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Modern Methods of Rejuvenation in Aesthetic Cosmetology

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Abstract
The article discusses the latest minimally invasive methods of cosmetic aesthetic rejuvenation, including biorevitalization, mesotherapy, peels, botulinum therapy, dermal fillers and mesomelites, using a combined approach. This makes it possible to improve the degenerative symptoms of aging at different levels of exposure, from the skin to the facial muscles. With the help of complementary techniques (botulinum therapy, dermal fillers, mesoniti, mesotherapy, surface chemical peels), it is possible to significantly increase the satisfaction of patients and doctors.

Keywords: cosmetic aesthetics, minimally invasive rejuvenation methods.

Introduction

As a result of many years of scientific research, a combined approach in cosmetic aesthetics has been recognized as appropriate. Every layer of the skin - the epidermis, dermis and subcutaneous tissue - is exposed, which provides a real opportunity to improve the degenerative symptoms of aging.

Materials and Methods:

Additional techniques (botulinum therapy, dermal fillers, mesotherapy, mesotherapy, surface chemical peels) can significantly increase patient and physician satisfaction. Cosmetic indications for botulinum toxin injections include the prevention and treatment of dynamic wrinkles ("wrinkles that appear when facial muscles move"). Botulinum toxin is not suitable for the treatment of static wrinkles ("rest wrinkles"), but prolonged use of botulinum toxin can prevent the appearance of static wrinkles in people who already have dynamic wrinkles. Since the activity and tension of the facial muscles increases with age, botulinum toxin relaxes the muscles and smoothes wrinkles. The use of botulinum toxin for therapeutic purposes has found application in cosmetic medicine for practical reasons: the results are noticeable within a few days after the start of botulinum toxin use, the risk of side effects and adverse events is minimal, and the duration of action of botulinum toxin is approximately 3-5 months. A number of studies have shown that botulinum toxin can be used in combination with other cosmetic procedures. Injection of botulinum toxin a week before the introduction of dermal fillers ensures the preservation of the shape of the dermal filler and prolongs the effect of augmentation (by relaxing muscles and preventing the formation of wrinkles). The therapeutic administration of botulinum toxin synergizes with other skin resurfacing methods and has the optimal effect of eliminating or

reducing the severity of dynamic wrinkles, as well as improving skin tone and texture. In recent years, the use of hyaluronic acid fillers has become the "gold standard" in the treatment of cosmetic defects. The purpose of dermal filler injections is to smooth out wrinkles and creases and fill in sunken areas of the face. Hyaluronic acid in the skin is destroyed by the action of hyaluronidase and is mechanically degraded by the movement of facial muscles [3]. The appearance of mesonites is called a revolution in aesthetics and an important milestone in the development of minimally invasive rejuvenation techniques. Mesonite is so named because of its small diameter, comparable to the diameter of a mesotherapy needle. Mesoniti for correction of facial soft tissue prolapse give excellent clinical results. The remarkable effect of lifting soft tissues is due to the formation of a skeleton mesh consisting of numerous mesonites and new collagen fibers surrounding them. Clinically, this is manifested by a decrease in the severity of wrinkles and folds, an increase in skin density and elasticity. Masonite is a bioassailable material, often made from polydioxanone. Polydioxanone is a hypoallergenic and non-toxic material that undergoes biodegradation for 180-240 days, hydrolyzing to form acetic acid, which is subsequently absorbed and destroyed by the body . in patients younger than 30 years of age, filaments can be installed to prevent ptosis and aging of the facial skin . This technique is especially suitable for women with flabby appearance, in whom aging under the influence of gravity prevails., an international expert in the field of aesthetic medicine and president of the Swiss Academy of Cosmetic Surgery, According to Nicholas Linde, MD, Switzerland, founder of the Association of Leading Aesthetic Doctors, "mesotherapy is one of the most important technologies in aesthetic medicine: "Mesotherapy "One of the mesotherapy is the intradermal administration of small doses of active drugs." The most important thing is the action of the needle. Of particular importance is the injection itself and a small local aseptic inflammation at the injection site. I consider hyaluronic acid and vitamins to be the most important for the skin," says N. Linde. When the introduction of macromolecular unmodified hyaluronic acid allows to restore the physiological environment of the dermis and normalize metabolic processes, such a procedure is called biorevitalization . Hyaluronic acid is a natural regulator of many biological processes, affecting the migration and proliferation of fibroblasts and epithelial cells, stimulating angiogenesis, activating components of homeostasis, etc. Preparations based on natural or partially stabilized hyaluronic acid in concentrations of 2-25 mg/ml are widely used to correct photoaging and chronic skin aging. Hyaluronic acid has a pronounced preventive effect and therefore can be used in patients of different age groups. In addition, the administration of vitamins, trace elements, amino acids and coenzymes using mesotherapy gives excellent clinical results. A series of procedures allows you to achieve visible results in skin hydration, cell regeneration and serves as an effective method for the prevention and treatment of signs of photoaging and chronic aging. Biorevitalization and mesotherapy can also be used as preparation for chemical peels, restoring the hydrobalance of the dermis, increasing the skin's ability to heal itself and reducing the risk of disruption of adaptation processes in case of chemical damage. Clinical observations show that intradermal injection biorevitalization and mesotherapy before chemical peels can prevent stress from skin burns. This shortens the rehabilitation period after acid exposure and reduces the risk of complications in the form of infection and post-inflammatory hyperpigmentation. Chemical peels are widely used to combat aging of the skin of the face. Peels are effective for improving skin texture, reducing pigmentation and wrinkles, treating acne and rosacea α-hydroxy acid and β-hydroxy acid (salicylic acid) are

natural acids that cause exfoliation of cells and contribute to their cyclicity. Data have been published on the effectiveness of α-hydroxy- and salicylic acids in the fight against photoaging, which is achieved by reducing the severity of pigmentation, fine wrinkles, actinic keratosis, seborrheic keratosis and lentigo. α-hydroxy- and salicylic acids have two main actions: accelerate the cell cycle (slower in the elderly) and enhance desquamation, thereby reducing the severity of skin pigmentation and hyperkeratosis. 1996, C.-M. Dietre demonstrated that the use of α-hydroxy acids increases the thickness of the skin by 25%, increases the density of collagen and improves the properties of elastic fibers. Glycolic acid, in particular, is a α-hydroxyacid and is most often used for chemical peeling. When carrying out peeling, it is important to remember about the cumulative effect - a course of procedures is required, as is often the case with autumn-winter procedures, as well as to avoid exposure to the sun and use products containing sun protection factors.

Conclusion:

The possibilities of modern cosmetic aesthetics in the complex correction of involutional skin changes are enormous, and the optimal way to solve individual problems can be found for each patient.

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