

VANITIES

Dr. Paul Jarrod Frank on the Latest Treatments in Anti-Aging and More

Trusted dermatologists and plastic surgeons based in New York, Los Angeles, and London weigh in on the latest beliefs and the most effective advanced-technology procedures and injectables.

→ by SUNHEE GRINNELL

NOVEMBER 27, 2017 1:11 PM



V*anity Fair:* Which treatments have been the most popular procedure in your office with the proven results? Clear + Brilliant? Ulthera? Fraxel?

Paul Frank: The most popular fat-removal treatment at my practices is SculpSure. Another new popular treatment is Exilis Ultra, for skin tightening. It is the first device that combines ultrasound and radio frequency all in one treatment. After the summer, Fraxel and Clear + Brilliant are very popular for removing sun damage.

V.F.: Are there any other new technological procedures that you are considering offering at your practice in the near future?

P.F.: PFrankMD Pigment Protocol: a treatment that combines the new Enlighten III Pico Genesis Laser with a Clear + Brilliant Fraxel treatment so that, in one session, the lasers attack pigment in every layer of the skin. This device will change the game in treating pigmentation and is far more effective and safe than other devices on the market—with reduced downtime. I am the only dermatologist in the country to have the Enlighten III Pico Genesis, which is the most cutting-edge device for treating any type of skin pigment, including sun damage, melasma, pigmented scars, and general skin rejuvenation.

V.F.: Do dermatologists and plastic surgeons still perform liposuction? Who should be performing this treatment?

P.F.: I am a board-certified dermatologist and dermatologic surgeon, so I am licensed to perform liposuction. Twenty-five percent of my practice consists of fat removal.

V.F.: On the topic of liposuction, when one gains their weight back, could they end up with lumpy results?

P.F.: Yes. The challenge with cellulite is that it develops when fat cells protrude through the thin, fibrous connective tissue that exists between the skin and the underlying muscle. With age, sun damage, and weight fluctuations, dimples and depressions in the skin will reveal more surface irregularities no matter how thin a person is.

V.F.: CoolSculpting—what are the true pros and cons?

P.F.: CoolSculpting was the first non-invasive fat-removal treatment on the market. I sold my machine because other technologies are better, that use heat instead of cold. A significant number of my patients who have had CoolSculpting have had their fat actually overgrow instead of being removed. CoolSculpting takes longer, whereas SculpSure is a painless technology that targets and destroys fat cells in 25 minutes without affecting the skin's surface. With SculpSure, results can be seen after one session.

V.F.: Instead of Botox and fillers, what about one's own fat injections? Too many risks because, unlike the typical injections, it's not reversible?

P.F.: I perform the Stem Cell Face Lift and have been doing fat transfer in the face for years. What we are doing is using new technologies of fat transfer by refining the

fat, so when you do it you inject it with larger increments. Now we run the fat through a process that you can inject it in the same-sized needles as Restylane and Juvéderm. This new processing technique of the fat isolates the active stem cell and micronizes it finely through a unique filtration process that allows the fat to be re-injected—much less, traumatically and predictably—by combining the fat with growth factors from one's own blood [PRP] to improve longevity and tissue survival over older techniques. This process volumizes the face in a more permanent and natural way of using your own fat.

V.F.: Women seem to be obsessed with under-eye issues. What's the best possible solution?

P.F.:

1. Crepiness: For crepiness and crow's feet, I perform Botox. It is the constant muscle movement that causes these fine wrinkles. Three injections on each side will usually fix the problem.
2. Dark circles: Fillers will fill in the hollows and get in the shadows, and they are thickening up the skin. All of the fillers under the eyes are hyaluronic acid. Hyaluronic acid keeps the skin hydrated and voluminous. As we age, the hyaluronic acid in our skin begins to degrade and is distributed differently, leading to loss of skin elasticity and the visible signs of aging. I prefer Restylane, which works by replenishing the skin's hyaluronic acid, immediately restoring volume and filling out wrinkles. It also works to spur the body's natural production of collagen, improving the facial structure from within.
3. Under-eye bags: For fine lines and loose skin under the eyes, the Fraxel Repair offers a non-surgical eye-lift result without the need for cutting, unsightly scars, or general anesthesia. Filler can also be used to camouflage the bags by working around the area to reduce the appearance. In general, though, there is no best treatment for this area of the face. Often a combination of a few non-invasive treatments gives the best result.

PFrank MD

1049 5th Ave Suite 2B, New York, NY 10028

(212) 327-2919