

How HIFU works in Asian faces: Analysis of cases in Taiwan

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More than ten years ago, HIFU (High-Intensity Focused Ultrasound) was available in Asian nations. Since then, our non-surgical cosmetic treatment methods have seen a significant shift and improvement due to the usage of HIFU. However, the dermis, subcutaneous tissue, and superficial fat compartments, or SMAS, which range in depth from 1.5 mm to 6 mm, are affected by thermal damage, collagen denaturation, and tissue remodeling brought on by the energy that is emitted through various cartridges.

Tightening and fat reduction, which will alter the facial contour, are the most typical indications in Taiwan. To provide the most outstanding care for our patients, the author uses various focused ultrasound techniques when treating Asians with different aging morphotypes. The customized plan involves multiple fluences to tighten sagging and diminish hypertrophic superficial fat compartments by lipolysis. The long-term follow-up of patients who received HIFU and filler combo therapies will also be documented. In this presentation, the author will discuss 3-dimensional imaging, which will produce more accurate images, and how the more aggressive treatment was successful.

This session also suggests a new classification to demonstrate how I assess and care for patients in my practice. It is founded on the layered anti-aging approach concept, which will reduce risk and downtime and, most importantly, increase anti-aging effects. We shall provide our patients with the best monotherapy or combined therapy using these anti-aging techniques.