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Minimally-invasive gluteal augmentation with poly-L-lactic acid, platelet rich plasma, and lifting sutures

Background: Gluteal augmentation is gaining increasing popularity in aesthetic surgery. Fat grafting may not be an option in a fit patient with a low body mass index (BMI). Traditional augmentation with implants are associated with complications and an unacceptable scar. Alternative, less invasive techniques may avoid these issues and has yielded reasonable results with long-term stability. The purpose of this case study was to evaluate the use of combination minimally-invasive techniques including poly-L-lactic acid (PLLA; Sculptra), platelet rich plasma (PRP), and lifting sutures (Silhouette Instalift) for buttocks enhancement.

Methods: A 35-year-old woman (BMI 20) who was seeking upper-pole buttock improvement underwent a series of procedures during three separate visits. At the first visit, six lifting sutures were placed in each buttock. PLLA vials were reconstituted with 28cc bacteriostatic water and 2cc of 2% lidocaine with epinephrine; four vials were injected on each side. 40cc of blood was used to obtain and inject 3cc of PRP into each side. Two additional treatment sessions of PLLA and PRP were repeated at 6-week intervals. Photographs and clinical evaluation were performed at each visit and at 3-month follow up.

Results: The patient tolerated all procedures well. Pain and swelling were transient side-effects and the patient reported no severe adverse events. Clinical and patient self-evaluation of the overall effect revealed significant enhancement of the patient's buttock volume and shape with particular upper-pole improvement (Figure 1).

Conclusions: The combination of PLLA, PRP, and lifting sutures is a safe and effective minimally-invasive treatment for volume restoration and contouring of the buttocks. This series of procedures may provide a comparable treatment to surgical placement of implants or fat grafting. Cost may be a barrier for many patients given the above average use of consumable products. Additional studies with extended follow up are needed to further establish the benefit and longevity of minimally-invasive buttocks augmentation.

Biography

Dr. Khorasani is the Chief of the Division of Dermatologic & Cosmetic Surgery at Mount Sinai Medical Center and a triple board certified, fellowship-trained cosmetic and skin cancer surgeon in New York City. He is a diplomat of the American Board of Dermatology (Procedural Dermatology), the American Board of Cosmetic Surgery (Dermatologic Cosmetic Surgery) and American Board of Facial Cosmetic Surgery. Dr. Khorasani specializes in Facial Aesthetic Surgery, Liposuction, Non-invasive Body Contouring, Eye Lifts, Silhouette Insta Lift, Laser Skin Resurfacing, and Mohs Micrographic Surgery.

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