

e-book

# 10 TREATMENTS THAT ARE GOING TO BE A HIT IN 2023



By *Mucio Porto*



# 10 treatments that are going to be a hit in 2023

First, it's a pleasure to be with you for three years producing these lives, and I also want to say that this one is very special, do you know why?

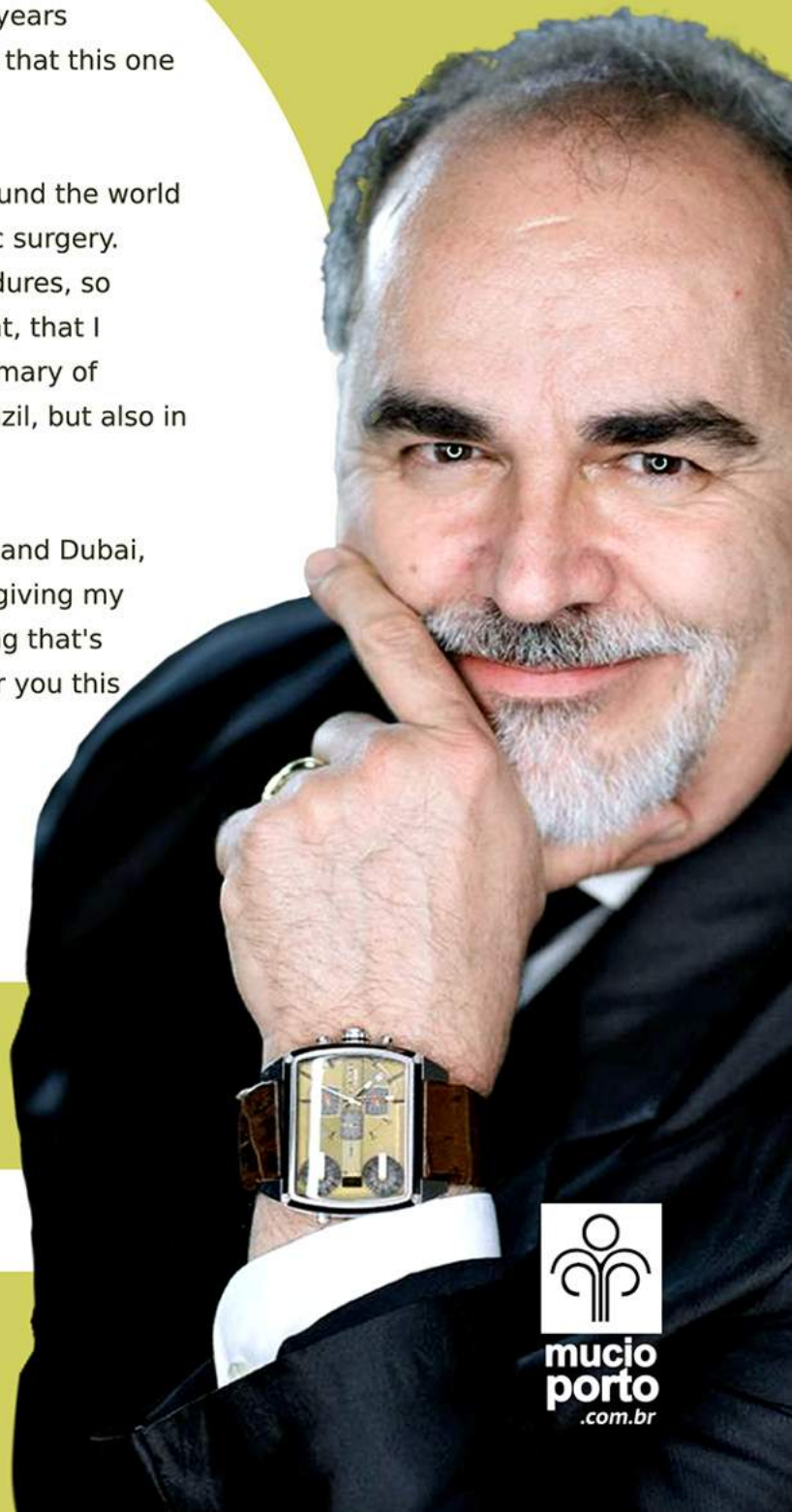
Because it will reveal to you what is cool around the world in terms of aesthetic treatment within plastic surgery. There are so many wonderful surgical procedures, so much new stuff, and so much cool equipment, that I decided to make a compilation, make a summary of what's really happening, not only here in Brazil, but also in Dubai and all over the world.

I'm Múcio Porto, a plastic surgeon in Brasilia and Dubai, I'm not the owner of the truth, and I'm here giving my opinion of what I consider to be the best thing that's happening in the world and that we can offer you this year. It's starting.

Professor Múcio Porto  
CRM DF 5757 / RQE 2190

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01

# My Elevate

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# 01

## My Elevate

My Elevate is a type of procedure that was created in Belo Horizonte and in the United States and was developed by a company in London. I was in Dubai in December working and they invited me to learn about this system, and I had the honor of being chosen to launch it here in Brazil next year. And there in Dubai it will be released in January.

