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Interview with Dr Barry Lycka & Dr Debra Jaliman

Dr Barry Lycka cosmetic dermatologist from Edmonton, Alberta is talking today with

Dr Debra Jaliman board certified dermatologist from New York City, NY.

This is your number one internet radio show on cosmetic surgery. We would like to thank all you listeners for supporting us – we get around 8000 downloads a week, and we are really very proud of this achievement and thank you for helping us develop the show. We bring you the newest and best, most interesting topics, and some of the best guests in the business.

We are talking today with Dr Debra Jaliman, a very prominent cosmetic doctor in her area. She does a lot of non-invasive treatments and uses a lot of injectables.

Welcome, Dr Jaliman!

Well what is new and exciting in the world of cosmetic surgery in New York?

One thing we are using a lot of now is Kybella. It is our new injection to dissolve fat under the chin. It was FDA approved in the USA last year 2015 and is a chemical called deoxycholic acid and it is a liquid that is injected underneath the chin. It is given in a series of injections, and it actually dissolves the fat cells there. The injections are given one month apart.

What are the main areas that it is used for?

At the moment in the USA it is only approved for under the chin. If you have a double chin, it's great. It's especially good for people that are younger so that their skin 'bounces back' after treatment. If you have a really hanging chin, with a lot of laxity in the skin, then in that situation it would probably be better to have surgery and have the excess skin removed, with the excess fat. Maybe have a nice facelift.

So who is the ideal candidate for Kybella, in your mind?

Dr Jaliman sees a lot of people in their thirties and forties, they are people who really are trim and work out a lot, are very health oriented, but they do have extra fat under their chin. Their skin is going to bounce back, after their excess fat is dissolved.

That is an important point – you must have skin that is ready to retract, otherwise, they will have a situation where they look a bit like an elephant afterwards, with hanging skin. So although the fat will be gone, it won't necessarily be the best situation for them, and they might not aesthetically like their results afterwards.

Exactly. Dr Jaliman had a patient where the fat was gone, which they were very happy about, but then they had to have a skin tightening procedure to deal with the loose skin, so Dr Jaliman used Thermage and the patient was a lot happier after that. But we don't want to do one procedure then feel obligated to do another.

All procedures are great for certain people, but not perfect for everyone. Dr Lycka was one of the first users of materials like this way back in 2000, when he was using sodium deoxycholate and also sometimes mixed with phosphodiesterase which helped to carry it in. In Dr Lycka's experience, the sodium deoxycholate was good for most people, but sometimes he had to augment it a little with other materials. There were 2 problems. Firstly, it hurts a fair bit, it stings. Secondly it causes a lot of swelling. It can sometimes last for 24, 48 even 72 hours.

Dr Jaliman agrees with that, and she tells patients not to do it before a big event, and winter in New York is perfect because patients can wear a turtle neck or scarves. Not a great procedure to have done in the summer! Dr Jaliman's patients haven't reported much discomfort, but it certainly can be uncomfortable and patients can take a little bit of medication to help with that. As with all procedures, patients need to be prepared and mentally ready for them, and

there is a bit of downtime. Kybella is also fairly expensive. Dr Jaliman was surprised when the company said how much it was going to cost the patient for treatment in the USA. It's almost as much as surgery by the time you are done with the 2 or 3 treatments. As well as having used these types of materials for a long time, in his practice Dr Lycka also does a lot of liposuction on the neck. And in his practice he does more surgery for this, because it's predictable, efficient, and the results happen in almost everyone, whereas with Kybella there are a certain percentage that fail. Dr Jaliman highlighted that in the USA they are just at the beginning of getting experience with Kybella, and she hasn't seen any failures as yet, but is sure as the volume of patients treated rises, then there will be some failures. Well since we are doctors who are here to produce results, then even one failure is not something either doctor wants to think about. And since this is so expensive, then it's a very expensive failure.

But there is another treatment that Dr Jaliman has started using, which is rather exciting. It works on a large number of patients, and is based on technology that has been around for a fair bit of time.

