

Revolutionary Fibroblastic Approach Transforms Skin Rejuvenation, Leading San Diego Dermatologist Reports

Leading dermatologist's breakthrough study shows natural skin rejuvenation methods outperform traditional "fill and freeze" cosmetic procedures.

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EINPresswire.com/ -- A groundbreaking new philosophy in anti-aging medicine is challenging traditional cosmetic dermatology approaches by harnessing the body's natural regenerative processes rather than relying solely on invasive procedures. This revolutionary concept, known as Fibroblastic Stimulation, represents a paradigm shift toward more natural, physiologic methods of skin rejuvenation that work with the body's own healing mechanisms.



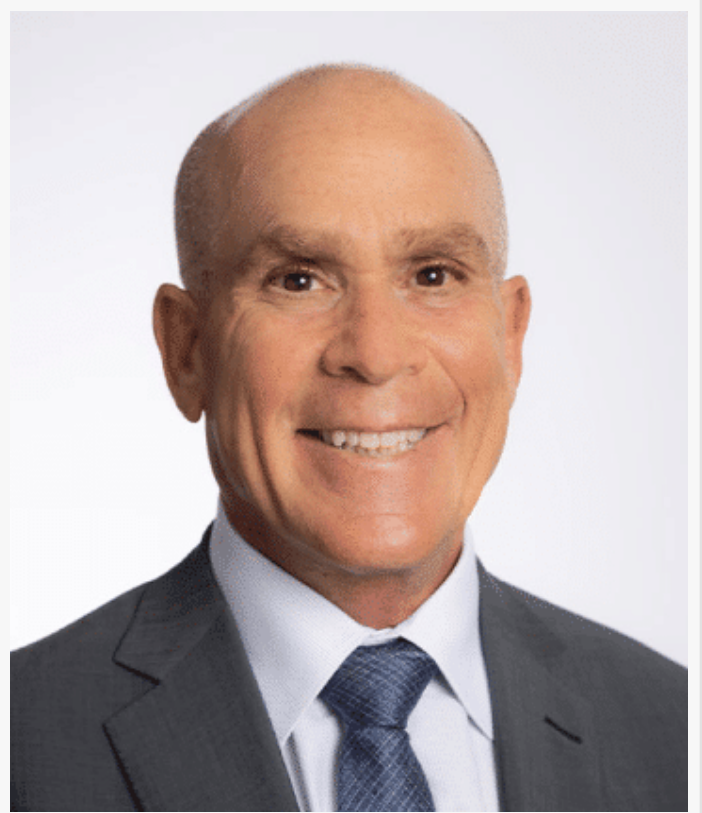
Mitchel P. Goldman, MD, FAAD, Medical Director of Cosmetic Laser Dermatology, served as Guest Editor of a Special Issue of *Dermatologic Surgery* released this week. He reports that this breakthrough approach is delivering remarkable results. The methods work by stimulating fibroblasts—the cells responsible for producing collagen, the ground substance of the skin's deep layer, the dermis, and elastic fibers—through advanced laser, light, and energy-based technologies, as well as injectables, and targeted topical skincare.

[Recent research on fibroblast rejuvenation](#) demonstrates how this natural approach can effectively turn back time on aging skin by working with the body's inherent repair mechanisms rather than against them.

"I am honored to be the Guest Editor of this Special Issue on Fibroblastic Stimulation, which

details a more natural physiologic method to achieve skin rejuvenation with a variety of laser, light, and energy-based technologies, injectables, and topical skincare”, said Mitchel P. Goldman, MD, FAAD.

This innovative approach represents a fundamental shift from traditional "fill and freeze" methods to treatments that actually restore skin structure from within. Instead of simply masking signs of aging, fibroblastic stimulation techniques work to reactivate the skin's natural production of collagen, elastic fibers, and hyaluronic acid, effectively turning back the clock on cellular aging. The comprehensive research compiled in this Special Issue demonstrates how various technologies can be strategically combined to trigger the body's own repair mechanisms, resulting in natural-looking improvements that continue to develop over time. Individual results may vary based on skin type, age, and treatment protocol.



Dr. Mitchel P. Goldman

The research reveals that by focusing on fibroblast activation, practitioners can address multiple signs of aging simultaneously—including texture irregularities, loss of firmness, fine lines, and volume depletion—through the body's own regenerative processes. This holistic approach offers patients a more sustainable path to skin rejuvenation, with results that appear naturally enhanced rather than artificially altered. The Special Issue features contributions from leading dermatologists and cosmetic surgeons worldwide, all examining how this natural approach can be optimized for different skin types and aging concerns.

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Dr. Mitchel Goldman

Dr. Goldman's expertise in advancing this revolutionary philosophy stems from his extensive background in cosmetic dermatology research and innovation. As Past President of the American Society for Dermatologic Surgery and author of 18 medical textbooks with over 400 published peer-reviewed medical articles, he has been instrumental in developing non-invasive aesthetic treatments throughout his career. His leadership of Cosmetic Laser Dermatology's award-winning research center, which has participated in over 400 clinical studies, has positioned the practice at the forefront of this natural rejuvenation movement.

About Cosmetic Laser Dermatology
Cosmetic Laser Dermatology is proud to be San Diego's #1 destination for beautiful skin for over 35 years. Our practice is home to 3 of America's top 10 cosmetic dermatologists in the country (according to Newsweek) and the proprietary [Take10](#) (non-surgical facelift), and is one of the largest and most renowned cosmetic dermatology centers in the world. Our unique [in-house research center](#) has participated in over 300 clinical studies, ensuring we are on the brink of the latest cosmetic breakthroughs and have access to the latest devices months before they are available elsewhere. With 80+ treatment options, 60+ laser, light, and energy devices, and 5+ proprietary procedures, our board-certified dermatologists can provide natural-looking results for every skin type and concern using treatments backed by science. For more information, visit [CLDerm.com](#) or call 858.943.2113.

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