

A TIGHT FIT: CAN NON-INVASIVE TISSUE TIGHTENING DEVICES FILL A NICHE IN YOUR PRACTICE?

PELLEVE: A PATIENT-FRIENDLY OPTION FOR NON-INVASIVE TIGHTENING

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WHAT IS PELLEVE AND HOW DOES IT FIT WITHIN YOUR PRACTICE?

As the field of tissue tightening devices for use on the face has increased, our practice has incorporated many technologies, each of which may provide a distinct benefit in certain settings. However, Pelleve (Ellman International) has emerged as one of our most popular offerings, as it is a generally painless, but effective intervention for noninvasive tissue tightening in the face.

Pelleve is a monopolar radiofrequency device that delivers thermal energy to the dermis without damaging the epidermis. The thermal energy induces collagen contraction for a tightening effect, leading to improvement in the appearance of the skin. It is appropriate for use on all skin types, and is suitable for many presentations of skin laxity. For certain patients with excessive laxity or very thick skin, a more invasive laser procedure may be indicated as an alternative to



The Pelleve device.

noninvasive tightening. Additionally, it must be noted that radiofrequency treatment is contraindicated for any patient with embedded metal, such as a device in the chest or abdomen or a plate in the head. For such patients in our practice, we would usually use Titan (infrared device, Cutera). Pelleve is ideal for the patient who cannot tolerate pain or prefers not to tolerate pain. Our protocol is to provide one treatment per month for three months with a single repeat treatment provided at about six to eight-month intervals. In our practice, aestheticians provide



Pelleve spotlight treatments, whereas the PA or physician staff usually administers other tightening devices.

WHAT IS TREATMENT LIKE FOR PATIENTS AND WHAT CAN THEY EXPECT?

Patients will typically see results immediately following their first treatment, which will generally diminish by about four weeks when they are due for a repeat. Optimal results are seen about three months after the third treatment. Especially for patients who are receiving other minimally invasive procedures, such as filler or toxins, the notion of regular follow ups is familiar and well accepted.

Some patients, however, will prefer not to undergo multiple treatments. These individuals are often treated with Thermage in our practice. Such patients typically present for retreatments every 18 months to two years. Thermage, which is associated with more pain than Pelleve, may be somewhat more effective for a patient with very thick skin or more significant laxity. In our practice; however, the two devices tend to be used for similar patient presentations, with similar results. Ultimate choice of one device over the other often depends on patient preference. We present all the treatment options to each patient, outlining the strengths and weaknesses, and guiding them to the decision that is best for them. As a practitioner who has had Thermage since its introduction, I think it is important for other clinicians to understand that adding Pelleve has expanded, not redistributed, my base for minimally invasive tissue tightening. Patients who had not elected to undergo Thermage treatment have opted for Pelleve. As with other aesthetic indications, each device has its unique benefits and drawbacks. Incorporating multiple devices for noninvasive tissue tightening can allow a practice to optimize outcomes for a wider body of patients.