people age more quickly and another more slowly.

d-the Action of the Sun

But the most important external factor responsible for the aging of the skin is far the sunshine. For this action we determined the term Photoaging. Photoaging, therefore, is the aging of the skin provoked by the exposition to the light and sunshine along the life. It is possible verify the effects of the sunshine in the aging of the skin, when we observed, in a women that took a lot of sun, the skin of the area of the lap that is more exposed and we compared with the skin of the area of the breasts that is more protected. The area of the lap is much more wrinkled with a spotted aspect and with presence of wrinkles and sagging than the area of the breast that was protected by the clothes. It is very clear that the action of the sunshine along the time, provokes the emergence of alterations in the intimacy of the skin, that accelerate the aging.

The ultra-violet radiation, that it is part of the sunshine is the responsible for what we called photoaging, that are the alterations in the skin provoked by the sunshine. The ultra-violet of short wavelength, UVB, causes alterations in the most external layer of the Skin, a epidermis and the UVA, or ultraviolet of longer wavelength causes alterations to the deepest layers, the dermis.

<p>The Action of the Sun</p> <p>Alterations of the pigmentation: actinics melanosis and keratose</p> <ul style="list-style-type: none"> • Degeneration of the dermis elastic fibers and collagen <ul style="list-style-type: none"> • Important accentuation of the process of natural aging
<p>Alterations of the pigmentation: actinics melanosis and keratose</p> <ul style="list-style-type: none"> • Degeneration of the dermis elastic fibers and collagen • Important accentuation of the process of natural aging • Hyperpigmented Stains (dark) • Hypopigmented Stains (clear) • Fine wrinkles • Laxity • hypopigmentation • Changes of the skin texture (roughness) • thinning skin • Dehydration • Vessels

E -Other factors for aging

The smoking habit, the exposition to the climatic alterations, winds, dust, etc, also has action on the aging of the skin. People that smoke have more wrinkles than people that doesn't smoke and the coloration of the skin is more yellowish. The hormonal alterations, current of the own aging, the radical ones liberate and other alterations of the chemical operation of the body contribute to the process.

2-Treatments for the Facial Aging

When we will perform a treatment for the skin, basically exist 3 factors to be considered. The Results, The Risks and the Difficulties.

The Results mean to achieve the maximum of the rejuvenation objectives. Every medical treatment involves Risks and Side effects, that must to be considered when they are performed, and depending on the treatment, it exists needs of standing

back of the activities and a larger or smaller discomfort before or after the procedure of the procedure, what characterizes the Difficulties.

The ideal and what we, of the Naturale Clinic, want is the best possible Result, with the smallest Risk and with the smallest Difficulty to procedure the procedure.

However, for each procedure we will associate these three variables, Risks, Results and Difficulties. For a small problem is not necessary a big treatment, what would add Risks and Difficulties unnecessarily and in the same way, for severe alterations, doesn't presents good results with the lightest treatments, being necessary the one of larger complexity, but with Risks and Difficulties minimized and a well made calculations.

The Medicine today offers a great diversity of procedures, only a medical consultation will be able to explain the best treatment option. At the Naturale Clinic we selected a great variation of procedures, that will be performed in agreement with the patient's problem, and the expected Results, the Risks and Difficulties will be discussed associated to the procedure.

We perform the treatments of Aesthetic Medicine, or Minimally Invasive Treatments , as the Creams, Botox, the **Fillers**, Peelings, Bioplasty, the Russian Thread, Thermacool, Laser Photorejuvenation. We also perform the Plastic Surgery, including Liftings and Miniliftings, Blepharoplasty (Surgery of the Eyelid), the Rhinoplasty (Surgery of the Nose), Facial Lipoesculpture (liposuction of the double chin), and other facial surgical techniques. The technique of Deep Phenol Peelings and the LASER of Co2 is also performed.

Treatments for the Facial Aging

Minimally Invasives Aesthetic Medicine Treatments

Plastic surgery

LASER Recessurfacing and Deep Peelings (Phenol)

A trend exists to perform what we called “Minimally Invasives Treatment”, that presuppose good Results, low Risks and small Difficulties.

These treatments, more accessible and simpler created a true revolution of the current medical aesthetics. They can be used in a great variability of facial aging problems and new aesthetic treatments and development of the oldest is happening. Botox, the Fillers , superficial and medium Peelings, Bioplasty, the Russian Thread, Thermacool, Photorejuvenation with LASER and the treatments with creams, form the base under which a great amount of aesthetic problems associates to the aging can be resolved or minimized.

The current trend is associating the treatments. Then, wrinkles in the forehead can be softened with Botox, the facial volumes can be recovered, the laxity reduced and the beauty enhanced with Bioplasty. The skin can be treated with peelings of phenol medium and antiaging creams and small surgeries as Blepharoplasty (correction of the eyelid) can be performed. A great portion of the aesthetic problems of aging can be treated this way. The Minimally Invasives Treatment, fill out the requirements of good Results, low Risks and small Difficulties, and they turn in the

larger trend of the century XXI, for the treatments of the lightest and medium cases, leaving the deep peelings and the larger surgeries, for the most advanced cases, where they are the most appropriate solution.

Aesthetic Medicine Treatments

Botox
Fillers
Peelings
Bioplasty
Russian Threads
Sustentation Threads
Thermacool
Laser Photorejuvenation (Non ablative LASER)
Prevention creams

Medicines

Topical medicines

DMAE
Elastinol
Antipigmentants
Retinoic Acid
Glicolic Acid
Ascorbic Acid (C Vit)
Argireline

Oral medicines

INNEOV Firmness
INNEOV Hair Mass

Plastic Surgery

Laser Co2 blepharoplasty
Castañares Surgery
Double Chin Lipoaspiration
Rhinoplasty
Otoplasty
Minilifting
Lifting