

# TITLE: Expanding Horizons of Aesthetic Procedures in the Geriatric Age Group

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## Introduction

- With rising life expectancy and active lifestyles, aesthetic concerns in the geriatric population are increasingly being addressed in dermatology practice.
- Age-related pigmentary changes, volume loss and hair thinning can significantly impact self-esteem and social interaction.
- Minimally invasive procedures, when combined judiciously, can provide safe and effective rejuvenation in elderly patients without the risks of extensive surgical interventions.

## Methods

- 74 yrs female patient who underwent a series of aesthetic procedures tailored to her specific concerns.
- High-intensity focused ultrasound (HIFU) was employed for non-invasive lower face and jawline rejuvenation.
- For periorbital pigmentation - a periorbital chemical peel was performed.
- For sparse eyebrows, microblading was carried out.

## Results

- HIFU achieved visible tightening and lifting in NLF and anterior jowl.



- Even a single session of Periorbital peel resulting in noticeable lightening and improved skin texture.



Microblading helped in restoring natural definition of eyebrows.

Minimally invasive procedures were well tolerated, with no significant downtime, highlighting the safety in the geriatric age group.

## Conclusions

This case demonstrates the successful use of multimodality aesthetic interventions—chemical peel, HIFU & microblading—in a geriatric patient. Such tailored approaches not only rejuvenate appearance but also significantly enhance quality of life, reflecting the evolving role of aesthetic dermatology in older adults.

## References

Wollina, Uwe & Rowland Payne, Christopher. (2010). Aging well - the role of minimally invasive aesthetic dermatological procedures in women over 65. Journal of cosmetic dermatology. 9. 50-8. 10.1111/j.1473-2165.2010.00475.x.