

10 November 2014 Inside Cosmetic Surgery Today on WebTalkRadio.net

Interview with Dr Barry Lycka & Dr Lyle Back

Dr Barry Lycka cosmetic dermatologist from Edmonton, Alberta is talking today with

Dr Lyle Back Board Certified plastic surgeon from Cherry Hill, New Jersey

Today we are going to talk about two new non-invasive procedures. They are the growth area and even classically trained plastic surgeons are doing a lot less surgery than they used to! We are talking specifically about the new Verjú Green Laser for treating cellulite and micro-needling for facial rejuvenation.

Welcome, Dr Back!

How long have you been using the Verjú Green Laser for treating cellulite?

Well it was only just FDA approved in January 2014. And after following and studying the research that was going on, Dr Back was waiting for it to be approved, and once it was approved, Dr Back took it into his practice and has used it ever since.

So you had your finger on the pulse with this for a long time!

Let's go back and look at Cellulite – it is one of those things that 90 to 95% of women have, and it is something that every one of them hates! So let's look at what Cellulite is and the older methods of treating it?

For some reason it rarely affects men and we don't really know why. There is a suspicion that it may be a hormonally related issue, but most of us are in agreement that we believe cellulite is to do with a sort of 'bumpiness' of the subcutaneous fat within fibrous connective bands that create almost like a quilted mattress effect. So the fat doesn't lie smooth but bulges and so leaves that bumpy effect on the skin. But the underlying culprit of it all is our old friend – fat.

And in women in these areas it is deposited just below the skin, and that is possibly here the hormonal influence comes in because that seems to stimulate the fat to deposit just below the skin. There have been very many treatments over the years, and most of them have actually been rather temporary, because people figured out that if we could get the fat cells to re-distribute a little bit, maybe with creams and massage, and diminish the overall level of fluid in the tissues, then the cellulite could actually look a bit better for a while.

Dr Lycka highlights that he used Endermologie a lot – as did Dr Back and many other doctors. It was one of those trends to use during the red carpet season when everyone was trying to look their best. It was a temporary treatment. It gave great results but unless you kept up with those treatments it didn't last. We have seen a lot of technologies like that over the years.

Then we got really invasive with the Cellulaze machine, which works phenomenally well, but there is downtime associated with it. It may be a permanent treatment but there is that trade off. And it is a pretty big trade off! It is not exactly so non-invasive, and although it does work, it is kind of a lot to go through, both for the doctor and the patient. For the doctor it is a two and a half hour operation, and for the patient they are bruised and swollen for quite a while afterwards. It is a procedure which unfortunately is not a good sell for a doctor or patient, considers Dr Back.

So Dr Back, please tell us what your recent experience is with the Verjú laser and why it works.

Dr Back got into studying about it after seeing a couple of research papers, and some very good research studies were done. The most recent this year in the American Journal of Cosmetic Surgery, and when you read things like a non-invasive technique was resulting in a 4 inch reduction in thigh and waist and hip areas in fat in just two weeks, that makes you pay attention. There have been a lot of studies looking under the microscope at what this laser does. It is a green laser and the green light at a low power has the unique ability to pass harmlessly through the skin – you can't

feel it. But somehow that green laser light passes through the skin and the fat cells can detect it is there. It triggers them to open multiple pores in their cell membranes and they start dumping out their fat content, and they start to shrink and collapse, and as that happens, of course the bumpy nature and the appearance within the skin also starts to disappear. You can see results of that shrinkage and the release of the fat in a matter of a week or two. As the treatments are continued, the fat cells continue to empty and the skin gets smoother.

Dr Lycka adds that it does work better if a person does watch their diet, because if a person eats a lot of fat in their diet that seems to precipitate Cellulite as well. And Dr Back agrees that with a lot of things that they do, be it face lift and skin care or liposuction and diet and exercise, all of these things are going to work better if you have a healthy lifestyle and a healthy diet, of course. Before the Verjú green laser was approved by the FDA, they actually insisted that the studies were conducted on patients who had to sign on their forms that they were not going to have any change in their diet or levels of exercise – in other words the FDA wanted to exclude improvements in lifestyle as a cause of the changes that might be seen with the laser treatment. Therefore it does show that it is working but the very best thing that can happen is to have all of these things working together, and it's good to tell our patients about that.