Yes, Dr Jaliman has started using the 'Cool Mini' which freezes the fat under the chin, and targets the small pockets of fat under the chin. Patients really like it. There are NO chemicals involved, and we just put the handpiece under the chin and freeze the fat. She has been using Coolsculpting since 2010, for the body, the legs, the abdomen, the back, lovehandles, and patients really like it a lot. They just sit there and watch TV or read, then go home, and a couple of months later, the fat is gone. Dr Lycka has been a big fan of Coolsculpting for quite a while, he has been offering it to patients for years, it works well, and again, it is very predictable. A patient may need 1 to 3 treatments and some amazing results happen. Most people are pretty happy with it.

These are examples of exciting procedures that are coming in that provide amazing results without surgery. The word surgery is a bit of a turn off for some people.

Another procedure that Dr Jaliman has started using, is Vanquish, for fat removal. It uses radio frequency. Dr Lycka hasn't used it himself but knows lots of people who have, and it is spoken about at a lot of conferences thesedays. It seems to have a very good role to play.

Please tell us a little about Vanquish, Dr Jaliman?

Well it is a little bit different from Coolsculpting. Coolsculpting uses cold and Vanquish uses warmth. It hovers over you, it doesn't touch you, and it takes care of the fat, but it also tightens the skin simultaneously. Vanquish can also be used on the arms, the legs, the back, and the abdomen, so it can be used for more areas. Coolsculpting can't be used for the arms. People like it a lot because it can provide the tightening with the shrinkage of the fat.

There is also another one that has come out, SculpSure. That is a laser treatment for some of these areas. Dr Jaliman hasn't used that yet, and neither has Dr Lycka, although he has heard good reports on it and its another very exciting modality idea whose time has come.

Dr Jaliman thinks that every day it seems she is opening a journal and there is something new to get, and soon she will have more equipment in her office than she has space for!

And now onto another area where there are many exciting things happening is with fillers.

In cosmetic surgery we use fillers a lot but patients have to understand that as we get older what happens is that we start losing volume in our face. The bones in our head shrink down, and the structure that is holding up our skin shrinks, so we get drooping, and the changes that we see as we get to our 60s, 70s, 80s. In the old days, the only way to fix this was with a facelift. Now however, using our fillers we can make a lot of difference to the aging process, keeping them looking younger & healthier, and keeping them that way so aging is delayed.

What are some of the new fillers that you are finding really beneficial, Dr Jaliman?

Dr Jaliman added Voluma to her practice a couple of years ago. It is really wonderful because it enhances cheekbones. They are the things that make women look so much prettier, they hold up the face, and give it an overall lift. It has been unbelievable in making people look so much younger.

Yes, absolutely – you know when Botox first came out it was a huge hit and people used to say that everyone will be on Botox. But Dr Lycka thinks that whilst there are a lot of people who can benefit from Botox, really we should concentrate upon fillers because we need to plump up the face, and we should be using things in combination, to get

the results that we want, not just using one thing. This is now the state of the art in thinking but back then it was somewhat 'heretical'. Yes, now we see that a little bit of laser, a little filler, a little botox, and some surgery if necessary, will get someone really looking their best. And combining these modalities actually has a better result than doing each one alone. After a while, you really can't tell many people's real age, they just look so much younger. There are far less 'tell-tale' signs of surgery and work evident in people thesedays. If the work is good, you really don't know.

And that is the key – if the work is good. It requires a lot of skill, choosing your practitioner wisely, and unfortunately not everybody does the same level of work. It has to be subtly done. People will often say, 'I hate lips that are injected', but if they are injected subtly then no-one knows the lips have been done because you don't have to have over-plumped lips – you can have subtle, natural looking ones, and the only person who would know for sure would be your cosmetic dermatologist / plastic surgeon. We want to achieve natural good looks, not look like someone off 'the real housewives....'

The best compliment that Dr Jaliman gets on her face is that 'you are so lucky; you don't need all this stuff.' However, she says she is so lucky that she has had all the stuff but no-one knows / can tell! And that really should be how it is for everyone – not everyone has to know what has been done unless a person wants everyone to know. You can grow old gracefully if you so want to.

