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Can I get a younger face with at-home skin devices?

Dr. Niamtu:

> This is a difficult question to

answer and more and more people will

be asking it as more home devices become available.

I think the best advice is "buyer beware." This is not

to say that none of these devices can be effective, as patients may notice

some positive changes with some devices. The biggest caution is not to

expect too much in terms of results or you are likely to be disappointed — most

results are at best mild. Also, just because a device is FDA approved, does

not mean it is effective, but probably means it is safe to use as directed.

There is also a placebo effect involved. I saw a recent experiment where

a regular banana was cut in half and taste tested. One half of the banana

was said to be a regular grown banana and the other half was said to be

“organically grown.” Taste testers scored the “organic banana” as tasting better, sweeter, creamier, etc., even though it was the exact same banana. The take-home message here is that sometimes results of various treatments are not as they appear. Double-blind scientific studies are necessary to prove or disprove a result. When many of these home devices are subject to controlled scientific study, there are shown to be clinically ineffective.

To look at the positive side, when patients purchase skin toning or tightening devices, they may pay more attention to skin cleansing and care and hence take better care of their skin which can make a difference. Also I don't want to say that none of these devices are effective. Some of them may produce a noticeable

difference. If it works for you, it works for me. Just don't expect facelift or laser results from something that runs on double AA batteries.

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I think there is a fine line between new technology that may benefit patients with home use and crossing the line into spending your hard earned money for nothing. Devices that work will become classic and those that do not will fall by the wayside — till the next miracle TV commercial.

do the same type of thing, but the way that they do it is a little different than each other. For example, Dysport starts to work a little bit sooner than Botox (2 to 3 days vs 7 days for Botox) and lasts a little bit longer (around 4 months vs 3 months for Botox). On the other hand, there are many of my patients who have used Botox and have a preference for it and will continue to use it. It all comes down to preferences and that's why it is great to have two different options these days for wrinkle relaxers!

What is the difference between Botox and Dysport?

Dr. Schlessinger:

> Botox and Dysport are both the same type of drug and

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