

# Dr. David Colbert on the Latest Treatments in Anti-Aging and More

Trusted dermatologists and plastic surgeons based in New York, Los Angeles, and London weigh in on the latest beliefs and the most effective advanced-technology procedures and injectables.

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**Vanity Fair:** What's been the most popular procedure in your office with proven results? Clear + Brilliant? Ulthera? Fraxel?

**David Colbert:** All of these procedures give proven and great results, but Ulthera for tightening up the face in one fell swoop is wildly popular and patients are always delighted with the rapid lifting and firming up of the jowls. Ulthera works by using ultrasound waves, which penetrate deeply to tighten facial and neck muscles. Second to

Ulthera is Kybella, for getting rid of chin or submental fat. It works very well and is the second-most-popular new treatment.

**V.F.:** Are there any other new technological procedures that you are considering offering at your practice in the near future?

**D.C.:** We have just started doing EndyMed 3Deep, a radio-frequency device that has multiple handpieces for the entire body. It stimulates collagen to reform and tighten skin, so it can be used on almost any area of the body for fast body contouring.

**V.F.:** How does the new Volbella and Vulour compare to Restylane or Juvéderm for lip injections?

**D.C.:** These are fillers meant for subtle fine lines and lip enhancement. The product is similar to Restylane and other hyaluronic-acid fillers. Volbella is great for the person who needs "just a little filler."

**V.F.:** Do dermatologists and plastic surgeons still perform liposuction? Who should be performing this treatment?

**D.C.:** Liposuction was invented for small-area fat removal, and over the years plastic surgeons have jumped on the bandwagon and started doing large amounts of fat removal under general anesthesia. Both specialists are equally qualified to do liposuction. The advantage with a dermatologist is that we use local numbing, so there is no risk of general anesthesia.

**V.F.:** How does a doctor know how many fat cells to remove per body part?

**D.C.:** We know how much to remove by experience and training. I trained with Dr. Jeffrey Klein, who wrote the definitive medical textbook on safe liposuction.

**V.F.:** When one gains their weight back, could they end up with lumpy results?

**D.C.:** If a person gains a lot of weight back, fat can concentrate in the breasts or areas where liposuction wasn't performed. In general, the best candidates for liposuction are not overweight but have pockets of fat in trouble areas, like the love handles and tummy.

**V.F.:** On this topic, can you tell us about the Renuva fat-injection treatment, which is supposed to give the same fat transfer without the need for liposuction?

**D.C.:** Renuva is a new product which is a fat allograft. It can be used to fill in small-volume loss areas of the face instead of fat transfer or fillers like Sculptra or Restylane or Juvéderm. Because Renuva is a man-made product, I prefer using a fat transfer because it lasts longer and uses the patient's own fat cells. For those who prefer not to undergo the fat harvesting that regular fat transfer requires, Renuva is an easy new alternative that bypasses fat harvesting. Essentially, it's cheaper and faster.

**V.F.:** CoolSculpting—what are the true pros and cons?

**D.C.:**

**Pros:**

- Easy
- Fast
- Almost painless
- Effective
- Cons:**
- Requires three sessions per area
- Costly

**V.F.:** Any other fat-reducing procedures that you can recommend?

**D.C.:** SculpSure laser fat reduction, Vanquish Dielectric fat reduction, EndyMed 3-D radio-frequency fat reduction.

**V.F.:** Tell us what's different between traditional CoolSculpting and CoolPetit Advantage?

**D.C.:** The only difference is the applicator used and the area in which the treatment is performed. The former (CoolSculpting) is for large areas like the abdomen and love handles. The latter (CoolPetit Advantage) is designed for excess-arm-fat reduction or "bat wings."

**V.F.:** Instead of Botox and fillers, what about one's own fat injections? Too many risks because unlike the typical injections it's not reversible?

**D.C.:** Fat transfer works beautifully for re-filling hollowed areas of the face. If done well, it can be an almost permanent treatment that obviates the need for repetitive use of fillers. It is reversible if need be and has no more risks than traditional fillers. It gives a natural look if done by an experienced dermatologist. Of course, it is more involved, but the results are worth the cost and minor downtime.

**V.F.:** What are your thoughts on the latest craze—Silhouette InstaLift?

**D.C.:** This procedure is not permanent, but lasts a few years.

**V.F.:** Can you describe how it's done and how long the procedure normally takes?

**D.C.:** These are little dissolvable long threads with micro-hook-like spines. Basically, a needle and thread are used to lift and tighten a sagging face or neck. The skin is numbed and the needle is passed under the skin and comes out in the hairline where a knot is pulled and tied and is invisible. It creates an instant result. The procedure takes approximately 30 minutes.

**V.F.:** What's been the approval rating from your patients?

**D.C.:** Many love the rapid, easy lift. However, because the threads dissolve at some point it can sometimes be uneven. Even so, the last case I did on a 70-year-old woman who didn't want surgery created a spectacular result even 2 years later.

**V.F.:** Should it be performed by a plastic surgeon only? Or is it common practice for dermatologists as well?

**D.C.:** It should be done either by a surgical dermatologist or a trained surgeon.

**V.F.:** Any long-term side effects?

**D.G.:** Sometimes unevenness of the lift can happen, as well as bruising and tugging of the skin or dimpling. This is operator-dependent. Experienced "threaders" can achieve great results.

**V.F.:** Women seem to be obsessed with under-eye issues. What's best possible solution?

**D.C.:**

- 1) For crepiness: Combining Fraxel and fillers or TCA peeling (trichloroacetic acid) with a medium-depth under-eye peel works wonders.
- 2) For dark circles: Fraxel, TCA peels, or Sublative Sublime.
- 3) For under-eye bags: best to do lower-lid fat removal (a.k.a. plastic surgery), like a blepharoplasty. If the under-eye is hollow, then fillers or fat transfer should be done instead of surgery.

**V.F.:** Are there any treatments that can take away melasma?

**D.C.:** Yes, the dual-wavelength Fraxel works well. Also, monthly glycolic-acid peels or various peel combinations can treat melasma quite well.

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