COMBINATION THERAPIES

Dr Kian Karimi discusses combining dermal fillers with polydioxanone (PDO) threads and Platelet-Rich Fibrin (PRF) for optimal results

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Combination therapies have been the hot topic in aesthetics over the last few years as emerging techniques and technology allow us to deliver incredible results for our patients with little to no downtime.

Injectable fillers continue to be an extremely popular treatment performed in clinics around the country. Our DermaSculpt microcannula, the first one on the market, continues to be the most commonly used microcannula in the country. We have noticed that most of our practitioners are favoring the 25 gauge, 1 ½ inch microcannula for day to day hyaluronic acid (HA) filler injections, a predilection I echo as well in my own practice. For thicker fillers and for PLLA / PLGA, the 22 gauge 2 inch microcannula seems to be the “go-to.” We anticipate more “on-label” indications for microcannula injections to be announced this year to springboard off of last fall’s indication for lip augmentation with Restylane Silk. We are diligently working with Galderma’s training academy (GAIN) to ensure that doctors and aesthetic injection specialists around the country are properly trained on the microcannula. We anticipate other filler companies will follow suit in the near future as the benefits of the microcannula continue to be described in scientific journals including less bruising, less pain, and less chance of intravascular injection.

Two years ago we introduced NovaThreads, the first PDO thread to be commercially available in the United States. We have improved the design of NovaThreads through research and development and are proud to have our current “Barb4” line for lifting threads. We were also pleased to see that a recent publication demonstrated the powerful collagenesis and increase in the septal fibrous network progenitors (TGF-B) showing 20x increase in collagen and TGF-B after one month, 7x after 3 months, and 2x after 7 months.

Last year we introduced ezPRF, an easy to use commercially available platelet rich fibrin (PRF) system that is showing incredible promise. Platelet-rich fibrin (PRF) is a completely autologous substance acquired from an individual’s blood. When compared to Platelet-rich plasma, PRF is easier to obtain, more inexpensive to acquire, and has been shown in numerous studies to be superior in wound healing.

This is due to the higher concentration of platelets compared to PRP systems, leukocytes, fibrin, and a small percentage of mesenchymal stem cells. The fibrin is important as it allow the platelets to release their growth factors slowly (over one week) instead of rapidly within a few minutes, as seen in PRP systems.

The ezPRF centrifuge is configured to proprietary angles of spinning and special smooth ezPRF tubes are designed to delay coagulation of the PRF, and is portable and easy to use. Each ezPRF kit comes with everything you need to inject PRF either as an autologous filler, apply topically after a laser treatment or microneedling, use for hair growth stimulation, or mix with injectable fillers and inject with the included DermaSculpt microcannulas. We have seen amazing results with correction of under eye circles, cheek augmentation, hair growth, and combination with fat grafting. I have found great benefits utilizing ezPRF in surgery as well—I am now routinely using ezPRF to soak cartilage grafts for augmentation rhinoplasty, under the flaps after face and necklifting surgery, mixing with autologous fat

Figure 1 EZMINISPIN is the smallest centrifuge on the market
surgery as well—I am now routinely using ezPRF to soak cartilage grafts for augmentation rhinoplasty, under the flaps after face and necklifting surgery, mixing with autologous fat transfer, and topically after ablative laser resurfacing.

As our experience grows with each of these modalities I have actually found it quite useful to combine them all together in one setting! We highlighted these combination therapies at several recent academic meetings including Vegas Cosmetic Surgery (VCS), The Aesthetic Show (TAS), AAFPRS, AACD, and CSFPS. We are routinely using NovaThreads to lift the midface and lower third, and then simultaneously injecting HA fillers mixed with ezPRF using a DermaSculpt microcannula for periocular, cheek, and perioral injections. This has produced the most dramatic and impressive results for our patients with little to no downtime.

For more information on Dermasculpt, visit: www.dermasculpt.net

For more information on ezPRF, visit: www.ezprf.com

For more information on Novathreads, visit: www.novathreads.com

To inquire about trainings on PDO threads and Combination Therapies contact: The American Institute of Aesthetic Medicine, +1(305)280-0460. www.handsontrainings.com

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Figure 2 Shows (left) before and (right) after 1 mL ezPRF + Restylane to tear trough each side, NovaThreads to midface and lower third

Figure 3 Histologic evaluation of capsule formation. Fibrous capsule (black arrow) around the inserted thread is well noted in a 1-month specimen (A). Fibrous sheath is still noted in a 3-month specimen (B). Inserted thread is degraded and the surrounding capsule is replaced by connective tissue (C and F) (A-C; hematoxylin and eosin ·40, F; Masson trichrome ·40). Strong tissue reaction with inflammatory cell aggregation is more prominent in a 1-month sample (B). Giant cell and granulomatous reaction are observed in a 7-month specimen (D and E; hematoxylin and eosin ·200).