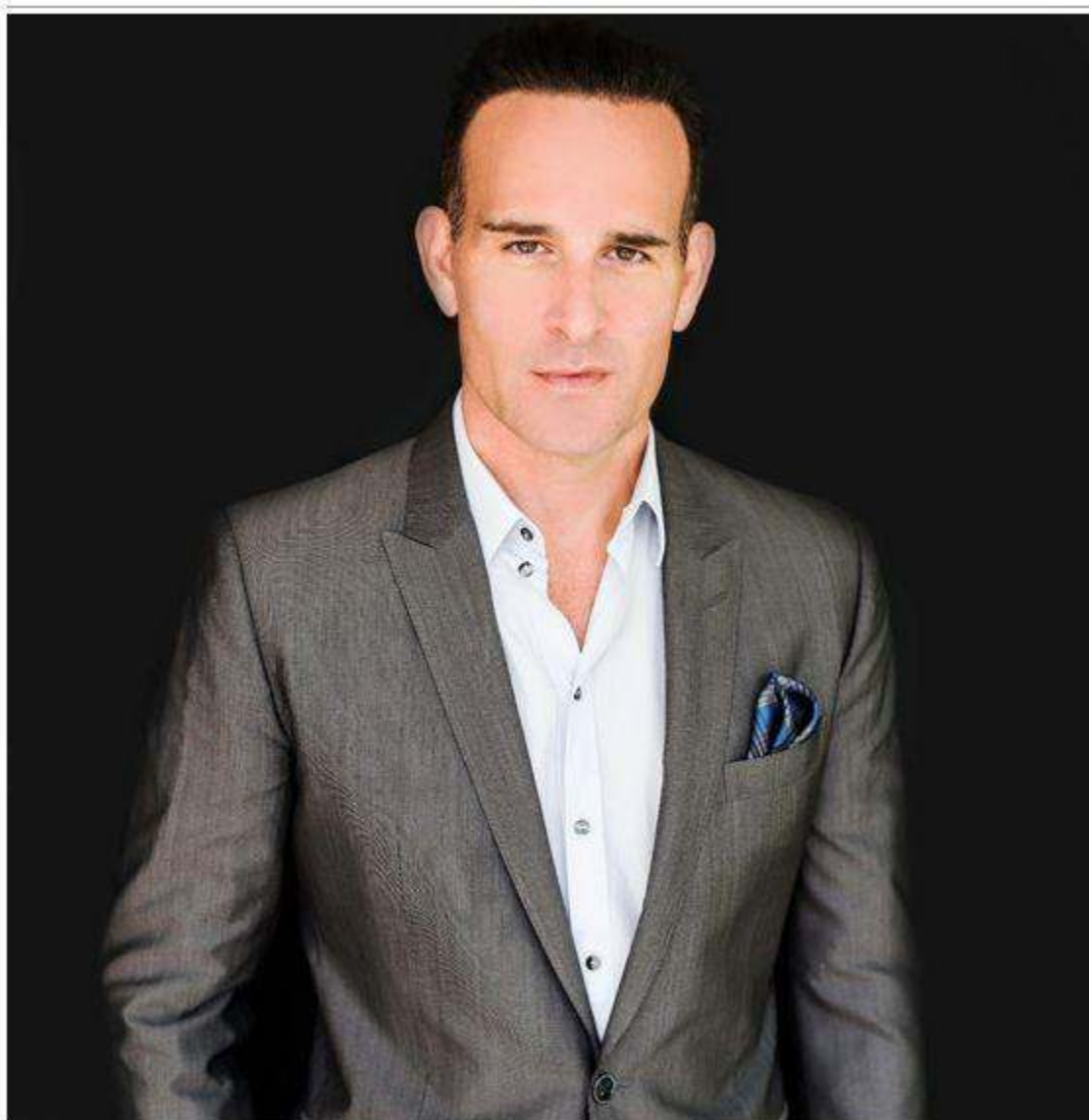


Friday, February 9, 2018

She's Got Legs

Dermatologist **Paul Jarrod Frank, MD** agrees. He also uses biostimulating fillers like Radiesse and Sculptra in the knee area. They last a few years he says, and they stimulate tissue to grow collagen, thickening the skin. But what about liposuction? When it comes to knees, Dr. Frank explains, it's about volume and elasticity. "The knee is an area where there's a lot of motion and torque, so if you remove the volume, it makes the skin worse," he cautions. It may be advisable to remove fat that's on the *side* of the knee — in the inner knee — but if the fat is positioned *above* the joint, the area does not respond well to fat removal.



Dr. Paul Jarrod Frank: "I do as much body work as I do facial work. We're now looking at the aging process for the whole body. People want to look good everywhere."

To tighten the skin on the thighs, Dr. Frank prefers **Exilis Ultra**, a technology that combines powerful radiofrequency with high frequency ultrasound. The device heats up the skin's layers underneath the surface, triggering collagen synthesis. This causes the skin to contract and imparts a more youthful texture and appearance. Four treatments — which feel like an

intense hot stone massage — spaced one to three weeks apart are required to achieve optimal results, which will last about two years.



Exilis Ultra Before & After. Photo: Paul Jarrod Frank, MD

A new and minimally invasive option is the thread lift. In this procedure, long barbed threads are inserted into the upper thighs. They are absorbable and the effects last 12-18 months. But, candidates have to be picked carefully cautions Dr. Frank.