### What is it:

It is a system that was devised to define the angle of the neck in relation to the face. As well? Everyone, the younger you are, the more definition of your face and neck, as time goes by our face collapses, it keeps falling, it goes down and then we gain the unfortunate, the double chin incident. Yeah, the double chin will make us lose that definition between face and neck.

### How is done:

My elevate is a wired procedure. This yarn is a type of polyester and this thread is done exactly on the neck, the procedure is done in an anxious room with local anesthesia and you leave the anxious room ready and ready with a nice definition of your neck. The differential is a balcony of the specific points where we cross the wires and attach it to the back. It is a polyester thread that is non-absorbable, as we get older, it will go down a little, but it remains there in place.

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02

# Morpheus

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# 02 Morpheus

Morpheus is the head of a device, this device has several needles that will penetrate your skin and trigger radiofrequency for what? Collagen! The magic word collagen. It can be used on your face, on your neck, on your body as a whole to stimulate collagen.

## What is it:

Morpheus is an innovative Israeli technology that arrived in Brazil in 2020 for facial and body aesthetic treatments. It's the revolution for a more youthful and natural appearance. Among its varieties of clinical use, it is an excellent technology to treat flaccidity, cellulite, stretch marks, acne scars, fine wrinkles and hyperhidrosis, with continuous, progressive and long-lasting results that have attracted many people interested in body and facial care. It is the only triple action technology that treats sagging, wrinkles and texture at the same time.

## How is done:

The tip for applying the technique has gold-coated microneedles whose function is to melt the fat cells, which after the treatment will be expelled naturally by the body, thus allowing remodeling. He also still stimulates collagen in a lasting way by increasing production even after the procedure. It also promotes clotting of fat cells (adipocytes) and contraction of connective tissue. This results in lipolysis, skin retraction, cell renewal and increased collagen production, that is, it remodels the skin structure.

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03

# Ultraformer next generation

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# 03

## Ultraformer next generation

The third treatment that will be popular in 2023 at our clinic in Brasília and at our clinic in Dubai and around the world is called Ultra Former next generation, that arrived in Brazil, arrived in Dubai, arrived in the world as Ultra Former 3.

### What is it?:

It is a device that emits a technology that focuses high-intensity ultrasound. Until then, there is nothing very new, because it is already a few years old. THE difference from Next Generation is the penetration, that is, the power is more intense. The normal ultraformer no longer bothered, imagine this one! It penetrates with the ultrasound, and damages the dermis, it will do an aggression, whose response is the formation of collagen. Collagen, the magic word remember?

### How is done?

Through the action of microfocused ultrasound, Ultraformer III promotes an internal reaction as a result of heat waves, which cause clotting in the applied region and, thus, stimulate the body itself to create new collagen fibers. The result is visible immediately, but the real result takes place between 3 and 12 months after treatment.

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10 treatments that are going to be a hit in 2020

04

# Facetite

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# 04

## Facetite

Nowadays in the market of aesthetics, medicine, plastic surgery and aesthetic medicine, we have several technology platforms. Years ago we only had one laser device and one other device and that was it. The rest you would go home and cry, wait to get old, older and then have plastic surgery because there was no option. Facetite today is the technology used to treat people who still do not have a surgical indication.

### What is it?:

Facetite is InMode's Minimally Invasive Bipolar Radiofrequency for the most delicate areas such as the face, neck, arms and knees.

InMode is an innovative technology that has just arrived in Brazil. It is an invasive radiofrequency whose objective is to offer a 3D remodeling of the skin and subcutaneous tissue, causing contraction of the fibers that connect the skin to the muscles. The response to this treatment is skin retraction, improving the degree of flaccidity. Radiofrequency works by heating the skin in its various layers in a controlled and controlled manner, resulting in firmer skin and stimulating collagen production.

### How is done?:

The Facetite tip is made up of 2 ends: a thin cannula that goes inside the skin and a probe that stays outside. Radiofrequency is distributed in a controlled manner between these two extremities, causing fiber reorganization and the retraction of the septa that unite the skin to the deeper tissues. The result? A more homogeneous and firm skin.

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05

**HBB UP MAX**

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# 05

# HBB UP MAX

Hbb up max is a combination of products and procedures that will make your butt firmer, more contoured and with more volume. It's a procedure that we mix, fillers, products usually based on hyaluronic acid or polymethyl methacrylate deep into the fat of the buttocks to add volume and then we start with biostimulators, usually polylactic acid.

## What is it:

HBB is a technique done in the office, where we will analyze three levels of the structures that design your butt.

## How is done?:

There are three stages, the first of which is to give the muscle volume, which we will work with the CM SLIM that gives you design and the volume of the muscles, it is outstanding, it really lifts the muscle part. Then I'll give you volume, density of the fat layer.

