

Eyelid tightening in the in the skin center Hildesheim

Post-treatment as an integral part of a holistic treatment concept

Our skin center Hildesheim is located in the heart of the city and for more than 22 years I have been taking care of patients with classic skin diseases, together with my experienced practice team.



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Our practice focuses on allergology and dermatology in the field of dermatological laser medicine as well as medical cosmetics and aesthetic medicine. The latter department has been systematically expanded since 1997 and great emphasis is placed on continuing education for employees in order to implement innovative and modern treatment concepts quickly and thus to be fit for the rapidly developing technical and treatment-methodological progress. Today we have a large portfolio of different treatment concepts - for a therapy specifically tailored to the needs of our patients and customers.

In the field of aesthetic medicine, in addition to conventional blepharoplasty surgery, we also offer non-invasive eyelid surgery using innovative plasma treatment. For the post-treatment of those and countless other aesthetic procedures, we have been using the products of epi nouvelle+ naturelle (JeNaCell GmbH, Jena) for many years now.

Increasingly, it is the patient's desire to return quickly to their social and professional life, without spending much time in the doctor's office.

Due to numerous positive experiences of a shortened downtime, as a result of the post-treatment with epi nouvelle+ naturelle, we would now like to report on our holistic treatment concept and its advantages in eyelid tightening with plasma technology. We would like to promote the establishment of an optimized standard of therapy support and post-treatment of this method.

Natural-looking result: Eyelid tightening with plasma technology and adequate post- treatment

Our treatments with plasma technology allow a precise and painless eyelid tightening. A controlled ionization of the ambient air by means of dielectric barrier discharge (DBE) results in a targeted plasma cloud, when the tip of the plasma pen is held about 1-2 mm above the to be treated skin layer. The upper layers of the skin are sublimated without damaging the dermis, at the same time germs are killed, which enables a scar-free healing.

The superficially epidermal irritated skin area forms quickly a punctiform protective, thin scab layer, which with the appropriate post-treatment, e.g. with a sterile face mask, drops off after about 4-5 days. The advantage over operative eyelid treatment lies in particular in the omission of the risk of surgery and narcosis (e.g. postoperative hemorrhage, hematomas or post-inflammatory development with scarring). There is no wound pain after the procedure.

Furthermore the patient will receive a care package with appropriate masks for an 1-2 days external treatment, instead of asking the patient to come to the practice for the next 2-3 days. Thanks to the self-adhesive masks, the patient saves a great deal of time and can flexibly use his day. The downtime of the treatment is shortened in our experience by about one day. There are no known allergic reactions to epi nouvelle+ naturelle. The constant cooling of 20-22 °C produced by the masks gives the patient a soothing and relaxing feeling. Excessive cooling e.g. from a cold compress would strongly irritate the sensitive skin and lead to long-lasting edema. In addition, the masks are soft and supple, the handling is very easy for the patient and the removal is painless.

Conclusion

In summary, we see the following advantages with the described method:

1. Reduced downtime of 1-2 days.
2. Easy handling also for the domestic treatment continuation, therefore time savings for the practice as well as for the patient.
3. A constant temperature during the cooling process at 20-22 °C (these masks are made of a natural hydro polymer of pure cellulose and consist of more than 95% water).
4. The epi nouvelle+ naturelle masks are always sterilized. Therefore, the risk of infection is significantly lower.

We are convinced to have found the perfect after-treatment for our plasma treatment with the masks of epi nouvelle+ naturelle. Through this marginal additional effort, we can guarantee a high level of customer satisfaction. During follow-up, my team and I are always positively surprised by the results and can only recommend that all my colleagues incorporate this concept into their aesthetic-dermatological treatment methods in the long term. The post-treatment with epi nouvelle+ naturelle, after upper and lower eyelid treatment using plasma technology, is now an integral part of a complete and professional care of the patient in our practice.

The epi nouvelle+ naturelle masks are also used regularly in other aesthetic procedures, such as laser treatments, micro needling, various peeling procedures or PRP therapy, as well as for wrinkle injections. ■

Flow trace/ Protocol

1st appointment

- Preliminary talk with the patient
- Decision on either surgical eyelid surgery or treatment using plasma technology
- Photo documentation

2nd treatment appointment

- Application of anesthetizing cream on the treatment area in occlusive technique
- Treatment with plasma technology, specially adapted to the customer, 1-2 minutes application of a NaCl soaked compress
- Immediately after, post-treatment with epi nouvelle+ naturelle for 45 minutes, final application of Viscontur Serum (natural hyaluronic acid fluid)
- We recommend home treatment with epi nouvelle+ naturelle for 2-4 hours; this may be extended to the 1st and 2nd post-treatment days in the case of severe edematous eyelid swelling

3rd appointment

- 1st check after one week
- Discussion of other individual post-treatments and local long-term care, e.g. Sunscreen for 8-10 weeks ■

Current Casuistry of an eyelid tightening - skin center Hildesheim



Fig. 1a-b: Appearance before treatment.



Fig. 2a-b: Follow-up treatment with the Eye Mask by epi nouvelle⁺ naturelle.



Fig. 3a-b: Appearance after completion of the treatment.



Effective post-treatment

FOR THE IRRITATED SKIN AFTER LASER AND IPL

Despite technical advances, IPL or laser treatments still lead to painful swelling and redness. Here we introduce the best known four post-treatments for e.g. fractionated full-face laser, tattoo removal or IPL in case of couperose.

Cooling by cooling pad or moistened gauze

Cooling the red, swollen skin is essential for regeneration and an aesthetically pleasing result. Moist gauzes can be combined with thermal water, fixing creams and ointments, and can improve the result by a fat-moist effect. However, the application is often inconvenient and reduces the mobility of the patients. Regarding tattoo removal with laser a complete air insulation of the skin is controversial.

Nourishment with the help of creams

Using creams for post-treatment mainly serves to provide the skin with moisture. They can reduce pain and itching, and also have anti-inflammatory or antimicrobial effects. After IPL, especially steroid creams are recommended. For regeneration after tattoo removal with laser, a multi-part care program is useful due to the possibility of skin irritations. As with ointments, no constant cooling can be ensured.

Nourishment with the help of ointments

After application of a fractionated full-face laser, hydrophilic care is recommended. This can be achieved through ointments such as Bepanthen, Cicalfate or similar ones.

The protective and nourishing properties, together with an antibacterial and disinfecting effect, can support the healing process. However, ointments are not to be used on open skin. Also, the use is limited to some treatments, since for many ointments the contact with the eye contour is counterproductive. The use of ointments after laser tattoo removal is controversial, because comedogenic or occlusive properties of ointments could hinder the regeneration of the treated skin. Furthermore ointments cannot provide constant cooling, are mostly non-sterile, and require fixation in many applications.

Pads by epi nouvelle*

The pads support the regeneration of the skin and the reduction of swelling. They are used in the post-treatment of laser and IPL procedures. The structure is moisture-storing, at least 95%. This creates a constant evaporation cold for up to four hours. epi nouvelle* contains no preservatives, so no contraindications are known. epi nouvelle* can be loaded with active ingredients and thus can be individually adapted to the treatment, and additionally is a perfect protection against an infection of the treated skin. This is in contrast to commercial cosmetic masks, which can cause skin irritations, do not have a cooling effect and should definitely not be used on stressed, treated skin (e.g. after micro-needling).

