

**VIBROACOUSTICS IN MEDICINE**  
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**The Use of Vibroacoustic Device “Vita fon” in  
Cosmetology**

Acne treatment and wrinkles removal are the leading issues in cosmetologist’s medical practice. In spite of the existing large arsenal of medications for their treatment and a wide choice of professional skin care products, it is not always possible to achieve the desired result.

In particular, a number of various acne treatment schemes offered lately employ antibioticotherapy, antiandrogens, isotretinoin and local medications. In this connection, quite a number of side effects caused by lengthy use of these drugs should be taken into consideration, for example, dysbacteriosis, normal bowel and skin microflora resistance development, phototoxic reactions, complications caused by drug interaction etc. Therefore, special attention should be paid to the use of additional methods of acne treatment, and in particular to vibroacoustic exposure using Vita fon device.

The use of vibroacoustics in complex seborrhoea and wrinkles therapy has not been covered by the modern literature.

The purpose of our research was to study the vibroacoustic effect in complex acne and age wrinkles treatment. To solve the set task, 50 seborrhoea patients were selected: 35 females and 15 males aged 15-28 suffering papulopustular and nodular cystic acne, and also 20 women aged from 35-75 with various forms of aging.

For acne patients, we used a series of anti-inflammatory masks as well as antibacterial and iodine preparation applications in parallel with vibroacoustic therapy. Vibraphones were attached to the affected zones previously cleansed with iodinol solution or powdered with dry anti-inflammatory medicine. The vibraphone membranes were attached to skin through a gauze tissue (for hygiene reasons) and were either fixed with an elastic bandage or held by hands to ensure a close contact of membranes with the skin. 7-10 procedures in total were carried out in mode "1", for 10-15 minutes.

As a result of the research, it was determined that Vitafon device used in complex acne therapy has considerably improved the effectiveness of the used medicine, which resulted in resolution of papulopustular elements and infiltrates within a much shorter period, improvement of trophism and accelerated regeneration of treated skin sections in the patients.

The vibroacoustic device Vitafon has also been used in a complex treatment of wrinkles. Vibroacoustic therapy was carried out in addition to 30-50 min cosmetic and plastic procedures, including pinching face massage with the emphasis on most "problematic" areas, and lifting masks using professional skin care products.

The vibraphones were applied on the wrinkle area and were attached to the patient's skin through a gauze tissue. 10-12 sessions in total were carried out in mode "1", for 5-7 minutes.

As a result of the treatment, the patients' skin quality improved considerably: they acquired healthy skin colour, ruddiness, reduced fine wrinkles and smoother deeper wrinkles, the face shape changed and the skin became tight and smooth by touch.

Thus, vibroacoustics used in conjunction with acne and wrinkle treatment allows to decrease the concentration of

skin medication used on the damaged area (the amount of skin care products can be decreased) and also allows to solve the problem independently thanks to the increased local capillary blood flow, lymph flow and enhanced osmotic fluid movement in the zone of vibroacoustic exposure.