



# From Paris, with love

Dr Catherine Stone shares the latest advances and trends from the IMCAS 2018 Conference in Paris



**I**MCAS (International Masters Congress on Ageing Skin) Paris is one of the largest international conferences in cosmetic medicine, and every year I leave the glory of the New Zealand high summer to brave the dark, cold days of the Parisian winter. Attended by over 8500 cosmetic doctors, plastic surgeons, dermatologists and cosmetic surgeons from all around the world, this conference was also a celebration of their 20th anniversary, and the 6th year I have attended. These are some of the things we learned this year and some of the most exciting industry advances to look forward to.





## Headway, New Zealand

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- Chin Sculpting using Belkyra, a fat 'melting' injection for double chins, is finally being launched in New Zealand this month. When injected below the chin, the compound breaks down the fat cells which the body then absorbs and excretes. Called 'Kybella' in the U.S, Khloe Kardashian helped the procedure gain momentum by becoming the official spokesperson when it launched there earlier last year. The treatment is used around the jawline, neck and under the chin to reduce a double chin or pouch of fat around the jaw. Belkyra is made by Allergan, the same company which makes Botox and is likely to be available at The Face Place in the next few months, once it has been through our rigorous testing process.

- Juvederm Volite is a lighter hyaluronic acid addition to the Juvederm family, designed for improving skin texture and reducing the appearance of acne scarring. Volite is an innovative injectable treatment designed to improve skin quality. It is not a dermal filler but rather a skin conditioning Hyaluronic Acid gel that is injected into the middle layers of the dermis, across many sites, to nourish skin from the inside out. Volite is suitable for all ages and skin types.

- Cellfina is a ground-breaking device that treats the primary structural cause of cellulite by 'cutting' the bands that cause its appearance. Cellfina is a minimally invasive procedure clinically proven to improve the appearance of cellulite for at least three years post-treatment. It's proven to be extremely popular in the USA and is FDA certified now as well.

Although these treatments haven't yet been launched in New Zealand, it's been great to see the progress that has been made in these areas one year on, and how techniques have changed since they were first launched. Usually there is a lot of change in the first year after a new product or technology launch, so I prefer to wait for a year, following the results of further studies, and allowing any potential early issues to have been identified before making a decision as to whether they will be a useful introduction to The Face Place.

- The use of stem cells in regular clinic practice is almost here, with more simple kits emerging that allow the use of fat-derived stem cells along with platelet-rich plasma to be obtained. These can be performed in one session without having to send tissue away to have the stem cells harvested and expanded. My opinion is that the less alteration we do to tissues, the more the body

is likely to accept and thus utilise the stem cells. I'm excited to have been invited to trial some of these stem cell extraction technologies, so I will let you know my thoughts (good and bad) once I have had more of a hands-on experience with them and have tracked the results closely.

- Hand rejuvenation was a big topic this year, and we have returned with some great ideas that we will be building on in clinic, and hopefully presenting at IMCAS next year! Both filler (for replacing volume loss in 'scrawny hands'), and PRP (platelet-rich plasma) (for regenerating and rejuvenating the skin of the hands and fingers), have been shown to give a more youthful appearance to the hands, an area that is often neglected until the signs of ageing are obvious.

- Sexual rejuvenation was featured again this year and continues to grow rapidly, with some excellent presentations on genital anatomy, and some new techniques using filler and/or PRP to enhance both the appearance and function of the genital area in both men and women.

My favourite session was one of the future-forward 'IMCAS Beyond' TED-Style talks, on the topic of 'The Future of Medical Training'. I have a passion for both learning and training, and for anything new and exciting, so this was right up my alley!

Professor Alberto Rancati is the Director for Plastic Surgery Training at UCSD and is collaborating with Google to develop a future-focused training facility. He spoke about training using 3D anatomy holograms without having to do actual cadaver dissection. Virtual reality and augmented reality training is where surgeons (and hopefully injectors) can train on hologram models, as well as being able to access remote guidance and 'tele-mentoring' from top doctors and trainers in their field around the world. He believes 'robots' will become a much bigger part of clinical

practice, as they allow us to have much greater precision, as well as reducing risks. In the near future we will have the amazing opportunity to practice and refine our skills through simulation and virtual reality before we even touch our first real patient.

We live in a very exciting time and I'm already looking forward to next year to see what has developed in our industry over the next 12 months! ■

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