How many patients have you treated with the Verjú green laser?

We have 15 or 20 patients who are undergoing regular treatments with it, and since we started our program we have probably treated about 50 or 60.

How long does a treatment last?

This is the crazy part – it's only about 15 minutes!

Is it painful at all? That's what our listeners would love to hear about... something that is painless!

There is no pain whatsoever! We don't have to inject anything, there are no needles involved, many patients literally and truly come on their lunch breaks, they work on their iPad or whatever, read, take a nap, you just lie down on a special comfortable table that we have, the laser light shines over the skin so harmlessly and without any pain, if you close your eyes, you don't know the light is even on you.

How many treatments are necessary to get a result?

We found that a minimum of about 6 treatments is good to get the job done. If people want to reduce more fat volume then they will go through with more treatments, but 6 seems to be the magic number for getting a good result.

Do the treatments have to be maintained to keep the results?

Once you complete a series of treatments – that is it!

That is a big improvement because everything else we did before that was painless had to be maintained. The key thing here is that it is not stretching or massaging something, it is actually making the fat cells shrink. They are emptying the same as if diet and exercise could somehow affect them, and the change is a true physiologic change. If activity level and diet are supportive of that, they are gone, they are empty.

Excellent!

We are now going to switch topics now and look at another issue.

People always ask, how can we get good results on the face without the downtime of lasers? Lasers are great machines, Dr Lycka has used them a lot for facial rejuvenation – we have done non-ablative fractional resurfacing, we have done ablative fractional resurfacing, and the results are stupendous. We have done full ablative resurfacing of the skin where we didn't use fractional lasers in years gone by and we got great results but the downtime was absolutely astronomical.

Now there are some new treatments that are out that can get the results of a laser with very little downtime.

This is what is known as micro-needling.

Please tell us a bit about micro-needling, Dr Back?

Micro-needling is becoming the hottest technique in cosmetic surgery today. No question about it.

We are looking at the ability to get results for a patient that are right up there with the results from fractionated lasers without any of the downtime, expense, risk. People of varying skin types can also get this done without risk, and the results are spectacular. Dr Back can't say enough about how wonderful micro-needling is!

Let's go over the procedure because there are several different micro-needling techniques.

Dr Lycka met the originator of micro-needling several years ago, Dr Fernandez at a conference in South Africa and he talked about his experiences using a derma-roller for the skin. The derma-roller is a little spiny 'thing' that rolls on the skin and it causes some good results in the skin. The downside is that it is somewhat painful and that it causes some bleeding. But some new devices have come out and Dr Back has been using one of them.

Yes the favorite device is called the Rejuvapen Micro-Needling Device and it is the size of a large marker pen. But make no mistake it is a very technologically advanced device and like a lot of things that we have seen in cosmetic surgery it is not just the idea but the development and manipulation of technology and medications that can 'really move us into the stratosphere'. The technology that has evolved for micro-needling has really enabled it to take off as a great procedure for patients.

Dr Lycka is using one of the newer machines from Europe, the EndyMed, which also puts tiny needles into the skin – they are very, very small ones and there are about 120 in an inch and through those tiny little needles it also puts a little electric current, some RF. The beautiful thing about that is that we have been able to get some phenomenal results with a person just getting a little pink afterwards. They are looking stupendous and he did it on one of Dr Lycka's nurses and she was back at work right away. She has done it several times now on her lunch hour to get great results and she was fairly unique in that she had some acne going on and the micro needling has helped to decrease the oil gland production and decrease her acne at the same time. So in addition to helping the acne, it is also used for anti-aging to get rid of some of the wrinkles, and it can be used to help put drugs into the skin to help get rid of brown spots, and other things like that. We now have a way to deliver medications right into the skin through these tiny little holes.

Dr Back thinks that this is very exciting. We mentioned earlier about how important skin care and multi-modalities to facial rejuvenation work and now we have a tremendous opportunity to take a technique that is already great and doing wonderful things and see how we can infuse things into the skin in a unique and novel way that we never really had before. This is something that Dr Back is very excited about!

The skin is an amazing barrier – it keeps the world out, and keeps the rest of our body in – but the problem is that causes problems too. But now we have a device that can put phenomenal things into the skin for them to work.

