

THE DANGER, RISKS, AND SAFETY OF NON-SURGICAL COSMETIC REJUVENATION IN UKRAINIAN COSMETIC CLINIC

Admission: The ability to perform nonsurgical facial treatments and procedures a core competency requirement for cosmetology residents. Every woman, regardless of age and status, always wants to look beautiful, well-groomed and young. However, limited research is done on training models to achieve competency in nonsurgical facial rejuvenation.

The aim of the study: to explain and evaluate patient-reported outcomes and safety of non-surgical rejuvenation procedure performed by cosmetologists.

The research methods and material: The scientific literature and other sources relevant to a particular problem were examined and compared. Based on the findings of the study, relevant interpretations were discussed and analyzed, some recommendations were suggested.

In this article we consider different new cosmetics procedure. Scientists distinguish the ability to competently and safely perform non-surgical facial treatment as an essential component of comprehensive aesthetic surgery training. [7, 5, 3]. Though many clinics in Ukraine allow cosmetologist perform nonsurgical facial rejuvenation procedures.

In our research we give a short description and characterization of the most popular Ukrainian nonsurgical facial rejuvenation procedures and treatments performed on both women and men of the age of 27-65.

A 3D facelift pulls tissue and fat from inside the lower part of the face to the cheekbones, adding volume without the more severe look of a traditional facelift. These types of facelifts are usually performed with local anesthesia. [1]

Rhino-sculpture is a modern “nose job” procedure that uses a probe emitting ultrasonic energy to reshape nasal bones without damaging cartilage or soft tissue. Rhino-sculpture is considered a safer, less traumatic alternative to traditional rhinoplasty, with shorter recovery time. [1]

Hybrid breast augmentation - this type of breast enlargement combines breast implants with liposuction, which is used to remove fat where it isn't wanted so it can be injected into breast tissue. This cosmetic procedure results in a more natural looking breast and has fewer risks, with faster recovery, than a standard breast augmentation using implants alone. [1]

Lip lifts shorten the space between the top of the lip and bottom of the nose to raise the edges of the lips and give the mouth a more defined look. Lip lifts are a permanent plastic surgery procedure that can usually be performed in less than an hour under local anesthesia. [1]

EmSculpt body contouring - this body contouring procedure uses highly-focused electromagnetic energy to initiate muscle contractions that help to both build muscle tone and break down fat on the abdomen and buttocks. EmSculpt is ideal for people with

lower body mass index who want to reduce fat in hard-to-target areas and improve muscle definition. [1]

Brow lamination is all the rage these days as this temporary, non-invasive alternative to microblading offers a great solution to brow concerns. The process is said to be like a perm for your brows — only instead of curls, there's a setting lotion that helps the lil hairs stay up (when brushed forward) — and lasts for about six weeks. Because this process does require rather harsh chemicals, folkx with eczema or skin sensitivities may want to consult with a professional before trying this trending beauty treatment. [3]

Trending up, lip blushing is essentially a semi-permanent lip stain — a cosmetic tattoo that is said to colour correct while enhancing the shape and size of your lips (some say it even helps with asymmetry). The results leave lips with a more natural look after the healing process is done — while still offering the aesthetic of fuller, plumper lips. [4]

Lip injections are ever popular for transforming, not just lips, but the way face look in general. Injectables can contain commercial fillers like Juvederm, or fat that is removed from ones own body. After a topical numbing agent is applied to the area, the filler is injected in and around the lips and normal activities can be resumed immediately. [4]

The essence of the procedure smile correction consists a few simple botox injections placed in strategic locations will prevent the upper lip from raising excessively high when you smile and thus exposing the gum. [2]

Facial cleansing is one of the most popular procedures in cosmetology. It is performed to clean the skin from the stratum corneum of the upper epithelium, comedones, blackheads, milia, dirt (cosmetics, foundations, powders, etc.). Mechanical is deep, ultrasonic - more superficial. Often the skin condition requires a combination of these two techniques. [3]

Oxygen facials is the procedure in which used ehe high tech compression machine pushes oxygen and other small-moleculed skincare products (like hyaluronic acid, vitamin treatments and botanicals) into the skin via a pressurized stream of air. While these treatments are not as pampering as an ordinary facial, they are said to bring balance back to the skin, lessen the appearance of fine lines, make tone brighter and plump the skin. [3]

Botox continues to take the lead in non-invasive cosmetic treatments. This injectable treatment relaxes facial muscles with a subtle yet effective result. Considering this quick, relatively painless procedure can be done during your lunch break, and make you look instantly refreshed and well-rested, it's no wonder it's so popular. [3]

Mesotherapy is a broad term for a non-invasive cosmetic technique that involves multiple injections of pharmaceuticals, vitamins, homeopathics, hormones or enzymes to tighten the skin, treat hair loss, minimize cellulite, and lighten pigmented skin, among others. There is little research to back the use of mesotherapy and it is not FDA-approved. Despite this, many people take the chance and try mesotherapy making it very popular in the world of non-surgical cosmetic enhancements. [4]

Body contouring is a procedure using the Velashape III body contouring machine, which combines four anti-cellulite technologies and skin tightening. The machine heats up fat cells, connective tissue and collagen fibers, which with multiple treatments, can improve elasticity, minimize cellulite and improve skin texture. [3]

Finally, I want to report on a modern cosmetic procedure that helps to lose weight and is currently used in Ukraine

Cryolipolysis, commonly referred to as “CoolSculpting” by patients, uses cold temperature to break down fat cells. The fat cells are particularly susceptible to the effects of cold, unlike other types of cells. While the fat cells freeze, the skin and other structures are spared from injury. After an assessment of the dimensions and shape of the fatty bulge to be treated, an applicator of the appropriate size and curvature is chosen. The area of concern is marked to identify the site for applicator placement. A gel pad is placed to protect the skin. The applicator is applied and the bulge is vacuumed into the hollow of the applicator. The temperature inside the applicator drops, and as it does so, the area numbs. After the hour-long treatment, the vacuum turns off, the applicator is removed and the area is massaged, which may improve the final results. [6]

According to studied literature, the injured fat cells are gradually eliminated by the body over 4 to 6 months. During that time the fatty bulge decreases in size, with an average fat reduction of about 20 percent. [6]

Research results: Summary statistics were tabulated via established methods. The following diagram show the most popular cosmetic treatment and non-surgical rejuvenation procedures in Ukraine.

Nonsurgical facial rejuvenation procedures with neuromodulators and soft-tissue fillers remain the most requested and prevalent aesthetic procedures in Ukraine. According our study, some procedures have a small percentage of popularity among Ukrainian citizens, this is due to the fact that they are quite expensive and people cannot afford it. Facial rejuvenation with non-surgical procedures, including neuromodulators and soft-tissue fillers, can be performed by cosmetologists and provide high levels of satisfaction and improvements in multiple domains of health-related quality of life without compromising patient safety.

Conclusion: Cosmetic procedures help to emphasize the beauty and hide flaws, you need always carefully study the procedure, do not succumb to discounts or cosmetic offers because you get what you pay for, and certainly don't want your health to end up paying for it.

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