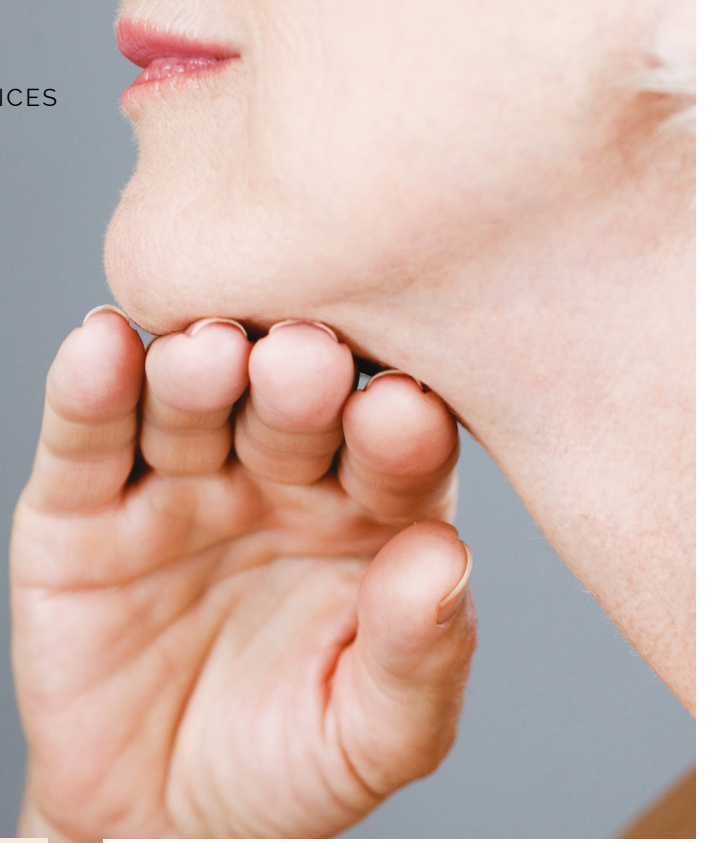


# Angle Appreciation: Enhancing Your Jawline

The lowdown on energy-based treatments that will sculpt and define your lower face



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## Lee Garrett uses ultrasound

### How does it work?

I use the Ultherapy device, which involves heating deep layers of the skin to stimulate collagen and elastin regeneration. To do this, the device effectively uses advanced microfocused ultrasound energy with visualisation, which means I can see exactly where I am placing the energy to get the best results. Ultherapy has been approved by the Food and Drug Administration (FDA) in the US, demonstrating its effectiveness, while The Cosmetic Skin Clinic has been recognised as an Ultherapy Centre of Excellence, offering you reassurance that you're in safe hands with us.

### What's the treatment like?

Before we start any treatment, I always ensure you are suitable for it. If your BMI is 30+ or you're very lean with not much tissue under the chin or around the jawline, then Ultherapy may not be for you. The device can be used on all skin types, including darker tones. I will also look at your diet, hormonal status, drug and alcohol use and general lifestyle prior to treatment to determine if you'll need to make any changes. I'll then advise you of these, before asking you to look into a mirror and describe your concerns.

Once your medical history is documented and the treatment consent forms are signed, we'll begin treatment. I'll sterilise the area and apply a special ultrasound gel onto the skin. Then I will place the device on the target zone, before using the ultrasound visualisation tool to ensure it is exactly where it needs to be to deliver the heat energy. Treatment can take between 30 to 90 minutes depending on the size of area being treated (e.g. 30 minutes for a brow lift or 90 minutes to treat a full-face or neck). It is a very tolerable treatment; some patients say they feel little, if anything at all! Others may say a five out of 10 pain threshold.

**Head tilt to the left, to the right, up but never down – we all do it when having our photo taken, but what are we trying to achieve?** A streamlined jawline of course. Without even realising it, so many of us will try out different poses and, usually, the pictures we favour are those in which we don't appear to have a double chin or sagging jawline, and instead have a well-structured lower face.

In both men and women, a sharp jawline is generally associated with a youthful and attractive appearance. But, inevitably, even if you have an enviable jawline in your youth, the effects of ageing will have an impact. You see, as we get older, the collagen and elastin that keeps our skin firm and wrinkle-free declines. This leads to jowling (sagging) of the jawline, while skeletal changes – whereby our bones begin to shrink and lose density – also contribute to a loss of definition. Alternatively, you may be concerned with excess fat in the area – even if you exercise regularly and stick to a healthy diet, you may have excess pockets of fat that just won't budge.

Here, we ask practitioners key questions about three of the most popular non-surgical procedures to help you learn more.\* Remember, to get the best and safest results, it's important to speak to a medical professional to determine what technology is most suitable for your individual concerns!

**Are there any side effects?**

The skin may appear red immediately after treatment, but this should disappear within a few hours or days. Some patients may experience slight swelling, tingling or tenderness, but these are usually temporary. Less common is bruising or numbness in the treated area but, again, these don't last long and bruises can be covered with makeup. You can normally resume normal activities immediately after treatment.

