

# Science, Innovation, + Art

A thought leader in the field of minimally invasive aesthetics, **Dr. Amelia K. Hausauer**, Director of Dermatology for **Aesthetx**, discusses the science and art of skin care and the blending of dermatology and plastic surgery.

Berkeley-born Amelia Hausauer's childhood was spent as a classically trained ballet dancer. She lived and breathed dance for over two decades, understanding fully the rigors and discipline required to excel and inspiring a deep appreciation that the "sum is far more than the parts." She relates, "from head to toe, every flick of the finger or tilt of the head is important." That early understanding of beauty and line, muscle and tissue, has become key to her work as the Director of Dermatology at Aesthetx, the Silicon Valley's premier plastic surgery and dermatology practice, as well as her multiple roles as a clinical research investigator, author, and visionary in the field of minimally invasive aesthetics.

Prior to Aesthetx, Dr. Hausauer gained critical experience, education and training in medical, surgical, and aesthetic dermatology—a knowledge base she brings to every consultation with her patients. After receiving a Bachelors of Arts with the highest honors in Human Biology from Stanford University, Dr. Hausauer went on to earn her medical doctorate at University of California San Francisco (UCSF) and completed her dermatologic residency at New York University's (NYU) Ronald O. Perelman Department of Dermatology (ranked among top three programs in the nation). During this time, she worked with luminaries in the field and became particularly interested in the role of platelet rich plasma (PRP) and microneedling to stimulate self-healing and potentially treat skin conditions. Dr. Hausauer then returned to California to complete an American Society of Dermatologic Surgery (ASDS)-accredited cosmetic surgery fellowship at the world-renowned Skin Care and Laser Physicians of Beverly Hills. There are only a handful of these advanced training programs in the country, so Dr. Hausauer notes, "I was incredibly fortunate to receive direct tutelage and mentoring in the management of wrinkles and folds, rejuvenation, resurfacing, minimally invasive lifting, body contouring, veins, scar revision, and hair therapies."

It's clear when speaking with Dr. Hausauer that she has a thirst for knowledge and passion for furthering her craft. She spent several years pioneering PRP and microneedling including spearhead-

ing the most influential clinical trial on this subject for non-surgical hair growth. She now trains physicians around the country as a luminary in the rapidly growing field of regenerative dermatology and rejuvenation. In fact, Dr. Hausauer enjoyed the rare honor of being selected as the Chief Editor of and contributing author to the upcoming medical textbook *PRP and Microneedling in Aesthetic Medicine*. She has also written extensively about neuromodulators (i.e. BOTOX® cosmetic) and dermal fillers and has served as an investigator on FDA trials for Allergan, Merz Aesthetics, Revance Therapeutics, and ThermiGen LLC. She was recently selected to participate in the prestigious ASDS Future Leaders Network, a program designed to groom thought leaders and influencers in the field of procedural dermatology. Dr. Hausauer uses this background to develop a full-spectrum plan, addressing various concerns with multiple non-surgical treatment options. That plan starts on the day of consultation and evolves into discussions of long term plans (at home and in the office) that are intended to maintain results over time.

Dr. Hausauer's unrelenting love of art and style influences the way she approaches even the simplest treatments. She adds, "I seek to treat my patients in their entirety—to boost, lift, and fill the structure that gives the skin its shape as well as to soften and erase surface irregularities and pigmentation." She accomplishes this through the deft use of fillers, neuromodulators, a complement of different lasers (the Halo laser is a staple in her practice), and thread lifts. Dr. Hausauer continues, "Many of these treatments tap into the body's phenomenal ability for self-healing and regeneration. This is an area that is near and dear to my heart since I've worked extensively in the field of PRP, which harnesses growth factors normally meant to heal wounds but potentially beneficial for hair growth and collagen or elasticity boosting."

All of this expertise goes into treating her patients daily at Aesthetx. Along with Aesthetx co-founders and highly regarded board certified plastic surgeons, Dr. Kamakshi R. Zeidler and Dr. R. Lawrence Berkowitz, Dr. Hausauer offers her patients the unique benefit of blending dermatology and plastic surgery all under one roof.

PHOTO: NATE FONG



Dr. Amelia K. Hausauer,  
Director of Dermatology  
at Aesthetx

Aesthetx patients have access to a wide variety of procedures designed to aesthetically enhance the face and body from minimal to surgical, in addition to treatments focused on medical conditions of the skin and soft tissue. For example, Dr. Hausauer can perform procedures including deep laser treatments to the face or *de'colletage* when a patient is undergoing a surgical procedure. "We truly believe the best, most natural results come from combination therapies that leverage all of our joint expertise," said Dr. Hausauer. "This also allows patients a chance to recover simultaneously, the advantage of undergoing anesthesia only once and most importantly, a quicker return to normal activities. The benefit of having multiple specialties in one practice—dermatology and plastic surgery—is that each provider holds the others to the highest standard while having a far greater understanding of the intricacies of every procedure than is typical of a single specialty practice. Blending provides much more forward-thinking and high level outcomes."

When patients come to see Dr. Hausauer, they may come in for a problem like looking tired, but may not be able to articulate the procedure they need. Dr. Hausauer adds, "I look at their skin and structure as a whole and offer solutions. Ultimately, the key is highly customized and comprehensive plans combined in unique ways using sophisticated techniques that minimize downtime but maximize the results."

Dr. Hausauer loves what she does and her enthusiasm shows in her care for her patients and warm smile. "My job is to understand and implement the beauty of nuance—especially when it comes to the most personal and sensitive sites like the face, chest, and hands that are exposed to the world on a daily basis."

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