



Interview with Dr. Hooman Khorasani

Skin Care

March 29, 2019

I recently had the opportunity to speak with [Dr. Hooman Khorasani](#), Chief of Dermatologic Surgery at the Icahn School of Medicine at Mount Sinai. Here is a summary of what I learned from our conversation:

Some new cosmetic surgery trends are on the horizon.

An up-and-coming trend in this industry is the use of absorbable sutures for lifting, fine lines, and scars. Also, fillers as threadlike materials, like Sculptra, are becoming popular.

Several common mistakes are made in this industry.

Dr. Khorasani frequently sees cosmetic surgeons over-treating patients, especially with injectable fillers. He also notes that cheeks and temples are becoming wider — so much so to the point that patients end up looking deformed. Occasionally, he witnesses inappropriate aesthetic boundaries and believes that surgeons need to see patients' wants and needs as a science.

Starting cosmetic procedures too soon is *usually* a myth.

Dr. Khorasani states that problems with cosmetic surgery usually are usually attributed to *too much* surgery as opposed to starting these procedures too soon. Too much surgery can stretch the skin and result in an undesirable appearance.

Dr. Khorasani actually recommends starting certain procedures early. It's a good idea to begin laser treatments around age 25 or 26, and Botox has an advantage to being started around age 27. Starting Botox this early can help prevent the formation of those dreaded 11 lines between the eyebrows. Also, starting Dysport early can help prevent the formation of frown lines on the forehead.

Cosmetic procedures aside, Dr. Khorasani recommends being religious about sun protection as early as birth.

As a side note, a person of any age considering a cosmetic procedure needs to make sure he or she is dealing with a board-certified dermatologist or plastic surgeon.

There are some exciting new treatments being developed.

Currently being performed in clinical trials is an acne treatment for young men and women using gold particles. With this treatment, the gold particles are applied topically and are absorbed into the sebaceous glands which reduces the size of these glands. This results in reduced acne.

Additionally, Botox injections for buttocks augmentation are in the development stages, as is off-label use of PDT. This reduces the size of the sebaceous glands and therefore the bacterial load.

To learn more about Dr. Khorasani, [visit his website!](#)

Shop Related Products



SKINCEUTICALS
Triple Lipid Restore, ...

\$175.00 ✓prime

★★★★★ (319)



SKINCEUTICALS
Micro Exfoliating Scru...

\$44.25 ✓prime

★★★★★ (460)



SKINCEUTICALS
Foaming Cleanser, 1...

\$65.00 ✓prime

★★★★★ (68)



SKINCEUTICALS
Clarifying Clay Masque

\$78.88

Skinceuticals Skincare

Go

Ads by Amazon 

Sign up for our newsletter!

First Name

Last Name

Your email address

JOIN NOW!

Disclaimer:

The purpose of this blog is for skin care-related reviews and tips only. It is not intended as and does not substitute for medical advice. Information posted should not be construed as personal medical advice. Posts are not intended to diagnose, treat, or cure disease.