AEDV HIGHLIGHTS
27TH EADV CONGRESS
12-16 September 2018
PARIS, France
Aesthetics

Dra. Paloma Borregón
Understanding AGEING

- **Photoageing**
  - Endorphins and sun addiction

- **Others**
  - Smoking
  - Not sleeping
  - Stress
  - Pollution

- **Cell investigation**
  - Urine as a novel cell source
    - Urine-derived pluripotent stem cells

**MITF and UV responses in skin: From pigmentation to addiction.**

Nguyen NT¹, Fisher DE¹.


**Skin β-endorphin mediates addiction to UV light.**

Fell GL¹, Robinson KC¹, Mao J², Woolf CJ³, Fisher DE⁴.


**Sunscreen and prevention of skin aging: a randomized trial.**

Hughes MC¹, Williams GM, Baker P, Green AC.


**The skin aging exposome.**

Krutmann J¹, Bouloc A², Sore G³, Bernard BA⁴, Passeron T⁵.


**Does poor sleep quality affect skin ageing?**

Cvetkovic-White P¹, Suggs A, Keo E, Matsui MS, Yarosh D, Cooper KD, Baron ED.
Antiaging treatments

- **Sunscren**
  - The best antiaging cream...but not the only one
  - “Nature gives you the face you have at twenty; it is up to you to merit the face you have at fifty.” —Coco Chanel.

- **Photodynamic therapy**
  - Similar effect with daylight exposure
  - FDA approved, 2015
  - Supportive procedures
    - Prior: ablative fractionated laser
    - After: microneedling

- **Topical therapy**
  - Retinoid
  - Bakuchiol

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Prospective, randomized, double-blind assessment of topical bakuchiol and retinol for facial photoaging.

Complications (58% increase in cosmetic injuries, WHO 2016)

- Botox
  - **Upper face**: cosmetic annoyances
  - **Lower face**: functional disturbances

- Fat tissue substitutes
  - Vascular occlusion if big amounts of fat tissue injected

- Fillers
  - Incision and expression (superficial nodules)
  - **Hyaluronidase**
    - 1500 UI in 4-7.5 ml of ss for Tyndall effect or nodules
    - 1500 UI in 1 ml of ss for vascular occlusion
      - (better multiple injections on the area)
      - Acute loss of vision...who is injecting?
Off-label uses

What’s new

- New FDA approvals for *OnabotulinumtoxinA* (on-label)
- Treating lower face as one cosmetic unit (off-label)
- New toxins
  - Short-acting **BONT-E**
  - Revance’s Long-acting BoNT-A (Daxibotulinum toxin)
Take home message

• Emergency Kit
  • Anaphylaxis
    • Adrenaline
    • Hydrocortisone
    • Chlorphenamine

• Fillers complications: Vascular occlusion
  • Hyaluronidase
  • Sublingual and topical GTN
  • Sildenafil (Viagra)
  • Prostaglandin E
  • Nifedipine
  • Others: oxygen, hyperbaric oxygen therapy

Prevention is Better Than Cure