

COSMETIC TREATMENTS

Dermatologists Reveal the 3 Most Popular Skin-Refreshing Treatments Trending Now

Better skin solutions ahead.

Sponsored by Sylfirm X · May 8, 2023

“How can I improve my skin?” It’s a common question doctors get asked all the time. And when this happens, experts work to pair their patients with procedures that’ll give them healthy, glowing skin and the best bang for their buck.

While the recommended procedure typically varies from person-to-person, there are a few treatments that are often suggested again and again for successful skin revitalization, regardless of skin tone or type.

Here, we break down the top three treatments that tackle a variety of skin concerns, from skin laxity to discoloration.

1. Sylfirm X RF Microneedling

One of the more popular skin treatments trending right now is microneedling with radiofrequency (aka RF microneedling). Sylfirm X, which utilizes this game-changing technology, combines the collagen-boosting effects of microneedling with the heating effects of radiofrequency energy, but in a more functional way. Unlike other microneedling treatments, the heat injury from Sylfirm X is shaped like a teardrop to improve overall treatment efficacy. This improves results, recovery, and helps to enhance the patient’s comfort during their appointment, making the technology a win-win from every angle.

“This device is fantastic, especially in the fall because we’re resetting the skin [after summer] at that time,” says Houston dermatologist Suneel Chilukuri, MD. “The beauty of the Sylfirm X specifically is that it activates the skin’s fibroblasts, and fibroblasts are the basic cell that creates collagen and elastin in the skin.” This is a good thing, because the more collagen and elastin our skin has, the younger it appears. After all, collagen is what gives the skin its structural support, allowing the skin to stay where it is, and elastin is what allows our skin to snap back after we pull on it.

While some treatments are limited to certain skin types and tones, Sylfirm X is much more inclusive and ideal for most candidates. Plus, it typically only takes a single session for results to become visible.

2. Filler

If you’re even remotely interested in aesthetics, there’s a good chance you already know about dermal fillers. Dermal fillers are made of a soft gel, most commonly comprised of hyaluronic acid that’s injected into the face to plump a targeted area, fill out sagging skin, and smooth wrinkles. “Fillers create contour instantly,” says Willowbrook, IL dermatologist Jessie Cheung, MD, adding that fillers can also stimulate collagen production to ultimately improve the appearance of the skin, even after the filler itself dissolves.

Even better, results from dermal fillers are immediate and provide you with a refreshed look after just one appointment. Fillers also come with almost no downtime and minimal discomfort during the appointment. Results can either be too subtle or overly drastic, so it’s important to be clear with your provider about your aesthetic goals before undergoing this treatment.

3. PDO Threads

Slightly more invasive than the other top treatments listed, Dr. Cheung says, “Anyone can benefit from the lifting and collagen-stimulation effects of PDO threads.” This non-surgical procedure involves the insertion of volumizing Miracu® PDO threads “via tiny pokes in the skin that are about a millimeter wide,” explains Dr. Cheung, who notes these are so small they typically close within 24 hours. “The smooth threads that have no hooks or barbs are used for collagen stimulation only, and since they are usually thinner than a human hair shaft, they are wrapped around needles that are about the same size as filler needles and left in place just under the skin as the needles are removed.”

Most patients will experience the most swelling during the first 3-4 days after treatment and may experience some bruising. This swelling will improve over time but may still be present after two weeks.

Dr. Cheung explains the actual threads are absorbed over 9 months, “but since you are making collagen around those threads, your lifting effect should last at least a year. The good news is that you can prolong the life of your thread lift with lasers to further stimulate collagen production.” Because PDO thread treatments are not a surgical procedure, excess skin is not removed, and results are not permanent.

The bottom line

If you’re looking to achieve more youthful-looking skin, these treatments will certainly put you on the right track. “For Sylfirm X, results are just remarkable,” says Dr. Chilukuri. “I’ve got a patient who just turned 60 and her skin looks like she’s 35 years old. Her face just looks healthier.”

Ultimately, only you and your provider can decide which skin revitalization treatment is best for you and your aesthetic goals. However, sometimes a combination of treatments—including a combination of these three treatments—is your answer for younger-looking skin. In fact, Dr. Cheung recommends it: “It’s always best to treat with multiple modalities, as aging is not one-dimensional.” With the impressive results that each of these treatments produce, it’s clear they’re worth incorporating into your overall skin-care routine. Just be sure to book your appointment with a trusted provider who can help ensure the best outcome possible.

