

Skin above the knees: treatments for a difficult area

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INTRODUCTION, OBJECTIVES, PURPOSE OF THE STUDY

The interest for non-invasive techniques for skin rejuvenation is increasing. However, lax skin above the knee is often forgotten. As a matter of fact, there were not so many options for its treatment. The aim of our study is to present the application of selected rejuvenation techniques and to define their efficacy and safety.

MATERIALS AND METHODS

Clinical evaluation of the patient. Classification and selection of the patient and targeted therapies: from calcium hydroxyapatite to microfocused ultrasound.

Inclusion criteria: people aged >18 years old; skin laxity.

Exclusion criteria: severe diseases and severe skin laxity.

Treatment in single or multiple sessions.

Controls at T₀ + T₃₀ + T₉₀.

Measurement and analysis: standard digital photo.

Evaluation of results and satisfaction of patients.

RESULTS

The targeted approach focused on the correction of specific morphologic variations of the skin above the knee, showing a variable grading, is effective and able to satisfy patient expectations. The treatment was well tolerated; we reported only a few adverse events: local reactions (erythema, oedema, swelling). All these effects last few days.

CONCLUSIONS

The treatment of the skin above the knee is challenging. Our protocols have shown good results in this difficult area and a good tolerability profile. A good selection of patients is mandatory in order to achieve the best result.