Dr Barry Lycka  Cosmetic Dermatologist from Edmonton, Alberta is talking today with
Dr Joel Schlessinger  board certified Dermatologist from Omaha, Nebraska.

This is your number one internet radio show on cosmetic surgery, in the world! We get over 8000 downloads per week, because this show is designed for those who want the newest and best information about cosmetic surgery, and of course we have the best expert doctors as our guests. Thank you to all our listeners who have made that growth possible. If you have any topics you would like us to feature, please email Dr Lycka on info@barrylyckamd.com.

Today Dr Lycka is talking with another long-established friend, Dr Joel Schlessinger, from Omaha, Nebraska. The two doctors have worked together, and shared knowledge for nearly 2 decades. The chin is a previously difficult area to help but today the two doctors are going to share some great new treatments for the chin and neck area.

Welcome, Dr Schlessinger!

What new treatments & help for the chin and neck area can we now offer our listeners, Joel?

Maybe we should start with what isn’t new! Treatments for the chin and neck area are so dramatically different from even a year ago., when there was nothing other than liposuction or even a neck lift. Sadly, the chin area has been something that has been neglected for so long, and what we have seen is since Kybella has come out – it is the fat melting drug deoxycholic acid – then there has been a huge interest in what can be done for the chin.

Dr Schlessinger has been involved with Kybella for a long time, and Dr Lycka has been involved with the ‘forerunner’ of Kybella for a long time. It is an area that has had a lot of research, and now finally Kybella has arrived. It has attracted a lot of attention from the press. Yes, it is opening up a tremendous amount of interest in not only the chin, but in what can be done for fat. For the longest time people have looked at fat treatments as something that was a lot of work, not very good, and not something that could be done and life carry on as normal. So the great thing about Kybella is that with between 9 to 18 tiny injections, you can get your chin treated. It does take 4 or 5 sessions, spaced 2 months apart, then a very nice difference can be seen. That approach is resonating with people.

A couple of things about this. Sodium deoxycholate has been around for a long time, a lot of papers have been written on it, before Kybella did scientific studies on it.

It has been a reasonable material, but it did have some downsides to it.

Yes. People may have heard about the ‘hoo-hah’ which happened a few years ago. Part of the problem was that the early versions of this drug, nothing to do with Kybella itself, were being made in various pharmacies and there were inconsistencies with how it was made up. Some worked well, in others it caused problems. So with Kybella it is fully manufactured in the proper way, with extraordinarily tight specifications. So therefore with Kybella, you know that what you are going to get is good.

Listeners must realize that there can be side effects with this. When Dr Lycka uses sodium deoxycholate, there is a fair bit of swelling and discomfort that lasts for a day or two, or even longer.

Yes, absolutely. And for the swelling, the company has said that it lasts for three days – but Dr Schlessinger finds that many patients have swelling that lasts for a week or even 2 weeks. So this is NOT a drug you want to have done right before the family pictures, a big presentation or important event.

Yes – just because it is an injection doesn’t mean it is not invasive. In Dr Lycka’s experience when he used ‘lipodissolve’ and similar substances, it was a very invasive procedure, and why he shied away from it over the years. He found that
other procedures were just as good but with less downtime and problems for people. Well frankly if you look at it, and most people won’t really understand this, is that it is actually less invasive to do tumescent liposuction than it is to do the Kybella injections. It will give pretty good results, and the costs will be similar or a little bit more, but you have to wear a chin strap for 3 days. So your choice is to wear a chin strap, which is pretty awful, after having had liposuction in the chin area, versus Kybella which causes swelling but you don’t have to wear a chin strap. Either way you are in a ‘bind’ but at least you have options.

And that brings up the third option for the chin which is available now – which is CoolMini, and that freezes the fat.

