Lifting, Tightening and Fat Removal with a Bare Optical Fiber

By Daisy Brumby, Contributing Editor

After charming the international community, the Endolift® procedure from Eufoton (Trieste, Italy) is now available in the U.S. exclusively through Saratoga Aesthetics (Eufoton USA). As a preferred nonsurgical option for lifting, tightening and the removal of excess fat, Endolift is an innovative, minimally invasive procedure that can be used on the face, neck and body to stimulate both deep and superficial layers of the skin, causing the connective septum to retract and stimulate collagen remodeling. This single-session procedure achieves immediate and notable effects, with results that are further enhanced over time.

A key differentiator with Endolift is the hair-thin, bare optical fiber (200 or 300 micron) that is connected to Eufoton’s LASEmaR 1500 diode laser and inserted into the superficial hypodermis. This avoids the mechanical and thermal trauma caused by a metal cannula. Roberto Dell’Avanzato, MD, an aesthetic surgeon in Milan, Italy, and International Member of the American Society of Plastic Surgeons, explained that the wavelength is manipulated by the optical fiber. “It heats to 65° to 70° Celsius to create collagen remodeling, while the surface skin maintains a comfortable temperature of lower than 40° Celsius.”

Dr. Dell’Avanzato developed Eufoton’s Endolift procedure more than a decade ago and has successfully used it to treat the entire face and body. He continues to refine the procedure and is on the cutting-edge, pushing boundaries with improved ways to treat incredibly delicate areas, like under the eye. Treatment of this region traditionally relied on a metal cannula, which carries the risk of complications related to overheating.

For Mehrnoosh Heidarian, MD, a board-certified dermatologist in Tehran, Iran, Endolift has been a significant part of her practice for four years, during which time she has performed more than 300 procedures. “The results are remarkable, comparable to a conventional surgical facelift,” she expressed. “No anesthesia is required, no scar, no bleeding, literally zero downtime.”

While the Endolift technique is typically used for lifting, tightening and definition on the mid and lower face, mandibular border, chin and neck areas, in Dr. Heidarian’s experience, the Endolift technique is an exciting option for cutting through the fibrotic bands at the bottom of acne scars to improve their appearance in a non-traumatic way. Laser-assisted subcision with this evolved technique, she explained, is more effective than the former cannula-assisted subcision.

Michael Felton, MD, a lead trainer for Eufoton USA and director of Nouveau Visage Anti-Aging Center & Med Spa in Broussard, La., describes the LASEmaR 1500 as the “Swiss Army Knife” of aesthetic devices. He elected to add the Ladylift® capabilities for vaginal treatments and LIGHTScan, a non-ablative fractional scanner, to his LASEmaR 1500, in addition to Endolift. Dr. Felton considers the laser to be the most impactful device he has added to his practice. The laser’s versatility and proven procedures ensure high patient satisfaction and a high return on investment.

According to these experts, Endolift checks all the boxes on a practitioner’s 2021 aesthetic procedure wish list, helping to create a favorable outcome for their patients. Dr. Felton acknowledged, “If you are a hands-on surgeon like me, then it is definitely a tool worth adding because you can expand your utilization as your comfort level grows. It is so far advanced in its offerings and capacities beyond the other technologies that we have,” he explained.