**What results can I expect?**

Results can vary depending on the age and lifestyle of each patient, but most should see a lifting and tightening effect after three months once the new collagen and elastin get to work. You'll generally only need one treatment, and the effects can last up to 18 months. One study suggested that 42% more collagen was produced in four weeks, while skin elasticity was significantly increased



*Before and 12 weeks after one Ultherapy ultrasound treatment. Images courtesy of The Cosmetic Skin Clinic.*

after 12 weeks. I always say, though, for optimum results, a combination of treatments is the best approach. For example, I quite often perform Ultherapy

in advance of delivering a treatment with the Belotero range of fillers, which can help add volume and restructure the chin and jawline.

**Dr Dil Kassam recommends radiofrequency**

**How does it work?**

My radiofrequency product of choice is called Evoke. This uses heat energy to penetrate to the subdermal layers of the skin to regenerate collagen and remodel tissue. It has two applicators – one for the face and one for the neck – which can both be used hands-free. I strap the device to the appropriate treatment area and let it get to work, meaning you can sit back and relax!

**What's the treatment like?**

As with all aesthetic treatments, I would carry out an assessment to check that this procedure is right for you. It can be used on any skin type, and can be adjusted to different treatment patterns, depth of penetration and length of time it is used for. Generally, I offer three 30-minute procedures spaced two weeks apart. Treatment with Evoke is not painful, and, although I would not advise doing anything too strenuous on the day, you can get back to normal activities almost immediately.

**Are there any side effects?**

You may experience a little redness from the pressure of the device, but this will fade within a couple of hours. As with any radiofrequency procedure, burns can occur, so I will carefully monitor your skin and the temperature of the device throughout the treatment. With Evoke, the chance of burning is little to none as you hold a safety button which you can press any time you're feeling too hot.



*Before and immediately after three rounds of bipolar radiofrequency treatment with Evoke, spaced two weeks apart. Images courtesy of Dr Dil Kassam.*

**What results can I expect?**

After three months you should notice a healthy loss of skin laxity, while your jawline will appear more sculpted and defined. In my experience, results will last between six months to a year, and only maintenance procedures will be required after that. For the most effective results, skin optimisation is key. As such, I always recommend following an appropriate skincare routine alongside treatment.

## Alternative options

Your practitioner may advise that one of the following treatments may be better suited to your concerns or budget. Remember, research each option carefully and get a second opinion if you're unsure about anything.

- **Dermal filler:** injected directly into the jawline to enhance its edge, while filler in the chin can add shape and structure
- **Botulinum toxin:** placed in the masseter muscles located either side of the top of your jawline to slim your face into a slightly more V-like shape
- **Threads:** surgical threads placed either side of your face to lift the jowling and tighten skin
- **Liposuction:** sucks out excess fat around the neck, chin and jawline
- **Neck lift:** incisions made behind the ears and underneath the chin to lift the neck skin and remove excess skin or fat

*Each practitioner discusses the technology and results associated with their chosen brand of device. Note that the technology and results from other brands will vary.*

## Dr Selena Langdon chooses cryolipolysis

While jowling is a bother for lots of people when they look at their chin and jawline, you may be more concerned with excess fat in the area. For this, cryolipolysis is a good option to consider.

### How does it work?

I use CoolSculpting Elite which works by delivering precisely controlled cooling to target fat cells underneath the skin. These are then frozen, destroyed and removed naturally by the body. The device has dual applicators in seven shapes and sizes, so treatment can be tailored to your exact requirements.

### What's the treatment like?

You've got to be the right candidate for treatment, so I will first carefully assess the fat in the area to ensure I can help. Once everything has been agreed, checked and signed, we will clean your face and mark out the treatment area. The procedure is then carried out, which takes approximately 45 minutes; during the first few minutes, you will typically experience intense cold and can feel some pulling action. I have Netflix set up in the treatment room, so you can catch up on your favourite programme while the procedure takes place. Upon completion, we massage the area for two minutes to help break down fat.

### Are there any side effects?

Afterwards, patients can look a little bit red and swollen, but this will soon subside. The treated area may also be a bit tender and have a little bruising, but nothing too excessive. We usually say patients can go back to their normal activities straight away; you don't have to take any time off work and can wear makeup. Much rarer complications include burns and nerve damage. If you follow the news, you may have heard of supermodel Linda Evangelista experiencing something called paradoxical adipose hyperplasia (PAH). This condition leaves the treated area thicker and firmer, while hard lumps may develop and grow in size. As a CoolSculpting Complications Expert for the UK, although I can't comment on her case, we know this is a very rare occurrence, and it is something we are trying to understand more about. It's also worth noting that while CoolSculpting has been named in the press, other devices can cause PAH too, including radiofrequency technology. It's important to highlight that PAH can be successfully treated with liposuction if needed.

### What results can I expect?

I usually advise that my patients have two rounds of treatment six to eight weeks apart, and review 12 weeks later. Generally, those with a healthier lifestyle experience better results and, in some cases, you can see changes as early as six weeks. One study of 112 patients indicated that the number of fat cells was reduced by up to 27% after six months.



Before and 12 weeks after two treatments with CoolSculpting Elite cryolipolysis treatment. Results show a reduction of fat in the lower face. Images courtesy of Dr Selena Langdon.

