CSF: 2016 MEETING PREVIEW

The Cosmetic Surgery Forum (CSF) recently wrapped up its 8th annual meeting. Founded by NE-based dermatologist Joel Schlessinger, MD, CSF is a three-day multi-specialty educational symposium. Dr. Schlessinger describes the meeting as “interactive, exciting and never the same experience.” Highlights from this year’s meeting included discussions about targeting male patients and trends that may appeal to men, new techniques to address the signs of aging around the eye, body contouring options, advances with peels, expanded applications for laser and light devices, and more.

Oculoplastic surgeon Julie Woodward, MD discussed the value of ablative lasers for the periocular area and shared a new procedure she’s been doing to correct lash ptosis. “We have a new technique that we’re doing with the laser with a 200-micron spot to put two rows of spots above the eyelashes so women who have eyelashes that tilt down into their eyes may no long have to use an eyelash curler,” she explains.

Modern Aesthetics® Co-Chief Medical Editor Steven H. Dayan, discussed how men are an increasingly important demographic in aesthetics today. “Everyone talks about the male market and how it’s a growing market, but the reality is as a percentage it hasn’t grown as much as we all think, so why is that and how can we appeal to men for aesthetic treatments?” Dr. Dayan says. “I think one of the things we need to recognize is we appeal to men differently than women and that some treatments we give to women might not necessarily work for men.” Dr. Dayan explained that most of the men who come to his office are introduced to it by their wives or partners, and that laser hair removal is the most common treatment he’s performing on these male patients. He also notes that male patients may not feel comfortable coming to the office during normal business hours when the waiting room is predominately filled with women. He finds they prefer to be able to come in the evenings when they can “slip in and slip out.”

Dermatologist Jeanine B. Downie, MD shared tips for success with non-invasive body contouring and fat reduction explaining that the most important factor is ensuring patients have realistic expectations. She says patients must understand that they still need to excercise and eat healthy — this is not a substitute. ■

To watch coverage of these and other core specialists from CSF, visit http://dermtube.com/series/daily-coverage-cosmetic-surgery-forum-2016.