

〈教育セミナー〉

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美容皮膚・形成外科ではどのような治療が行われているか

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Treatments in Cosmetic Dermatology and/or Plastic Surgery

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Abstract

Facial aging is perceived by some to be an inevitable outward sign of the aging process. Treatments of it may offer social, personal and professional advantages. Over the last decade numerous new treatment modalities has emerged which allow the use of minimally invasive and often non-surgical approaches to rejuvenate the aging face. The development of different novel types of lasers leading to non-ablative and resurfacing laser skin rejuvenation, often in combination with vascular and pigment specific lasers, enable the skilled practitioner to offer realistic (both with regard to result and cost) non-surgical techniques to rejuvenate the face.

There are numerous benign pigmentation disorders that can lead to the appearance of increased facial aging. These include solar lentigo, pigmented seborrheic keratoses, melasma and facial melanosis from other causes, e.g. post-inflammatory hyperpigmentation. These problems usually require a combination of therapeutic approaches to ensure maximum improvement, including the following: topical skin lightening treatments; combination of lightening agents with topical retinoids; chemical peels with or without microdermabrasion; laser therapy may be used to treat some cause of facial pigmentation, but may be disappointing for diseases such as melasma; options for laser treatment include pigment specific lasers (e.g. ruby or alexandrite lasers) or non-specific lasers (e.g. Er : YAG or CO₂ lasers). There are many resurfacing techniques available, including the three levels of peeling, lasers and abrasion. There are many injectable substances available for soft-tissue augmentation. Obviously, the techniques and substances for soft-tissue augmentation are increasing at an accelerated rate. The choice of implant material should be based on the location of the defect, the potential for hypersensitivity reaction, the desire for permanency and the patient's feelings about the need for a 'natural feel' of the implant. Of course, safety should be the primary concern when using any implant material and, thus, to do not harm.

Key words: laser, chemical peels, injectable filler, botulinum toxin, hydroquinone, retinoids.