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**CLINICAL & EXPERIMENTAL DERMATOLOGY**  
 &  
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### Therma bio stimulation lift

One of the main consequences of skin aging is the progressive reduction of the subcutaneous tissue with loss of firmness and tone of the tissues. By the association of high-intensity focused ultrasound and biostimulation threads, a lifting-like effect can be achieved without the post-operative and the risks of surgical lifting. The TBS Lift is indicated in all those cases in which there are signs of body aging related above all to skin laxity. High intensity focused ultrasound used in this study causes tissue warming and contraction to a depth of 4.5 mm. They also stimulate the collagen genesis in the superficial and deep dermis at 1.5 mm and 3.0 mm. In my experience it is useful, in order to amplify the results of high intensity focused ultrasound, the association with the polydoxanone biostimulation threads, a medical device already widely used in general surgery and cardiovascular surgery. By inserting the threads into the skin tissue immediately after performing the high-intensity focused ultrasound, an improvement of the

final effect is obtained and an increase in the duration of the obtained improvement. This is because in turn polydoxanone stimulates the production of collagen and cell metabolism, while increasing the microcirculation and therefore the flow of blood in the treated areas. The whole procedure is outpatient, takes just around an hour, does not require anesthesia or at most a local anesthesia for the insertion of the threads in particularly sensitive patients. The results on the firming and compacting of the skin are appreciated gradually until obtaining the maximum result in about 3 months. Results stable one year from treatment, The TBS Lift is aimed at patients who have a slight breakdown of body tissues or who want a preventive intervention. The treatment is indicated to counteract the skin failure of arms, thighs and knees. The association of the two methods in the same session also allows a clear economic advantage.

### Biography

Tiziana Lazzari was graduated at the Liceo Classico Cristoforo Colombo in Genoa, Tiziana Lazzari graduated in Medicine and Surgery at the University of Genoa in 1988 with praise and specializes in Dermatology and Venereology at the same University. After specialization she attended master classes and courses in Aesthetic Medicine and Surgery in Italy and abroad. From 1991 to 1998 she collaborates with the Dermatological Clinic of the University of Genoa, where she performed dermatosurgery activity. At the same time, she worked at the Istituto Medicina Domani in Genoa as Director of Clinical Activity (1991-1993) and Clinical Research (1993-1994). From 2010 to July 2016 has been director of the Lazzari Medical Center (C.M.L.), a dermatology and aesthetic medicine clinic with a surgical outpatient. She is currently performing clinical, surgical and cosmetic dermatology and cosmetic surgery in Genoa at the Villa Montallegro Clinic, where she regularly offers free consultancy to cancer patients in collaboration with LILT (Lega Italiana Tumori) in Genoa. She has been working with laser techniques for over 20 years, using most of the technologies on the market and treating all the pathologies and blemishes that can be improved with such methods. Her experience has extended in recent years to mono and bipolar radiofrequency techniques and regenerative medicine. In 2011 she's been awarded with the ARMIR Award (Foundation for Research on Rare Diseases) for merit and commitment in the field of technological research at the service of dermatological surgery specially targeted at the treatment of traumatic and/or surgical scars with laser techniques and radiofrequency. She is taking conferences in Italy and abroad, she teaches in aesthetic medicine while following courses in Italy. In the years 2013-2017, as part of the events sponsored by the Science Festival in Genoa, she has been the President of the first four editions of the National Congress of G.I.S.T. (Italian Study Group on Technologies). She is enrolled in scientific and academic associations, such as ISPLAD, SIDCO, SIDEMAST, SIES and SIME. She is a founding member of GIST (Italian Study Group on Technologies). She is a member of the American Society for Laser Medicine and Surgery and the American Academy of Cosmetic Surgery. She is also an associate member of AICPE (Italian Association of Plastic Aesthetic Surgery) and member of AIDDA (Italian Association of Women Business Executives).

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