

e-book



GRACE LIFTING

REJUVENATION PROTOCOL

LIVE 

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Grace Lifting - Rejuvenation Protocol.

“ As a plastic surgeon, I have to have options, because there are patients who have surgical indications, patients who want to be operated on, but there are people who do not want to be operated on and people who do not have surgical indications. Especially you there, between your thirties, forties, early forties, even older girls and boys, like fifty, sixty years old, which due to a good genetics, the face fall is not so intense. So we have that face starting to “break” forming the Chinese mustache, the beginning of the fall of the face and the beginning of the aging process, thinking about that we created an option, a protocol that I named Grace Lifting because we are looking for the Grace, balance, the delicacy of face without that exaggerated volume.”

Professor Múcio Porto
CRM DF 5757 / RQE 2190

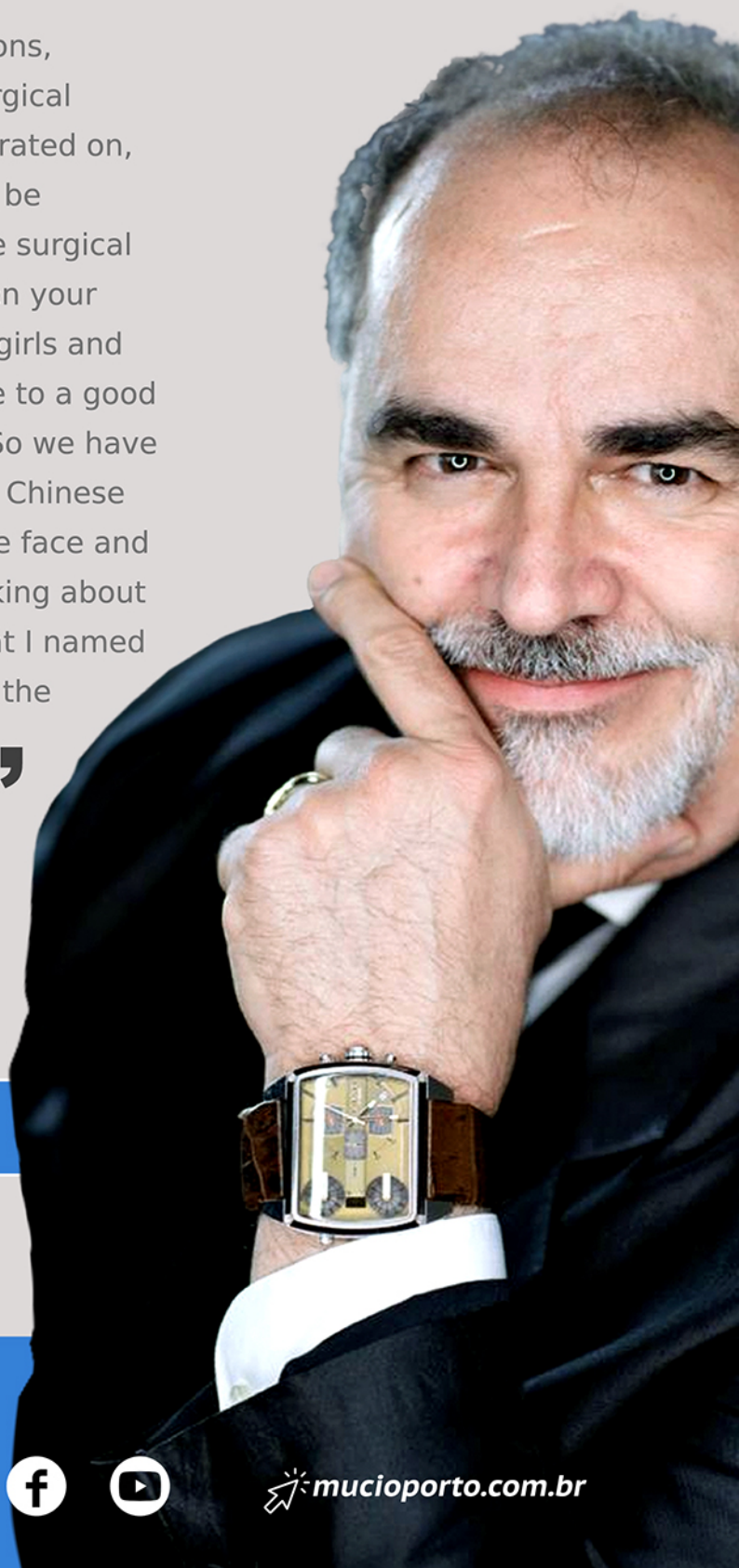
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Process of aging.

News Magazine published a study, coordinated by Harvard Medical School dermatology professor Alexa Kimball, in partnership with skincare brand Olay and personal genetics company 23andMe identified the five different processes of cells that go into decline at five different ages. :

At age 20: it is at this age that, physiologically, we have the first aging process, with a decline in the natural production of antioxidants.

At age 30: the body's metabolism starts to slow down and this affects the bioenergy of skin cells, which fuels collagen creation and activates repair processes. With bioenergy in decline, we have more tired skin.

At age 40: Cell senescence kicks in in a process where the natural life cycle of skin cells is shortened, and this can affect your appearance in many ways.

50 years and up: The skin's barrier function weakens, which makes the skin dry and unable to retain sufficient moisture on its own.



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Which is Grace Lifting?

Grace Lifting is a protocol in which we will basically associate two technologies: biostimulators and a micro and macro focused ultrasound equipment, the UltraFormer.

Biostimulators are not fillers, filling with hyaluronic acid will be used in those people who already have a very deep Chinese mustache, a very intense loss of tissue or in those people who want to increase their lips, increase the definition of the jaw.