The other thing is that although these procedures have a certain price tag, it's not what you think it is. Ok a facelift thesedays is usually between \$10,000 and \$20,000 and that is a pretty high price. But, you don't have to pay that amount to look better thesedays. Things can be done without surgery, without a facelift. The key is to choose your cosmetic doctor very wisely. It needs thinking about carefully, with eyes wide open. It's important to see the results of other people and to get recommendations. You need to look at everything, what they do, pay attention to how the staff treat you when you walk into the office. If you are not treated well before the procedure, you certainly won't be treated well afterwards, particularly if a complication comes out.

That is so important. Dr Jaliman is always in communication with her patients, and they can get hold of her, because no matter how good a job you do, there is always a time when something could go wrong, and people need to be able to reach you.

An example of this is a situation that Dr Jaliman shared with Dr Lycka before the show. There is a very rare complication that can occur with fillers, an occlusion of the artery that is near the area where the filling material was injected.

So of course it was Christmas eve, and Dr Jaliman was at home getting ready for a party, and a call came through from her office about a patient who had been injected with filler and was getting blue above her lips. It was her smile lines that had been injected. The patient was called back to the office immediately, and Dr Jaliman went in to see her. Many people would think oh I'm getting ready for a party, and don't want to go back to the office, but Dr Jaliman is very keen about that. She never makes the mistake of making shortcuts. She met the patient, and realized the blueish discoloration over her lip wasn't a bruise, but it was a lack of blood supply because the artery was closing off. She immediately did everything that you are supposed to do in such a situation. Compresses, used nitroglycerin to try and open up the vessel, then that didn't work, so the filler had to be removed. That was done by using hyaluronidase which is an enzyme, to dissolve all the filler in her face.

So firstly, this was recognized as a complication that had to be dealt with. Secondly, the treatment had to be readily available otherwise, there will be problems. Thirdly, the doctor has to know what to do if complications arise, and how to treat them. Hyperbaric oxygenation can also be used to deal with this problem, but it is not readily available. Dr Jaliman thinks that what may have contributed to the patient's problem was that she had told Dr Jaliman that she had a very bad migraine, and had injected herself with a vasoconstrictor before going to the office, but she hadn't told Dr Jaliman that, at the time. It may not have directly caused the problem, but it certainly wouldn't have helped!

Dr Jaliman also knows that many people just don't know how to handle such complications. She got a phone call in the summer from a Physicians' Assistant, who was having this complication with a patient and she didn't know how to handle it, and was asking Dr Jaliman what she should do. Plenty of people know how to inject fillers, but they don't know how to deal with the complications.

Dr Lycka's attitude in his practice is that if he does a procedure, then he 'owns it'. So he also owns any complications, any benefits, and the risks. You have to be there for the patients. But this is why you should invest in a good cosmetic doctor, they are better trained and do a better result. Dr Jaliman looked after that patient for a long time after that –

she had to do impeccable skin treatments, and afterwards did have breakage of blood vessels on her face near the problem site, and so laser treatment was done, of course at no charge, and here we are a few years later, and she is still a patient, because Dr Jaliman got her through the problems, and she was very pleased at that, and she still does filler, but it is very cautiously done. Dr Jaliman uses a lighter weight filler, with a smaller particle size, on her now. She also puts it superficially and then presses it into the required area – as Dr Lycka does – rather than go deeper with the injection. Dr Lycka likes to bend his needle when injecting, so that if something slips, it can only go up rather than further into the skin. These things happen so rarely, but they can happen. Dr Jaliman does massage areas a lot whilst injecting, and doesn't go that close to the corner of the nose where the vessels are. Dr Lycka is also a cautious injector. He's been doing it since 1986, and whilst lecturing and teaching injection techniques, he always emphasizes to the younger generation that although these materials are great, they can also have a dark side associated with them.

Dr Lycka really thanks Dr Jaliman for coming on the show tonight. Both doctors have worked a full day today, but both are here to share knowledge and understanding with the listeners, so the listeners can benefit. That is dedication, and doing shows like this is the right thing to do. If one person can be prevented from having a complication, or someone who has had a complication can get the right treatment for it, then it is all worthwhile.

Both doctors agree that it is such a pleasure as they both learn so much from one another. It's payback for being on the show, particularly since Dr Lycka is in Edmonton, Canada, and Dr Jaliman is in New York, and in Canada they often get things, particularly fillers, much earlier than they do in the states, so he often has earlier experience of using them to share with other doctors.

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