

enhancing plastic surgery with cosmetics

by Meleah Nelson

“Tis not a lip,
or eye, we beauty
call, but the joint
force and full
result of all.”

—Alexander Pope

Throughout history, men and women have been adorning their bodies. The primary reasons were power, status, protection, and to attract the opposite sex. Prehistoric cave paintings and artifacts show body paint and face paint being used for daily wear and ceremonial uses. Wealthy Egyptians made up their faces daily, using kohl, malachite, henna, and other minerals and plants as eye make-up, lip stain, rouge, and nail stain. Romans used white lead based foundation to lighten their skin. 1920's flappers ground up burnt match heads to darken their brows. Max Factor began the beauty industry with his cosmetic line in the 1920's and men and women have been hooked ever since.

It is a natural human desire to improve oneself to feel better, gain power or attention. Now this can be accomplished with more technology. Today there are permanent cosmetics that will last up to five years and cosmetic surgery.

Many men and women are taking the plunge into cosmetic surgery. What was once a secret is now openly discussed. It is common for women and men today to discuss and compare their respective surgeries, discussing their doctors, techniques used, and services provided. Patients are becoming more knowledgeable about procedures and medications, often researching on their own before they ever come in for a consultation. This trend has helped the industry in general as the stigma is lifted regarding plastic surgery. Medical science has made giant leaps in the past few years, which has also helped. Procedures are safer, recovery time is less, and scars are less visible.



Here is the patient before her cosmetic surgery.

Attitudes regarding appearance are also changing. Society in general is becoming more aware of the body-mind connection. The body and mind have a parallel relationship. Attitudes and emotions are stored in the body and often show themselves as physical traits. The reverse is also true. Physical deformities, ailments or dissatisfaction with one's appearance will have an effect on deep subconscious attitudes.

When a change is made in the face or body, it affects a person's view of himself or herself. Self-esteem and attitudes change as well. Cosmetic surgery can have a profound effect on the whole person.

After a procedure, patients often take a serious look at themselves, analyzing their lifestyle, stress levels, relationships, eating patterns, and exercise habits. Cosmetic surgery requires a considerable amount of time, money and emotion. Once the procedure is completed, a patient will want to maintain it. Liposuction patients often change their exercise program or shift their diet. Breast augmentation patients may do the same plus a wardrobe adjustment. Laser resurfacing, eyelift, or facelift patients will need new techniques in make-up application.

New faces need new make-up. To invest so much in a procedure and then go back to the same old way of wearing make-up does not make sense. Most people need an update. Updating once or twice a year is good idea even without surgery. There is no need to be a "fashion victim," but staying current will make one appear more interesting and successful. Male patients solicit the services of a make-up specialist two to four weeks after their cosmetic surgery procedure. The immediate need is camouflage; the client needs to return to normal life without looking like they have been in an altercation.

Covering bruises and scars is much easier then it used to be. There have been



Three weeks post-surgery, the patient with makeup consultant Meleah Nelson.

tremendous advances in the cosmetic industry lately, and products perform much better than they used to. Plus, cosmetic surgery is being performed with less bruising, and healing is faster today. Camouflage used to mean green. It was a color that eliminated redness. It still does, but it is not always necessary. Make-up now comes with the color corrector built in, so the recovering patient's face does not have to be layered with excess product. Many times the foundation used to cover the bruises will be the same product used daily, but with a different application technique. Reducing the appearance of swelling can be achieved with careful contouring; using a darker skin toned powder to create a shadow gives the illusion of a contour.

The most common complaint women have is that their make-up wears off during the day. This can be solved by using the correct formula for the skin type, providing the right amount of moisture to the skin, and using the right powder. There are many formulas made for each skin type. The texture is as important as the color. The wrong formula can cause skin to look older than it needs to. The right one can take off five years instantly.

Providing the right type and amount of moisture is essential to healthy skin. Many people dehydrate themselves by consuming coffee, sodas, alcohol, sugar, or by smoking. People generally need a lot more water than they think. Just to give you a tip, the starting point is half

your body weight in ounces per day if you are not exercising or consuming any of the above-mentioned substances.

Powder sets foundation and is necessary to keeping everything in place. Many clients have had bad experiences with powder drying their skin. This means it was the wrong formula. Powder should be invisible and leave the skin glowing and fresh.

One of the most important features on the face is the eyebrow. Cosmetic surgery is usually performed with a goal of looking younger, and enhancing the brows is crucial to success. This applies to men and women. The brows frame the eyes and lift the face, giving expression and character. Tweezing, filling in, or even changing the shape or placement of the brow can usually achieve the desired result.

Finally, remember that you or your cosmetic surgeon should keep a photographic record of your surgery. It is helpful to see the difference objectively in pictures. The surgery is the big leap, and the cosmetics add the finishing touch, resulting in happy clients who feel much better about themselves and their appearance to the world. Dr. Kincaid is presently in private practice in San Diego and Temecula. He can be reached in San Diego at 858-450-4199 and Temecula at 909-695-9934 or call 866-BEST IMAGE (237-8462). www.skincaidmd.com



Three weeks after the surgery in which the patient received a face and neck lift, forehead lift, upper and lower eyelid tuck, and laser resurfacing of her lip wrinkles.