**Yes, let’s talk about that. Coolsculpting has been a wonderful procedure, where we freeze fat in many areas of the body now, with some great results. And recently, this has become available in the neck area.**

Exactly – it is a nice little treatment. Dr Schlessinger has done full Coolsculpting for maybe three years, and it has been a very nice addition to the options for patients. When they first announced that Coolsculpting would be available on the chin, it didn’t make much sense. With this machine, the fat is sucked into a little container, the size of a pound of butter, and it is frozen, and then when it melts, by a processes of crystallization, the fat is destroyed. But with the chin, we don’t usually have ‘a pound of butter’s worth’ of fat in the chin area, so they have formulated a new device. It treats small amounts of fat, but the one thing that Dr Schlessinger has found with CoolMini is that there still has to be a pretty substantial amount of fat in order to do it. It is outstanding on people who have a pretty significant double chin, whereas Kybella excels for people who have a teeny bit of fat, but enough that they are troubled by it.

**That’s understandable. What did you find with the side effects profile of CoolMini? Is CoolMini better than Kybella in terms of down time?**

Absolutely yes. Without doubt. The downtime with CoolMini is negligible, a little bit of swelling but nothing significant. You could probably go to a party that night and nobody would notice, and certainly the next night. With Kybella it would be a challenge to go to a party without being noticed, especially if you have had large amounts of it. But having said that, there are reasons why people do Kybella, and Dr Schlessinger loves both of these. It’s not a ‘one or the other’ type of thing. They are complementary. What Dr Schlesinger does in his practice is he uses Kybella for smaller to medium chins, and the CoolMini for medium to large chins, or for people who are desperate not to have any downtime then the CoolMini would be the option. But as we said, you have to have a certain amount of fat and skin laxity. Probably about 50% of people who Dr Schlessinger wants to do CoolMini on are not candidates, whereas almost 90% of people are candidates for the Kybella injections.

**Joel, these are pretty good treatments, but the gold standard for the neck is still liposuction, isn’t it?**

Dr Schlessinger totally agrees. Liposuction, in particular Smart Lipo, which is the tumescent method along with a bit of laser work, which melts the fat under the chin. He loves that procedure, but has to say that if we still only had the Smart Lipo, then there would not be the level of interest in this area. People have not been interested in the basic techniques, such as liposuction under the chin, for whatever reason. Kybella has captured the imagination of the public, and therefore we are seeing a huge renaissance in treatments for the chin, and people being very excited about it. The thing that Dr Lycka finds with liposuction is that the downtime is not that much, the swelling is not that much, the bruising is not that much, and people get back to their day to day activities pretty quickly. The one thing is having to wear the garment around your neck, and Dr Lycka recommends it worn for day and night for one week, and then at night time only for 1 month. But that sure gives great results.

Yes, it really does. Dr Schlessinger has patients wear the garment for 3 days, and has said that for the last 20 years since he has been performing this procedure. It works fairly well, the only thing being that occasionally people will have some nerve irritation with it, sometimes just from the garment, and not the liposuction. Usually they have adhered it too tightly. Occasionally the fat can be a little stubborn to remove in a couple of areas, so there are a few tweaks that have to be done with tumescent liposuction of the neck, that make it a little bit of a challenge, but interestingly enough if they do have that then there can always be a little repeat liposuction, or just Kybella.
All these procedures we are talking about are for people with unwanted fullness in their neck. There are a lot of people that don’t have a full neck but who do have lose skin there. What sort of skin tightening measures would you advocate for these people?

Well skin tightening is a really great area too these days. This is somewhat part and parcel of the whole refocus of interest on the neck & chin area. The neck area has just been an incredibly neglected area and somewhere that people really would like to do something about but they don’t know that there are options available now. For this, Dr Schlessinger uses Ultherapy (Uthera) and really likes it for that. In some cases, he also has done a little bit of Kybella which sometimes tightens it, and the other thing that interestingly enough really seems to help the neck is to take care of the face! If your face is sagging, and you need fillers to increase the volume, and provide some lifting – then do it, because it will help your neck out immeasurably.

Dr Lycka thinks that is true and that combining procedures actually helps a lot.

Dr Schlessinger agrees that the biggest surprise of his career as a dermatologist is how much synergy is created when we combine procedures. This is the effect where 1+1 does not equal 2, but equals 3 or more. So you get more results than would have happened if you had done the 2 procedures separately. This happens with fillers, botox, and other neurotoxins, using fillers plus lasers, lasers plus Kybella, ... it all tends to help and the reason we tend to see this effect is that they stimulate collagen to form.

