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Needle and patch work

Lydia Seymour on combining **Radara patches** with **microneedling**

Out of the many treatments available to 'turbo-charge' your own collagen, microneedling has over the years become more and more popular amongst skin-savvy patients and practitioners. Microneedling has been highly praised for being generally a predictable way to achieve youthful, dewy-looking skin as well as treating indications such as acne scarring, striae, post-traumatic burns, drug and skincare deliveries.

Creating a controlled trauma triggers a wound healing response in which the skin is fooled into believing that an injury has occurred, therefore releasing various proteins and potassium into the cells. This leads to the migration of fibroblast cells to the site of 'injury' and hence the occurrence of neo-collagenesis.

There are now many different variations of administering a microneedling treatment, including rollers, stamps and other devices. These can sometimes be combined with other technologies such as radiofrequency to further enhance results, which I am personally a strong advocate for. Combining two powerful anti-ageing technologies together such as device-based and topical skincare only maximises the potential for patient satisfaction. Although these conventional methods are highly effective, there are limitations for around the eye area which is where I have begun to understand the hype around the brand Radara.

So how does it work? Radara uses a micro-channelling technique which, unlike microneedling, is non-invasive with very minimal disruption to the epidermis. This makes it perfect for around the delicate eye area where the skin



can sometimes be too thin for traditional needling applications. Radara's unique periorcular patches are coated in thousands of microscopic plastic structures less than 0.5mm which create small micro-channels in the epidermis. This then allows their specifically formulated hyaluronic acid serum to flow freely down to the dermal layer to aid with hydration, natural elasticity and support.

Radara is a fantastic partner for microneedling whether used in-clinic or at home due to its ability to provide the solution for treating the eye area without the risks involved. Too much trauma can cause a negative effect, especially in fragile places such as the eye area, hence why the Radara patches can be so easily implemented alongside any needling treatment.

For years now I have used hyaluronic acid (HA) as a 'go-to' choice to include in many of my patients' skincare routines due to its skin-replenishing properties which go a long way to treating dehydration and other environmental damage caused by years of skin assault! As one of the main components of our extracellular matrix and the chief glycosaminoglycan, HA has the important job of attracting and binding moisture to the skin. As we know, one molecule of HA alone can hold up to 1000 times its own weight in water, making it an essential ingredient for plumping out the skin. When applied to the skin, the topical cream containing the acid forms an air-permeable layer and penetrates the dermis (aided in this case by the micro-channels created by the Radara patches), providing the skin with the desired hydration and elasticity. These are caused by the physiochemical properties of the polymer and its interaction with other macromolecular components. The continual application combining the gentle trauma of the patches and the HA creates a perfect partnership in combating tired-looking eyes.

In a dermatological study carried out by Innoture Ltd, improvements in fine lines and wrinkles were shown in as soon as two weeks. Then at four weeks it was reported that they were reduced by an average of 35%. 81% of patients also felt their skin was smoother and 88% felt their skin was firmer. Clinical tests then also showed that for a further four weeks post-treatment, improvements in skin quality and wrinkle reduction continued, as well as the HA serum's efficiency being almost doubled. (Innoture Ltd – Data on file)

So, who can use Radara and how? Radara is a four-week treatment which takes only five minutes to apply each evening, making it easy and hassle-free. Radara also makes an ideal partner to any treatment, whether it may be injectables, needling, or laser etc. It enables patients to further enhance results at home, in between appointments or alternatively as an entry product for patients who are taking their first steps in anti-ageing.

I will be advising all my patients from those who are seeking out preventative measures, to those who are looking for a result driven eye treatment to use Radara. Depending on desired results it is advised that this is repeated once every three months.

Within the foreseeable future I can see Radara making a considerable impact on the industry due to not only my personal experiences and the available trial results but also the wealth of clinical expertise which has been ploughed into the development of the product. **AM**



Lydia Seymour is an experienced aesthetic therapist who has gained her knowledge by working closely alongside consultant plastic surgeon Mr Taimur Shoaib at the La Belle Forme Clinic in Glasgow. She has also worked alongside aesthetic doctor Dr Johanna Ward.