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PRESENTATION *by C R PAYNE*

FACIAL AGING

PRACTICAL MANUAL OF AESTHETIC MEDICINE



Officina Editoriale Oltrarno

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PRACTICAL MANUAL OF AESTHETIC MEDICINE

SECOND EDITION REVISED AND UPDATED

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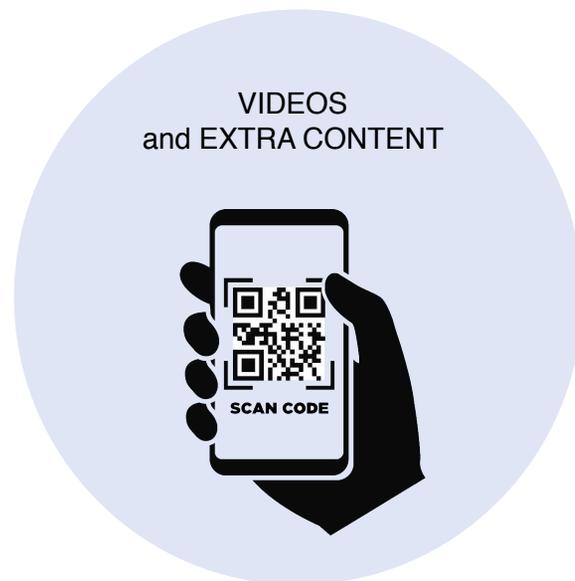
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“Quand un bon sculpteur modèle des corps humains, il ne représente pas seulement la musculature, mais aussi la vie qui les réchauffe”.

Auguste Rodin

In memory of my father.
To my wife Rosine for her love and understanding.
To my sons Sébastien and Marie, a constant source of motivation.
To my family.

Frédéric Braccini

In memory of my father.
To my patients, who have always been the source of my inspiration. They allow me to grow, when at night I think up some simple and innovative solution. And, as always, to my loved ones who always put up with my continuous requests for photos and my scolding, and for all the time I dedicate to my books instead of to them.
Thanks for all of this!

Alessio Redaelli

PRESENTATION



Aesthetic medicine is an extremely rapidly developing field. New treatments are invented each year and existing treatments are constantly evolving and being improved. To practice in aesthetic or cosmetic medicine at the best level, it is not sufficient simply to rely on techniques learnt ten or even five years ago. It is perhaps more important in this discipline, which is so practical, than in most other disciplines, to be familiar with current treatment techniques.

Beautifully illustrated and highly practical, Alessio Redaelli's and Frédéric Braccini's latest and fully revised edition of their highly acclaimed "Facial aging: manual of aesthetic medicine" is a wonderfully clear and readable book which has now been redesigned specifically for today's aesthetic physician. All the chapters in this edition are concerned with techniques that are directly relevant to the practice of aesthetic medicine by aesthetic physicians. Botulinum, fillers and lasers – all these and many more treatments are here clearly presented by hand-picked experts in this authoritative and comprehensive textbook. Important chapters cover complications and their treatment and prevention, including a particularly clear account of the management of ischaemic complications of fillers.

For today's aesthetic physician, this book is probably indispensable.

Christopher Rowland Payne

London, January 2018

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PREFACE

2012! only a few years since the first edition of this manual. But so many techniques have changed radically and so many small details have improved these well-known techniques that are applied throughout the world. Both authors have traveled and taught widely but of course we know that the best way to teach and stay up to date is to see how other experts carry out their techniques with small tweaks that make them easier, I would say, with visible and natural results.

Our knowledge of facial anatomy has greatly improved, making more evident the dangers in particular of techniques that may be quite easy but are potentially devastating. There have been numerous articles published worldwide on ischemic lesions after injections of dermal fillers. In this field, too, simple precautions such as the use of bevelled cannulas or an aspiration technique before injection have allowed us to reduce these terrible side effects to almost zero.

And the materials that we aesthetic doctors use every day have improved so much. At this point the annoying swelling due to not always purified material is ancient history.

And finally, our knowledge of the mechanisms of facial aging has improved enormously; our knowledge of the genetic mechanisms but especially of all those extrinsic factors that allow us to give our patients evidence-based advice every day, advice based on our knowledge of the materials that with time are decreasing in our dermis and epidermis. This knowledge, as we always say, transforms the specialist into a super-expert specialist and saves us old doctors who have accumulated experience over time and we know how to resolve the inevitable problems that only those who don't work don't have to deal with.