Yes, it is rather important. Collagen is the building block of everything so a lot of these non-invasive procedures stimulate the collagen very slowly. It is the slow process that gives the results. For example, when Dr Lycka does laser liposuction on the neck, using the Smart Lipo machine, it really takes time for that tightening to occur. It can take almost 6 months for full tightening to occur. However, most people want their results ‘yesterday’. Dr Schlessinger also emphasizes that fact to his patients and agrees that it is a difficult thing for people to accept that it takes a while for the collagen to be stimulated and ‘do its thing’. But once that has happened, you are going to see that almost magical transformation that happens around 4-6 months which really makes a very nice difference to your results. It happens with fillers, lasers, Ultherapy, in many of these procedures that we do on the face which stimulate the collagen.

A great analogy is what happens with your house if it has been neglected. If you start to repair one little thing, then another, and another, and without too much effort you can get your house back under control, by doing something little and often. That approach really holds true with these procedures on your face. If you start to just do a little bit of work here and there, the collagen will be stimulated and it will provide huge dividends.

Dr Lycka first wrote about these ideas many years ago and faced criticism from other doctors for his ideas. For example, in those days the way to tighten a neck was to do a face lift, but they are very invasive and cause a lot of downtime for people. But when Dr Lycka mentioned that these smaller procedures could do maybe 50% or 75% of the results of a neck lift, then he was criticized. Dr Lycka has written many books over the years on these subjects, and he does so to entertain himself, and also to provide knowledge for his patients. It’s a great thing to do to help patients by writing books. Dr Schlessinger comments that Dr Lycka has always had a great intention to help educate not only patients but colleagues as well.

**Dr Lycka always enjoys his time attending the annual Cosmetic Surgery Forum in Las Vegas which is organized by Dr Schlessinger. Please tell the listeners a little about that, Joel.**

Dr Schlessinger is very fortunate to have many great friends like Dr Lycka - cosmetic surgeons, plastic surgeons, facial plastic surgeons, and dermatologists of course. They go to Las Vegas every year to teach, around 250 colleagues who are learning these skills and information, or those who have been in practice a while but who want to learn new skills. As Dr Lycka & Dr Schlessinger have increased their practice and learnt new skills, they have learnt their skills as the field developed around them. It is now very different, with such a large subject area, treatments, lasers, procedures that are very difficult to learn, and interestingly enough, most people don’t get to learn this during their training program in their specialty. The cosmetic surgery department is almost like the black sheep in most dermatology departments. So, Dr Schlessinger and others have taken it on themselves to try and educate people in these subject areas because it is a subject near and dear to their hearts. It is their passion and they want it done right!

So this is also a message to the listeners that they need to visit doctors who know many things. How to treat areas like the chin with several options, how to use fillers and botox well, how to use lasers properly, so you need to choose your cosmetic doctor very well.
Not all cosmetic doctors are created equal, are they Joel?

Sadly, not. And one of the things that Dr Schlessinger wants to say is that there will be people who need more aggressive treatments for their neck. For example, Dr Schlessinger sees a lot of people who visit his office who are not good candidates for Kybella or CoolMini but they have a turkey neck, with lose skin that needs surgical tightening, with a neck lift or full facelift. So he is delighted to be able to refer those people to a plastic surgeon, or facial plastic surgeon, who wants to do that type of work, and who is an excellent surgeon. Also it is important to know one’s limits, when you can and can’t do things, and to have a good strong network of like-minded surgeons around you to share knowledge, and trade patients and referrals, when different people offer different specialties than you.

In Monaco recently, Dr Schlessinger was teaching at the AAWC (Anti Aging World Congress) and what is old is new again, and guess what! Threads are back!

Joel makes Dr Lycka laugh with this because Dr Lycka wrote one of the first papers on threads back in the early 1990s. Threads were a wonderful experience for Dr Lycka because you could get a lot of lifting of the face with them, without doing a face lift. Yes, we can do a lot with fillers, they are amazing, but a lot of people need a little bit of lifting too, and not many of us want to go to a full facelift. The problem with threads was that during the last recession, the threads were not available – the company that were making them, who were also into making cardiac stuff, decided they could make more money with the cardiac stuff than the threads so discontinued them. Earlier this year, when Dr Lycka was in Vietnam, he heard then that threads were making a re-emergence in the Far East.

