

### Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.comhttps://modernaesthetics.com/topics/energy-based-devices/updates-in-energy-based-devices-strategies-for-stacking-treatments/54797/>

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## Updates in Energy Based Devices: Strategies for Stacking Treatments

### Dr. Lanna Cheuck:

Hi, guys. I'm Dr. Lanna Cheuck. I am an aesthetic physician with a surgical background in New York City with multiple locations. And my goal is to really bridge the gap between Korean innovation and US innovation. I didn't go to South Korea for the last two years to chase a fad. I went to South Korea for the last two years so that I can understand the future. And the future are skin boosters, they're stacked energy-based devices, they're different operations, and clinical practices, and people scaling there. And I was able to get all that information and bring it back to the US. And now I'm hoping to educate and have everybody learn about all the different innovations that we can safely do here legally, ethnically do here to give patients that amazing aesthetic tourism experience without having to do the 16-hour flight to South Korea.

I think the secret is out. I think stackable procedures is the way of the future. I think monotherapy is out and multimodal therapy for all the things that's happening to our faces from a standpoint of regenerative, to prevention, to rejuvenation, to big things that we can do to help with the big changes. I think when it comes to stackable procedures, my biggest takeaway was doing radiofrequency, which I think is so big. Also, ultrasound. So Ultherapy is really big there. I like the new machine, the new RF with bipolar and monopolar radio frequency. It's called DENSITY by Jeisys. I think that's... It's really exciting. It's new technology. It's dual frequency that we haven't seen before. So you get that immediate improvement and then you get some delayed improvement in collagen and really understanding collagen banking. I think that stacking those two, ultrasound and radiofrequency, is really the foundation of having beautiful skin and that tightening effect.

Other things that I saw there, titanium lifting, which is basically laser hair removal, is big there, but they use it in different settings for skin tightening. And then really just putting the different layers of skin boosters on. I think one of the biggest things that I saw was using, like, HA, like Restylane Vital, for your HA skin booster intradermally, plus using polynucleotides like Rejuran, plus using tox for skin rejuvenation. And that's something that we really haven't seen yet. And then one more thing that is a secret is the way that they actually inject the tox superficially for pores, for minimization of pores, and for deep acne scarring is something that they called air tox. So it's really injecting a little bit of air first to kind of give that kind of micro dissection of the intradermal area and then injecting the tox in there. And I think that that's probably the biggest takeaway that I saw there, that I was really wowed about, was the way that they use tox for skin rejuvenation, not for the wrinkles, the dynamic wrinkles, and for paralysis of muscle, but for skin rejuvenation. It is huge there.

So I think that the combination of HA skin boosters like Restylane Vital and Vital Light, and also polynucleotides, the salmon testes DNA, and then also the skin tox for the full face, in addition to the energy-based devices, I think is the biggest takeaway. And that is really the bread and butter of what they do there.