

5 ways to optimise the results of your Pyramid FaceLift

Dr Kim discusses the importance of optimising your skin care regimen and lifestyle elements to get the best out of your course of treatments



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The non-surgical *Pyramid FaceLift* is a three-tier skin rejuvenation treatment that has exploded in popularity over the past year thanks to its celebrity fan base. Its success lies in the fact that it combines three different treatments in a single session to work on every tissue layer in the face: skin tightening and resurfacing, volumising of the dermis and muscle toning and lifting.

In order to maximise the outcome of advanced rejuvenation treatments of this kind, there are a few things you can do to ensure the best possible outcome:

1. Cut down on your intake of high glycaemic index foods

A process called glycation is one of the leading causes of skin ageing. Excess glucose combines with collagen and elastin fibres, and a chemical reaction results in formation of destructive molecules called Advanced Glycation End Products. These molecules harden and build up in the dermis over time, resulting in skin that loses its radiance, and a loss of elasticity.



2. Boost your intake of vitamin C and zinc

One of the most important components of the Pyramid FaceLift is the fact that it not only helps repair and reorganise damaged collagen, as well as

stimulating production of new collagen, elastin and hyaluronic acid. In order to do this, the body needs to have adequate stores of both vitamin C and zinc, the building blocks required for the synthesis of hyaluronic acid and collagen. Pack in the kale, broccoli and seafood for brighter, firmer skin.

3. Pre- and post-procedure L-ascorbic acid

Not only is vitamin C important in your diet, but topical vitamin C in the form of L-ascorbic acid, is 100% bioavailable in the skin, and equally important for skin health and boosting results. Using it in advance of your treatments, as well as post-procedure, will also help reduce redness and downtime. Clinical studies conducted by SkinCeuticals have demonstrated significant improvements in results – up to 20% difference - when advanced treatments are combined with their 15% vitamin C serum, CE Ferulic (which also contains vitamin E and ferulic acid). Using hyaluronic acid, and a night time skin regimen that also contains niacinamide and peptides, is an added bonus to improving regeneration in the skin.

4. Retinol

If there is one skin care ingredient that is guaranteed to turn back time in the skin, it is retinol, a derivative of vitamin A. It comes in many forms, as well as different price points, so the majority of people are able to find a retinol that works for them. If you have particularly sensitive skin, introducing retinol slowly (once or twice a week), or using a slow-release or liposomal formulation can help. Retinol can make the skin more reactive during a course of treatments, so you should stop using your retinol for three to seven days before and after your treatment (as advised by your skin specialist). If you're undergoing a fairly intensive course, then it is



better to stop using your retinol during the course and start again when it's complete.

5. Sun protection

This almost goes without saying. Wear a hat when you are outside, and ensure that you apply your SPF 50 daily, carrying it with you for re-application during the day.