

Profound—Clinical Insights

Steven Bloch, M.D.

*Plastic Surgeon, Founder and Director
Body by Bloch, Skin Deep Medical Spa
Chicago, IL*

Demand for non-surgical, minimally invasive or non-invasive procedures has been increasing. With technological advancements in light- and energy-based devices, we can now offer patients more treatment options. One such option is the Profound RF microneedling device for jawline contouring and wrinkle reduction.

I first tried Profound on myself in May 2015. This is how I assess any and all new technologies before I purchase them. Profound delivers radiofrequency energy beneath the skin through microneedles. The energy is sent directly into the deep dermis to stimulate the production of elastin, collagen, and hyaluronic acid. Profound can add volume and resiliency to the jawline, neck, jowls, nasolabial folds, and cheeks, as well as address other textural considerations.

Many energy-based devices cannot guarantee clinical efficacy due to shortfalls in their engineering design, as well as the inherent lack of reproducibility in the results. With Profound, I set the temperature and the timing so that it won't exceed or undertreat the targeted area. The system also cools the skin simultaneously. A precise algorithm, developed with dosimetry studies, tells us the temperature needed beneath the skin and how long it needs to be maintained to stimulate the body to produce elastin, collagen and hyaluronic acid. Profound allows us to accurately reach and maintain the exact thermal dose of energy (temperature and time at temperature) to partially denature collagen and create the fastest healing response for dermal remodeling.

Profound Efficacy

We own some competing radiofrequency-delivery devices, so I was skeptical at first. But Profound stood out from a very crowded field. The results I experienced with Profound were so superior to any other technology that I felt compelled to buy it two months after trying it. I have treated close to 50 patients so far, and every one of them has seen an improvement. For most non- or minimally-invasive technologies, the non-response rate is about 20%. With Profound, the response rate for rhytides is 100% and 95% for laxity at six months. The patient satisfaction rate approaches 100%.

Profound Protocol

I recommend Profound for patients experiencing general laxity of the skin with some fine lines and wrinkles. Profound addresses both of these concerns. Other energy-based technologies help with sagging and skin laxity only. Patients in their 50's who feel that the skin on their neck and face doesn't have the same elasticity—that it doesn't snap into place as readily or easily as it did during their younger years—can benefit from treatment with Profound. Profound can replenish the collagen, elastin and hyaluronic acid needed to restore these youthful properties.

Many patients still report that their skin lacks supple, elastic properties after facelift. In these cases, I offer Profound as a follow-up procedure about six months after the surgery. I mention that there are additional tools we have that can help maintain the effects of the facelift or enhance them. Profound may ultimately prevent or significantly forestall the need for a facelift. And it is suitable for male patients, who tend to be surgically averse.

We have had great success using the Profound technology to tighten skin in the underarm area. As surgeons, we are very good at achieving fat reduction with arm lifts and liposuction, but we had not been able to correct the skin on the anterior arm area until now. In thin women, texture of the skin of the anterior arm (the part covering the biceps) loses its tone and gets crepey with age. We get a very nice improvement with Profound. It has been a home run. Another area where we have seen a great results is the anterior thigh. For suitable patients with mild to moderate degrees of laxity on body parts, we are seeing very noticeable improvement.

Profound Cost

Pricing varies based on the body part treated, with \$4,500 for bilateral anterior thighs and around \$3,500 for face or jaw. We were able to pay for the Profound equipment within the first month.