

# Allied against aging

Italian physician presents a combination of treatments to revert the passage of time.



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Stretching the skin is not the most effective method to obtain a rejuvenated appearance. According to Plastic Surgeon, Alessandro Gennai, this method which has been used for decades is no longer the solution to fight the signs of aging; on the contrary, he proposes regeneration through stimulation of the skin's adipose tissue in order to achieve a fresh and natural look.

"My philosophy is that facial rejuvenation should be done in an artistic manner while keeping a natural look. I always say the method of skin regeneration, repositioning tissue using stem cells is the most important in order to restore volume. I call this approach R3 because I use the three basic rejuvenation principles," explained Gennai in a recent visit to the Island to share knowledge with his colleague, oculoplastic surgeon José Raúl Montes.

To support his theory, Gennai has created three different techniques that complement each other. The first is the Superficial Enhanced Fluid Fat Injection (SEFFI), which is based on injecting the person's own fat to regenerate tissue and restore facial volume that is lost with the passage of time. Then Micro SEFFI emerged, with which more sensitive areas, such as perioral and periocular, can be reached.

The third technique named Minimal Incision Vertical Endoscopic Lifting (MIVEL) is a way to reposition tissue endoscopically, utilizing a micro cannula that enters deeper tissues through an incision of four millimeters and which is done in strategic places to avoid visible scars.

Moreover, Montes, who has a private practice on the Island, pronounces that in recent years cosmetic medicine has remained in a constant search for rejuvenation methods in which the skin's quality is in clearly optimal conditions and people can have a natural face expression. For that reason, tests and researchers have increased in the quest for treatments that are the least invasive.

Montes favors the use of injectables, especially in people between 40 to 50 years old who are seeking a more youthful appearance without undergoing surgery. Therefore, he hopes to be utilizing these techniques on his patients very soon.

"In addition to adding volume, the benefit of injecting fat from stem cells is that it helps skin regeneration as well as the face's soft tissue structure at all levels because it replaces volume. The 'fillers' have eight months to one-year longevity. When fat is properly injected the effect could last longer," Montes added.

**"Restoration is the key to rejuvenation, not a face change or transformation."**

Alessandro Gennai, Italian Plastic Surgeon

