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Consultant Dermatologist  
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Dr Parmjit Walia is a BOTOX® and Filler expert with rich expertise in various cosmetic lasers which includes Fraxel® laser restore for facial rejuvenation and scar removal. Dr Walia's Skin & Laser clinic is very well known centre in North India for complete beauty solutions and hair transplants.

# THE NEWEST TRENDS IN COSMETIC DERMATOSURGERY

Earlier patients used to come to a dermatologist for itching problems but now the itch of looking good makes the major part of dermatology practice. With changing times cosmetic products and equipments have taken the centre stage in aesthetic world. The main complaints of the patients coming to a doctor's chamber are hair fall, wrinkles & facial rejuvenation, under eye dark circles, facial pigmentation, loose skin, double chin and facial hair. All of these problems can be handled with the available resources to the satisfaction of the beauty conscious.

## **Hairfall:**

For hair fall, mesotherapy is the latest trend in which the individual is given injections of the vitamins, minerals and growth stimulating factors in the scalp and hasten the hair growth. If there are missing eyebrows due to some injury we can do localized hair transplant.

## **Lines On The Face:**

BOTOX®, Fillers and Fraxel® laser restore are complete solution available. As far as dynamic lines are concerned, BOTOX® is a magical solution in a 10 minutes sitting with effects lasting as long as 3 to 6 months. And it is the most commonly performed cosmetic procedure world wide. If started in time before these dynamic lines leave permanent impression it can fulfill all the requirements. It works by relaxing the muscles which by over contraction give the wrinkle line. Once these lines become static we need to take fillers or Fraxel® laser along with BOTOX® to ameliorate these wrinkles. When injected into a muscle, BOTOX® blocks the nerve impulses that would normally cause that muscle to contract. The resulting absence or reduction of muscle contraction leaves the skin smoother and lends a more relaxed appearance to the patient's facial features.

## **Who Needs BOTOX®?**

- People who show early signs of aging.
- People who have a tendency to express more while they speak leading to the generation of dynamic lines on the face.
- People whose frown lines give them a tired, sad or angry appearance even when they are not.

## **Fillers:**

Juvederm™ is the mainstay with international standards. It is mostly used for, Nasolabial folds and Lip augmentation. Effects of Juvederm™ may last from 6 months to 18 months. Both BOTOX® and JUVEDERM™ are US FDA approved products and absolutely safe. Fraxel® laser restore is also US-FDA approved and used for facial rejuvenation which penetrates beneath the skin surface to eliminate old damaged skin cells, resulting in natural rejuvenation that removes years from your appearance by stimulating body's own natural healing. It works wonderfully in expert hands making skin look younger by many years in 3 to 5 sittings.

In spite of the recession, there has been a threefold increase in patients seeking BOTOX®, Juvederm™ and Fraxel® laser restore treatments at our clinic. Not only celebrities and people from the upper strata but also those who seem to be tired of endless topical application of expensive anti-ageing creams and facials have started looking for promising treatments like BOTOX®. Loose skin can be handled with Juvederm™ fillers and RF facial tightening equipments. These are multiple sittings till we get the desired results and there after maintenance sittings required according to personal needs.

The views expressed in this article are Dr. Parmjit Walia's. He can be reached at

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