Have they made their way over to North America yet?

Yes, they have. The company involved is called Sinclair, and they have a thread that is based upon vicryl, a sort of a suture, and it has bi-directional bars. The concept of a thread is that you put it in at the bottom, it is like a suture, like an anchor and then you lift it up. You bring it up at the top of the cheek near the temple and can do other little directional areas, and you are basically lifting and suspending tissue. Well the problem with the original threads was it was a permanent product and when it snapped you would get some asymmetry. So it wasn’t so good. They lasted a long time, but not forever, and after 10 – 15 years, they had to be taken out which was difficult because they were not easy to find!

Well these new ones dissolve, but presumably by the time they have dissolved, they have done enough to lift the tissue and to improve the resilience of the skin. Dr Schlessinger is pretty much a ‘doubting thomas’ on threads due to the history of the previous manufacturer, but this new company, Sinclair, are going into this in a very, very big way.

So the good news is that threads are here again, and people are going to start using them again. They used to work because they caused a subcutaneous fibrosis underneath the skin so this could be a major breakthrough again. Dr Lycka is looking forward to giving them another try. And yes this could be another way to improve the neck!

This all goes to show that cosmetic surgery is constantly changing and constantly getting better results. This is why our listeners have to keep listening to this show! These are fascinating days, and the ways in which we practice cosmetic surgery now is not going to be the same as we will be practicing it in 3 to 5 years’ time.

It’s really exciting to be a cosmetic surgeon, as well as frankly, a dermatologist, at this point. From a dermatologist’s point of view, the way in which we are practicing cosmetic surgery is always going to be less invasive and on the more thoughtful side of risk versus benefits. You have to realize that there are some doctors out there that will worry less about risk than about results, and most dermatologists are very talented and very careful people, that try to manage risk so that the results are good but the potential downside, the potential problems are minimized. We are all concerned about that, and want our patients to get the best experience possible. You should choose a physician who is concerned about you rather than buying a new yacht! Doctors that Dr Lycka works with are conscientious, and very open to new ideas, but at the same time, they keep safety concerns always at top of mind.

It is always an important thing to see that aspect and do check out a doctor. Make sure that people do get good results from that doctor. Make sure that you see pictures at the doctor’s office – and that those pictures are their own pictures. Goodness knows how many times Dr Schlessinger has seen doctors using ‘company’ pictures for everything because they don’t have any good results! Check they are not embossed with some company logos. Also check out references.
Dr Lycka wrote another book a couple of years ago, called ‘Don’t Choose A Cosmetic Doctor Without Me’ which is a very useful guide on the multiple things you need to look for when choosing a cosmetic doctor. Get in touch with Dr Lycka’s office to get a copy of it.

And the last point on choosing a doctor from Dr Schlessinger is that sadly, both Dr Lycka & Dr Schlessinger know that many doctors who have a really good reputation sometimes may not be the best doctor to choose. That maybe because they have a good reputation but their procedures don’t always turn out right so make sure you check out doctors and their results thoroughly, even if you know they have a good reputation, and make sure you feel very comfortable with them, and make sure that you can talk with them, they answer your questions, and take the time to answer them, make sure their staff are competent, and yes, as Dr Lycka says – it is a whole book trying to figure out who to choose!

Thank you Joel for sharing your time with us today – Dr Lycka always enjoys doing these shows – even though he has had a very busy day, he was looking forward to this time as he loves to reconnect with Dr Schlessinger!

Thank you Barry – yes it is always fun, and it’s a very natural conversation. It’s definitely not scripted! But it never lags and is always such a great conversation because the two doctors have so much to talk about.

A doctor that really has a passion for his subject is the type of doctor clients want. So that is who you should look for – someone who loves doing this even more than going home after a long day!

Contact details for Dr Joel Schlessinger & Dr Barry Lycka:

**Dr Joel Schlessinger**

Telephone: Omaha: (402) 334 7546

Email to skindoc@lovelyskin.com

http://www.lovelyskin.com

http://www.lovelyskin.com/skin-specialists-omaha/dermatology/

**Dr Barry Lycka**

Telephone: Edmonton: (780) 665 3546 http://www.barrylyckamd.com