In the second stage we worked with two things: the filler and the biostimulator. Filler in a deeper layer, biostimulator in a more superficial layer. We've already given more volume and design to your butt. But then you have flaccid skin, you've sunbathed a lot, the sun destroys the DNA of the cells that make up the fibroblasts that will produce collagen. So it's that more flaccid skin. Sometimes it has a streak. And will it stay there? No it won't. Because as you know butt is muscle, fat and skin. So in the final part of the treatment we evaluate the skin. There are several technologies in our clinic, both here in Brazil and in Dubai. I'm going to suggest one that I generally love and recommend the most: AGNIS®.

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06

Hipex

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# 06

## Hipex

I can't stop talking about it because Hipex (High Intensity Pelvic Exercise) are high intensity focused electromagnetic waves used to strengthen the pelvic floor. People are whole, they want to feel completely good, even in the genital area. Men and women, especially women, after giving birth and through sexual activity.

### O que é:

the Hipex system is an innovative technology to help treat pelvic floor disorders. The procedure is non-invasive and focused on stimulating the region's natural strength.

### Como é feito:

The treatment consists of 30-minute training sessions, divided into: stretching, exercises and relaxation in 2 treatment modes:

- U Mode – indicated for the treatment of urinary incontinence, it exercises the muscles responsible for controlling urine.
- P Mode – stimulates the perineal region, for greater stability of the pelvic region.

Chronic pain control, more comfort and quality of life.

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07

Deep Plane

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# 07 Deep Plane

Number seven is a sanitary procedure. A lot of people are talking about this facelift technique, this isn't very new, it's kind of old, but now, throughout 2022, things took shape and research came to the fore in our practice.

## What is it?:

The Deep Plane Facelift is considered one of the most innovative and advanced surgical techniques for facial rejuvenation. It promotes more lasting, natural, effective results and has the benefit of leaving an excellent quality scar.

## How is done?:

The technique is nothing more than a facelift, that is, we make cuts around the ear, which gives more refinement in terms of jaw definition. The muscles, fat and skin of the face are repositioned without causing tension in the tissues.

As a result, the patient gets a more youthful appearance, without getting that artificial appearance of "stretched skin".

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08

# Hybrid Mammoplasty

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# 08

## Hybrid Mammoplasty

Hybrid mammoplasty is when you have the indication of a breast prosthesis to create volume, of course, but not only volume, shape definition, that fatty one down here, but I can associate the injection of fat Look how cool.

### What is it?:

Hybrid mammoplasty is the combination of two techniques to increase breast volume. In this surgery, the breast prosthesis is placed and then fat grafting is performed on the breasts. Fat grafting consists of injecting the patient's own fat into the breasts.

### How is done?:

I remove the fat, for example, that you hate in your breeches or thigh roots, the abdomen, which mainly in the abdomen, below the navel is full of stem cells, which means that they are cells that will be transformed into tissue, fibroblasts, collagen , and then I purify, I work these cells and I inject them around the prosthesis that I put in to give a better finish.

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09

# Explant with injection of stem cells

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# 09

## Explant with injection of stem cells

Today we are seeing more and more people talking about silicone disease.

The following happens, for some reason the patient wants or has an indication to remove the breast prosthesis. Alright, so I'm going to remove the breast prosthesis, but in general I don't have much tissue, you know why? I'll tell you a secret When we put a silicone prosthesis over the years this prosthesis, the presence, it kind of destroys the breast fat a little. There is a capsule formation around the prosthesis and then this capsule will pick up cells that will be formed into fibroblasts and fibrosis.

### Whats is it?:

It is the withdrawal of the silicone prosthesis and the capsule that forms around the silicone prosthesis and we inject your own fat that is rich in stem cells to shape it.

### How is done?:

In the case of a Simple Explant, the contour of the breast and the area to be fat grafted are marked. The same incision used for the insertion of the prostheses is then used. Through it, the dissection is made until the capsules and then the complete detachment is made. This step must be followed by strict hemostasis, and the placement of drains is not mandatory, but it may be necessary. After closing the incision, liposuction is performed using a conventional technique in a vacuum device. This fat is passed through a centrifuge and then grafted.

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10

**DAXXIFY**

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# 10

## Daxxify

It's a new drug, it's a new type of botulinum toxin that came to compete in the world market with Botox, basically. It was launched in the United States by the FDA in the United States, which is Anvisa in the United States, approved this use in September. The issue here that I want to leave, and that's why I left it last, is that there is a different conception of biochemistry.

### What is it?:

Daxxify (daxibotulinumtoxinA-lanm) is an acetylcholine release inhibitor and neuromuscular blocking agent indicated for the temporary improvement of the appearance of moderate to severe glabellar lines in adult patients (the famous wrinkles). Daxxify is a long-acting neuromodulator stabilized with Peptide Exchange Technology™ (PXT) that lasts an average of 6 months and up to 9 months in some. Conventional neuromodulators, such as Botox, usually last 3 to 4 months.

### How is done?:

Daxxify is applied with small injections in some specific muscles of the face to relax their contraction and, consequently, prevent the formation of wrinkles when talking or smiling.

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