

Skin tightening updates: A new combination approach

Ting Song Lim, MD
Clique Clinic

Previous trends in aesthetic medicine have always been focusing on facial volume replenishment with fillers and muscle relaxation with toxins. However, continuous volume replenishment does not seem to be tackling facial ageing effectively. Facial rejuvenation treatments that solely depends on volume replenishments does not only lead to facial overfilled syndrome (FOS) but could also lead to iatrogenic ageing and continuous distortion of the structures in the face. We explore the current skin tightening devices in the market looking into the combination approach to allow patient to get the best clinical outcome by targeting multiple layers of the soft tissues. Skin laxity and firmness is one of the important components of skin quality. We need to work on not only the skin layer, but everything beneath it. The anchoring complex, which holds the skin to the bone or fascia weakened as we age and can be strengthened by using energy-based devices and biostimulators.