A MULTILAYER APPROACH TO CELLULITE TREATMENT: A COMBINATION OF SUBCISION, COLLAGEN BIOSTIMULATION, AND STRUCTURAL FILLING – A CASE REPORT

ABORDAGEM MULTICAMADAS NO TRATAMENTO DA CELULITE: ASSOCIAÇÃO DE SUBCISÃO, BIOESTIMULAÇÃO DE COLÁGENO E PREENCHIMENTO ESTRUTURAL – RELATO DE CASO

UN ENFOQUE MULTICAPA PARA EL TRATAMIENTO DE LA CELULITIS: UNA COMBINACIÓN DE SUBCISIÓN, BIOESTIMULACIÓN DE COLÁGENO Y RELLENO ESTRUCTURAL: UN CASO CLÍNICO

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ABSTRACT

Cellulite, or gynoid lipodystrophy, is a multifactorial condition characterized by structural changes in the dermo-hypodermal unit, including septal fibrosis, irregular skin relief, and dermal laxity. This study aims to describe the efficacy of a combined therapeutic approach involving subcision, collagen biostimulation, and structural filling in the treatment of moderate to severe cellulite. A case report of a female patient who underwent a multimodal protocol, with clinical and photographic evaluation, was presented. Significant improvement in skin relief, reduction in the depth of depressions, and increased skin firmness were observed, without relevant complications. The multilayered approach proved effective and safe, reinforcing the importance of treatment directed at the different anatomical structures involved in the pathophysiology of cellulite.

Keywords: Cellulite. Gynoid Lipodystrophy. Subcision. Collagen Biostimulation. Dermal Filling.

RESUMO

A celulite, ou lipodistrofia ginóide, é uma condição multifatorial caracterizada por alterações estruturais na unidade dermo-hipodérmica, incluindo fibrose septal, irregularidade do relevo cutâneo e flacidez dérmica. Este estudo tem como objetivo descrever a eficácia de uma abordagem terapêutica combinada envolvendo subcisão, bioestimulação de colágeno e preenchimento estrutural no tratamento da celulite moderada a grave. Foi realizado um relato de caso de paciente do sexo feminino submetida a protocolo multimodal, com avaliação clínica e fotográfica. Observou-se melhora significativa do relevo cutâneo, redução da profundidade das depressões e aumento da firmeza da pele, sem complicações relevantes. A abordagem multicamadas mostrou-se eficaz e segura, reforçando a

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importância do tratamento direcionado às diferentes estruturas anatômicas envolvidas na fisiopatologia da celulite.

Palavras-chave: Celulite. Lipodistrofia Ginóide. Subcisão. Bioestimulação de Colágeno. Preenchimento Dérmico.

RESUMEN
La celulitis, o lipodistrofia ginoide, es una afección multifactorial caracterizada por cambios estructurales en la unidad dermohipodérmica, incluyendo fibrosis septal, relieve cutáneo irregular y flacidez dérmica. Este estudio tiene como objetivo describir la eficacia de un enfoque terapéutico combinado que incluye subcisión, bioestimulación de colágeno y relleno estructural en el tratamiento de la celulitis moderada a severa. Se presenta el caso clínico de una paciente que se sometió a un protocolo multimodal, con evaluación clínica y fotográfica. Se observó una mejoría significativa en el relieve cutáneo, una reducción en la profundidad de las depresiones y un aumento de la firmeza de la piel, sin complicaciones relevantes. El enfoque multicapa demostró ser eficaz y seguro, reforzando la importancia del tratamiento dirigido a las diferentes estructuras anatómicas involucradas en la fisiopatología de la celulitis.

Palabras clave: Celulitis. Lipodistrofia Ginoide. Subcisión. Bioestimulación de Colágeno. Relleno Dérmico.

1 INTRODUCTION

Cellulite, also called gynoid lipodystrophy, affects approximately 80 to 90% of women after puberty, being one of the main aesthetic complaints in dermatological and aesthetic clinical practice.

Its pathophysiology is complex and multifactorial, involving structural changes in the dermal-hypodermic unit, including:

- Fibrosis of the interlobular septa
- Herniation of adipose tissue
- Changes in the extracellular matrix
- Reduced dermal elasticity
- Compromised microcirculation

These changes result in skin depressions and irregularities in body contour, especially in the gluteal region and thighs.

Isolated treatments often have limited efficacy, as they do not act simultaneously at all the anatomical levels involved. In this context, combined approaches have gained prominence, as they promote more complete and lasting results.

2 OBJECTIVE

To describe the clinical outcomes of a combined protocol involving subcision, collagen biostimulation, and structural filler in the treatment of moderate to severe cellulite.

3 CASE REPORT

A 29-year-old female patient with no relevant comorbidities sought care with an aesthetic complaint of cellulitis in the gluteal region, classified as grade III.

He denied previous treatment in the region.

On physical examination, he presented:

- Evident skin depressions
- Irregularity of the contour
- Moderate sagging
- Palpable fibrotic septa

4 PROTOCOL CARRIED OUT

The treatment was performed in a single session, using a multimodal approach:

4.1 SUBCISION

It was performed with a blunt cannula, promoting mechanical release of the fibrotic septa responsible for skin retractions.

4.2 COLLAGEN BIOSTIMULATION

Application in the subdermal plane with the aim of stimulating neocollagenesis, improving the firmness and quality of the skin.

4.3 STRUCTURAL FILLING

Application in a deep plane in areas of greater depression, providing volumetric support and leveling of the cutaneous relief.

5 RESULTS

The patient presented:

- Significant improvement of the appearance of cellulite
- Visible reduction of depressions
- Improvement of gluteal contour
- Increased skin firmness

The evolution was progressive, with continuous improvement in the subsequent weeks.

Adverse events were minimal:

- Mild oedema
- Discrete ecchymosis

Both with spontaneous resolution.

6 DISCUSSION

Cellulite has a multifactorial etiology, requiring a therapeutic approach directed to the different anatomical layers.

Subcision acts on the release of fibrotic septa, reducing the dermal traction responsible for depressions.

Biostimulators promote increased collagen production, improving skin quality.

Structural filling corrects irregularities, providing volumetric support.

The combination of these techniques allows for a more complete and effective approach, with superior results than treatments alone.

However, the success of treatment depends on:

- In-depth anatomical knowledge
- Proper technique
- Careful patient selection

7 CONCLUSION

The combined approach involving subcision, collagen biostimulation, and structural filling has been shown to be effective and safe in the treatment of moderate to severe cellulitis.

The multilayer treatment allows acting on the main pathophysiological mechanisms of the condition, resulting in a significant improvement in skin relief and skin quality.

Therapeutic individualization and technical mastery are fundamental for satisfactory results.

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