

VANITY FAIR

LET'S GET VAIN

Dr. Haideh Hirmand On the Latest Treatments in Anti-Aging and More

BY SUNHEE GRINNELL



Trusted dermatologists and plastic surgeons based in Los Angeles, New York, Miami, and London weigh in on the latest knowledge and the most effective advanced-technology procedures and injectables.

Vanity Fair: What's been the most popular procedure in your office with proven results? Clear + Brilliant? Ulthera? Fraxel?

Haideh Hirmand: Ulthera, InstaLift, filler for tear-trough and eyelid hollows, and PRP and micro-needling.

V.F.: Are there any other new technological procedures that you are considering to offer at your practice in the near future?

H.H.: The new hyaluronic-acid skin-boosting treatment for remodeling of the skin and neck, and BodyTite (injectable radio frequency).

V.F.: How does the new Volbella and Vollure XC compare to Restylane or Juvéderm for lip injections?

H.H.: Alternatives that are used for slightly different purposes, including fine-line filling and border definition.

V.F.: Do dermatologists and plastic surgeons still perform liposuction? Who should be performing this treatment?

H.H.: Yes. Plastic surgeons are particularly qualified for larger liposuction procedures.

V.F.: CoolSculpting-what are your thoughts and pros and cons?

H.H.: Pros are that it's non-invasive, no downtime, works in most people with a defined bulge. Cons are that it doesn't work for everyone in the same way, and not good for large, confluent areas of fat.

V.F.: Any other fat-reducing procedures that you can recommend?

H.H.: UltraShape.

V.F.: Instead of Botox and fillers, what about one's own fat injections? Are there too many risks because unlike the typical injections it's not reversible?

H.H.: Fat is a powerful and good choice in the right candidate with the right technique but must be done with a very skilled doctor.

V.F.: What are your thoughts on Silhouette InstaLift ?

H.H.: It is not permanent but a very good non-surgical option that will last for a couple of years. The procedure takes approximately 20 to 30 minutes and the approval rating from my patients have been very high, from 80 to 90 percent.