FACIAL VACUUM MASSAGE IS AN EFFECTIVE COMPONENT OF THE COMPLEX MANAGEMENT OF PATIENTS WITH SEBORRHEA.

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Introduction. Vacuum massage is a popular procedure of hardware cosmetology, which brings not only pleasure but visible results too. This technique is the dosed effect of negative barometric pressure on a particular body's parts. As a result, blood circulation and lymphatic drainage in the tissues intensify, muscle tone increases, and favorable conditions for tissue trophies creates.

Vacuum massage is not inferior to acupuncture, acupressure, or classical massage. This method affects different aspects: blood and lymph vessels dilate and narrow alternately while the procedure, stagnation eliminates, toxic products of skin metabolism excrete, regulatory and metabolic processes normalize, and the functions of internal organs activate, including the brain, by stimulating nerve endings. It is an excellent technique for stress and chronic fatigue relaxation. Moreover, it is an effective remedy to combat aesthetic and medical problems such as edema, muscle atony, cellulite, dark circles under the eyes, fibrosis, wrinkles, and sebum secretion disorders.

Materials and methods. Considering these characteristics, we actively implemented this massage into our practice recently. Our team included vacuum facial massage in the complex treatment of seborrhea, a lifetime problem for most patients, even if skincare was corrected and provoking factors eliminated.

The study included 87 patients with dry or oily facial seborrhea, aged 18-53 years, including 32 men. In addition to classical topical and systemic therapy, after eliminating the active manifestations of this condition, we offered a vacuum facial massage to patients. Procedures were performed 2-3 times a week, 10 per course, and each lasted 5-7 minutes.
We evaluated the results by examining the facial skin under a Wood's lamp and questionnaires that the patient completed before the treatment and after the massage course (after 1-2 months).

Results. We found that due to the action of vacuum massage, as a superficial peeling (there was exfoliation of dead keratinocytes), the skin of all patients became smoother and velvety. Furthermore, skin color became uniform, pores narrowed, and sebum secretion normalized. In addition, in patients aged 40+, the swelling of the face decreased, the oval of the face tightened, the turgor of the skin improved, and superficial wrinkles became less noticeable.

Conclusion. Seborrhea is a common dermatocosmetological problem. Various treatments often do not grant the desired results and complete elimination of this imperfection. Improving treatment regimens is an opportunity to achieve sustainable results, which is desirable for both - the patient and the doctor.

Vacuum massage, facial as well, should not be considered as a cosmetic procedure only. It also can be a part of a comprehensive method for many dermatological problems correction. Our experience of using this in different types of seborrhea gives new horizons for improving the specialist who works in this field.