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Young face oval: threads and collagen as a preventive of facial aging**Anastasia Mashkina**

Ego Aesthetics Clinic, Russia

Fuzzy facial contours with age are an aesthetic problem in men and women. The aesthetic appearance of the face is created by the quality of the skin and the strength of the ligaments, which ensure the correct oval and the ability of the skin to resist deformation. With age, loosening of the facial ligaments occurs as a result the tissues undergo gravitational ptosis and rush down. Therefore, work with ligaments in restoring the correct oval of the face is primary. The second step is to "fill" the dermal matrix with mechanical strength, which collagen can provide. Accordingly, through the study of the dermal matrix, the quality of the skin as a whole improves.

The aim of the work was to compare the results of using monotherapy with injectable collagen and the complex effect of collagen and threads.

For comparison, groups of patients with approximately the same manifestations of aging according to Glogau (2-3) were taken, one of which received a mono course of injectable collagen to improve facial oval and the other received a combination of an injectable collagen course and the introduction of lifting threads. Both groups of patients received injectable collagen at a dose of 70 mg of lyophilized type 1 collagen hydrolyzate diluted in 5 ml

of NaCl solution. Injections were made intradermally and at the projection sites of the main ligaments of the face. The course consisted of 3 procedures with an interval of 2 weeks. After a course of injectable collagen, the second group of patients underwent the introduction of lifting threads in order to move the ptotic tissues and fix them in the ligaments and reference zones. The result was assessed 4 weeks after the end of all procedures using the GAIS scales.

When comparing the results, patients receiving combined use of injectable collagen and threads showed the best results in restoring facial contours, improving skin quality and its mechanical properties (GAIS 2 - 3). Patients treated with injectable collagen monotherapy showed improvements in skin quality and mechanical properties, but were outperformed by patients in the combination therapy group (GAIS 1).

The combined use of injectable collagen and threads implantation is a minimally invasive protocol that can significantly improve the clarity of oval face and skin aesthetic appearance in general.

e: dr@mashkina.ru