Dr Lycka has also found that for the disease called Vitiligo, where people get brown spots on their skin, when we put holes in it we can actually use medications like Latisse. That is the medication we use to grow eyelashes but it also stimulates pigment cells in the skin so some people who have vitiligo in the early phases and before their pigment cells are totally destroyed, we can put Latisse into the skin to stimulate them and get them to grow. Dr Back has a personal interest in that because there is some evidence that micro-needling can also independently, without using something like Latisse, induce hair growth, so he is going to be checking that out personally for the top of his head in the weeks to come.

All these things work together. We have to stop thinking of things as unipolar events – one time only events – we have to continue to think how we can combine things like a cook trying to make a great meal. And boy! Is Dr Lycka glad he is alive in 2014 to be able to develop these whole new frontiers that are coming around! Dr Back is right there with Dr Lycka, he completely agrees.

Another friend of Dr Lycka who works in California has started using ancient Indian medicine (Ayurvedic) to help with this process, and he said that actually the advice of his grandmother is probably very apropos to today because the medications that she used are helping with our modern conditions as well. We are definitely getting smarter.

Tell me, Dr Back, your experience with micro-needling and how you are using it?

We are growing the list almost daily of what we recognize that micro-needling can treat. Other than the cutting edge techniques that Dr Lycka already mentioned, it is great for getting a firmer look to the facial skin, smoothing the skin, diminishing lines and wrinkles, and reducing pore size is a wonderful benefit. The skin gets a softer, smoother, firmer texture to it and we see improved elasticity and tone. There is also a healthier glow to the skin so pretty much anything that people would find desirable as an improvement and rejuvenation of facial skin, micro-needling can do it.

How often do you use micro-needling?

We recommend it is performed about once every one to two weeks and again that magic number 6 appears, because it seems that about 6 treatments is ideal for getting the optimal results from micro-needling.

Is there any downtime with the micro-needling that you use?

In today's world we no longer speak about downtime in terms of months or even weeks. Now we look at a procedure and we think that if it has a week's downtime then that is a lot. Micro-needling has a downtime if you want to call it that of about 24 hours. Patients can sometimes have a little bit of bruising or their face might look red, but it is pretty short.

This is what we call for most people, a weekend procedure. Great to get it done on a Friday and be great back to work on Monday. The newer micro-needling that Dr Lycka has from Europe, which is probably not quite approved in the USA yet, there is no downtime. It is so phenomenal, and if a person doesn't mind being a bit pink, like they have been out in the wind, then they can go right back to work.

When Dr Lycka started doing chemical peels way back when and thought that although he was getting great results, he always had the feeling that people wouldn't want it because they would be peeling or red for a couple of days but patients actually loved it because it became a 'status' symbol as they were saying well there is a little bit of downtime but I can afford this! And this is similar – a couple of days of downtime is a status symbol.

Ultimately the downtime is not that big a deal – it's like having a tiny bruise from getting filler or Botox, it's short-lived and the results are so lovely that it isn't a big deal.

Are there any take-home messages for our listeners today, Dr Back?

Dr Back thinks that the listeners already know this but your average plastic surgeon, your average cosmetic surgeon in the US and elsewhere, a lot of what they do is not surgery anymore. The techniques that we have available to us today are less invasive, less painful, and less costly, the results are more sophisticated and more lovely, and a lot of them involve simply a visit to the office. The take home message is get to the office, find out what is going on and you may be pleasantly surprised to find that there is something that we have to offer that can really help you and do some nice things for you, and it is actually pretty easy to do.

Both doctors feel that we are sitting on the verge of a whole new frontier, where we will be getting even better results, as we learn to use these tools better and better. We are also learning that if we use things quicker, we are finding synergistic responses. It is a wonderful time to be physician being able to bring these things to our patients and one day we will actually be able to say 'we were there when it all started'.

Contact details for Dr Lyle Back & Dr Barry Lycka:

Dr Lyle Back

Telephone New Jersey: (856) 672 3592

<http://www.ilovelyleback.com>

Dr Barry Lycka

Telephone: Edmonton: (780) 665 3546

<http://www.barrylyckamd.com>