Obviously, even nowadays completely stopping facial aging is still utopia, but our knowledge has allowed us to have truly effective, but especially, very safe instruments: how can we not think about the incredible progress gained in the field of lasers, for example, with the highly efficient fractional lasers that don't leave the typical side effects of the older generation of lasers.

Or what about the incredible progress in regenerative medicine, for example, to exponentially improve tissue healing, after the use of fractional lasers.

Or how about tissue traction, once the prerogative of only cosmetic and plastic surgeons, and today within reach of any aesthetic physician who has had the indispensable training for acquiring the bases of the techniques and for avoiding errors.

And this brings us to the aim of this second edition of our Bible: Facial Aging. Our readers will find all of our secrets, the ones that Fred and I use every day at our clinics. An important update of the materials which have changed radically in the past 5 years. An update on the fillers and on all the revitalizing materials, which have also changed radically.

All our colleagues of the various specializations, from plastic surgeons to dermatologists, will find useful details with extremely accurate research on the latest updates from all over the world, whether Europe, or Russia, the Far East or the Middle East.

Every country has in fact exponentially improved their contribution to the techniques of aesthetic medicine. Let us not forget the aesthetic doctors of the countries in the Russian sphere and from the Far East. Nor our excellent colleagues from the Middle East who pay such close attention to their patients with high phototypes living in countries that are not only hot but sometimes really boiling! And we cannot forget the great technical advancements of all our European colleagues. Each of us has made essential contributions to the advancement of the techniques we present in this updated volume.

As usual, we hope our work is comprehensible to all, the most up-to-date and above all practical, as our work always is.

Our challenge remains that of being able to perform the techniques illustrated from day one, making all the details understandable, allowing the reader to understand better from our book than from life. We await your impressions in order to know if we have in fact succeeded!

Fred and Alessio

AUTHOR

Alessio REDAELLI, PhD, MD

He received his degree in 1979 and specializes in Vascular Surgery and Aesthetic Medicine in Milan. He is still now working and studying in Milan.

He founded Medical Aesthetic, a leader company for teaching aesthetic medicine to Physicians and Dentists.

He is a practicing doctor of aesthetic medicine.

He holds workshops in Italy and abroad on cosmetic medicine and is a senior faculty member and officer of the American Academy of Aesthetic Medicine (AAAM).

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He has published numerous scientific papers on cosmetic medicine and vascular surgery, and some famous bestselling books on cosmetic medicine.

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He is past President of the Advanced Medical and Surgical Aesthetic Society (SAMCEP), Secretary to the French Society of Facial Plastic Surgery and he is also a member of the European Academy of Facial Plastic Surgery and the Rhinoplasty Society of Europe. He joined the American Society of Plastic Surgeons in 2014.

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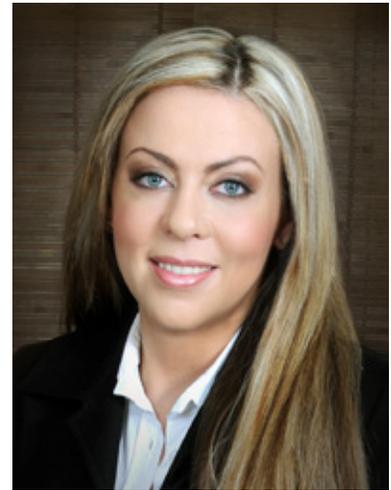


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This second revised edition of Facial Aging is the result of considerable work and I am particularly grateful to all those who allowed us to finalize this wonderful project.

My first thanks are to my family and in particular to my wife for the time she allows me to give to this project and my professional investment.

Thanks to all the authors and the contributors who worked in the editorial staff of this book for dedicating their time and talent.

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I would especially like to thank my friend, Professor Alessio Redaelli, for his strength, conviction and trust.

Frédéric Braccini

I warmly thank all the colleagues, friends, patients who have helped me understand in depth the details of aesthetic medicine, making it a pleasure and a hobby, even more than a job.

A particular thanks goes, as always, to my family from whom I stole time that should have been dedicated to them. I thank Fred who in this second revised and corrected edition has again been a true companion, of great experience and always ready to help selflessly.

Finally, I thank those in charge of those few companies who have believed in me unselfishly, asking me to teach others what I do every day. Without this teaching I would never have been able to write all my books!

Alessio Redaelli

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