Biostimulators are a type of drug that we use, each brand has a way of preparing it, but I like to say in the office that the biostimulator is a mortar. You know a mortar we use on walls and all? It`s exactly.

If our fat is starting to fall out, whatever the cause, we use the biostimulator in the middle of the fat so that those fat bubbles get stuck again and they don't fall out as much.

If I do this biostimulator will I get chubby or chubby? No! This is very important for us to make clear. If you want volume, it's not a biostimulator, it's a filler.



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biostimulators

Sculptra

Sculptra is a collagen biostimulator with a filling function that can be used to restore facial volume lost due to aging. It is produced by Galderma, quality assurance.

It contains poly-L-lactic acid (PLLA), a biocompatible synthetic substance that stimulates collagen production. Sculptra offers long-lasting, natural-looking results that can last up to two years.

It can be used to treat deep lines, furrows, wrinkles to give a more youthful appearance. It is also used to treat facial fat loss (lipoatrophy).

The procedure is performed in the office by a qualified healthcare professional. The Sculptra he is a powder. It comes in this bottle here. I need to inject saline. This product has to be left to rest for one, two, three days. you can return to your normal activities immediately after treatment.

No special preparation is needed, but for comfort, topical anesthetic or facial anesthesia can be used.



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Biostimulators

Radiesse

Radiesse is performed using a material called calcium hydroxyapatite, a collagen biostimulator used to restore volume in some facial regions.

It is an injectable gel with a filling effect that provides an immediate correction of common effects of aging, such as sagging and loss of skin support, as the components present in it stimulate the skin's natural collagen synthesis.

The procedure is performed in the office, using topical anesthetic in the area to be treated, and the average duration of application is approximately 30 minutes.

DO RESULTS LAST FOREVER?

Due to the fact that we use a substance that is absorbable by the body, calcium hydroxyapatite, the results do not last forever. Generally, effects can be seen for 18 to 24 months.

ARE THERE CONTRAINDICATIONS?

Despite being a safe procedure, not all people are recommended to use Radiesse. Treatment should not be done in the following cases:

pregnant women; lactating women; Patients with definitive filling on the face; Patients with injection site injuries.



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Biostimulators

Eleva

The Elleva collagen biostimulator acts on the tissue for up to 2 years, actively stimulating collagen synthesis and thus treating sagging. It can be applied to the face and body, to volumize strategic points or simply biostimulate without volumization.

The application is similar to that of hyaluronic acid. Biostimulators are injected at specific and careful points on the face and body, in the deep dermis, in fat tissues and in the proximity of bones, with a very fine microcannula (to minimize the likelihood of ecchymosis and edema). This makes the results natural and harmonious.

When injected, the product causes a controlled inflammatory reaction to which the body responds by stimulating the production of collagen by the connective tissue cells of the patient's own skin. Poly-L-lactic acid boosts collagen production from the very first application. In addition, it has a three-dimensional effect, which means that it works to guarantee the firmness of the skin in its three layers, improving the appearance as a whole.



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Biostimulators PRP

So far we are in a rather common place, of injecting biostimulators, the differential in our GRACE LIFTING protocol is the association of another biostimulator, which is PRP.

PRP is an acronym that stands for Platelet Rich Plasma. We take it from your blood, we take the syringe, we put it in a centrifuge there in the office, we centrifuge it and then we separate it, the red cells go to the bottom, the plasma is on top, we aspirate the plasma and throw the rest away. What are we going to do with this plasma?

PRP is also a biostimulator, in my view, I consider it as a fertilizer for tissues, which can be used in several cases. We use it to help with healing, to stimulate collagen in wounds, to stimulate collagen in the skin, among others. PRP is reported to have been used in the 1950s, but it was actually published in the 1980s. So today many people are using PRP because it is also a biostimulator. Now the evidence is showing that if I mix the PRP, which is the biostimulator you have in your blood, with the biostimulator that I buy in the market, it turns into a wonderful "mortar", and it returns the grace to your face and hence the Grace Lifting .

Application

Summarizing Grace Lifting, we will mix your plasma (PRP) with the biostimulator, which I will choose according to the case, Sculptra, Radiesse or Eleva. We will inject it into your face. You will do one session, two, even three. It depends on the intensity of the fall and the loss of tension in your face.

We inject with a technique we call fanning. They are injections like flaps in different directions, we cross these directions because we want to distribute this product, this composition, in the middle of the fat of your face so that your face has more definition

And it is obvious that the process is dynamic and this process is changeable. So in six months, in a year, we will do maintenance. Don't you do maintenance on your car? Don't you do maintenance on your house painting? So let's do maintenance on your face too.

until now we have worked on the fat of your face, now I want to work on the cover, the quality of the skin.



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Ultraformer

Ultraformer III is an innovative facial and body treatment, which uses focused micro and macro ultrasound to treat sagging and localized fat both body and face.

The technology, which can be adjusted according to the needs of each patient, promotes a kind of facelift and highlights the body contour with practicality and safety, without requiring the patient to move away from their daily activities.

Ultraformer III is a non-surgical procedure, which can be performed in the office with the application of a topical anesthetic, and remains on the face for about 20 minutes to ensure the desired effect.

Treatment is fully personalized. The application is done with a transducer, with tips and energy chosen and controlled by the doctor to guarantee the best results for each patient.

The Ultraformer III is ideal for patients who want impressive results but have little time on their schedule. Each facial session lasts between 15 and 40 minutes, while the body treatment lasts about 1 hour, depending on the number of areas to be treated.

Do you have any doubt?

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