

SAVING FACE

by Fiona Wright, MD

Your friend left work on Friday and returned on Monday looking rested, relaxed and youthful. Her secret? Were you tempted to ask? Many doctors are taking long-recovery face-lifts off the menu and instead are serving up weekend treatments with fillers, Botox and skin-tightening lasers to achieve similar results.



...without Surgery

In the hands of an experienced doctor, your “facial shaping artist” can plan a rejuvenation program to lift, fill and tighten. **NEW TREATMENTS CAN DELIVER IN WAYS THAT COSMETIC SURGERY CAN'T.** Many people think aging is due only to gravity and that we should simply “pick things up” when our face goes south—but our face really ages more like a tire slowly going flat. The new approach to the aging face is to look beyond lifting sagging skin, and instead rebalance the face back to its full and youthful state.

THE MID-FACE IS THE POWER ZONE OF FEMALE BEAUTY. The ideal female face has a prominent mid-face with high, fully contoured cheeks. This facial characteristic makes a woman’s eyes and lips appear larger, and her nose and jawline appear smaller. The hallmark of high estrogen and low testosterone levels during development, it signals youth and fertility. The mid-zone goes roughly from the eyebrows to the upper lip. As the face ages, our cheeks flatten as volume descends and disappears. Cosmetic physicians now focus on rebalancing this volume change. Injecting temporary fillers (Juvaderm, Restylane, etc.) can plump up sunken skin under the eyes and mask dark circles. Larger-volume fillers, such as Perlane, are also excellent for recontouring cheeks, lifting jowls, and reducing deep facial creases. The longer-lasting new filler Artefill can also be used for deep-volume filling. But before you commit to long-lasting products try temporary filler first to make sure you like the results. It is also important to remember that complications from more permanent fillers are, indeed, more permanent!

BOTOX ISN'T JUST FOR WRINKLES ANY MORE! With aging and exposure to environmental pollutants, our skin becomes less elastic and saggy. This may lead to a drooping of the eyebrow. Botox is used to correct this, giving your eyebrow a “browlift.” You can also

choose the shape of the eyebrow that you fancy (arched, flared, or horizontal) to enhance your facial features. Botox can also be used to widen your eyes, providing a more refreshed look. Botox can reshape the nose, remove aging lip lines, and can also be used for facial contouring and sculpting to achieve a softer angle at the jaw—which is generally considered to be more feminine. Botox is a highly successful, non-surgical way to beautifully contour the face. When trusting your face to a stranger, however, ensure that these advanced techniques are done only by an experienced physician. If the wrong amount of Botox or the wrong muscle is targeted, you may end up with an uneven brow, a droopy eyelid or crooked face for months!

Many lasers are used to tighten the skin, but it has been my experience that most machines overpromise and underproduce. With most lasers, patients will find some improvement—but not enough to justify the cost. **SO, I ASKED MY PATIENTS TO TEST THE LASERS AND DECIDE WHICH MACHINE REALLY WORKS!** The results came in—and my patients loved their treatments from the Palomar Lux Lift. The Lux Lift is a simple in-office procedure that requires no anesthesia, minimal downtime and takes only 45 minutes. The Palomar Lux Lift is a laser that creates many microchannels to penetrate into the dermis far below the outermost skin layer causing collagen contraction and remodeling. There is negligible downtime and no reason to miss work. Skin tightening for the jowls and nasal folds and fine lines around the eyes and mouth benefit most from this treatment but it can be used most anywhere!

All of my patients find that by addressing these trouble spots with non-surgical weekend rejuvenators, you will find the results amazing and receive unsolicited comments from friends and family—that your skin looks tighter, more lifted, younger and refreshed. Enjoy! +