

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.