

Looking Younger For Less

By Judith A. Habert & Stuart B. Kincaid, MD, FACS

In these tough economic times many of us have been forced to give up numerous indulgences. There is one indulgence that many women are still unwilling to give up, and that is beauty. The question becomes, "What price beauty?" When considering how we can best utilize the money we have at our disposal, we often have to weigh what is most important and how to get the results we want for what we can afford.

Often times, when we look in the mirror, we find our moms looking back at us, and wonder when did this happen? Although we often question where the time went, we all want to do what we can to retain a youthful appearance. The time comes when we start to realize that maybe we should consider some surgical intervention to get back the youth that we find slipping away. Unfortunately, facelifts and liposuction can be costly, and with current economic conditions many of us realize that the cost is prohibitive.

There are however, some less expensive answers to help maintain our youthful appearances. Many plastic surgeons and medical spas are offering treatments such as Botox and Chemical Peels to help give us back that youthful glow. This past year alone in our country approximately 450,000 breast augmentations and 450,000 liposuctions were performed - but there were over 4.5 million Botox injections. In a time when we can least afford high cost procedures and extensive time away from those precarious jobs, many women have decided to give Botox and chemical peels a try. Certainly, the results are less obvious and shorter lived, but these procedures can help us to feel better about how we look until our financial situation improves and we can get the full face lift that we really need - or simply want.

With so many facilities offering these less invasive procedures, why would you go to a plastic surgeon and not just a spa to receive these treatments? We caught up with renowned plastic surgeon Dr. Stuart Kincaid to obtain his insight on this matter. "Keep in mind that Botox injections are put into the facial muscles. By going to a trained physician for this treatment you are visiting someone highly trained on the location of facial muscles, (from facelift experience) proper injection into them and how they react" As Dr. Kincaid shared with me, "Many of the spas who offer these treatments have the procedure administered by someone who took a weekend course at a local hotel, not an individual trained for years in anatomy." Is the cost higher to have a trained physician administer the treatment? Not necessarily, the price charged to have a certified physician provide the service is often the same as getting the treatment from a spa. If a spa offers an incredibly low price for this procedure, be weary: often a typical bottle of Botox medication, meant to provide several patient treatments, is diluted so much that the patient is getting a significantly inferior product injected into their face, or it may even be expired medication. Typical Botox injections last from 3-5 months. If a patient only gets 1-2 months worth of benefit from a treatment, chances are that the Botox has been severely diluted or is out of date, or improperly injected. We asked Dr. Kincaid What would happen if an unqualified individual provides the service. "If injected incorrectly the outcome could be very unpleasant. By paralyzing eye lid muscles you could end up with a droopy look which can also lead to eye irritation and infection. If brows, face or lips are incorrectly treated you could get an unnatural look that you may be forced to live with for several months."

Additionally, if you are considering this type of procedure take some time to thoroughly review the type of products and realistic expected results, so you can be well informed before you seek treatment.

Botox- In use cosmetically for over 15 years. It is approved in more than 75 countries. Side effects include headaches, respiratory infections, flu like symptoms, temporary eyelid droop, facial asymmetry and nausea. The difference between Botox and other fillers is that other fillers mask the wrinkles by adding volume around the muscle with intradermal injections. Botox is intramuscular, blocking the chemicals that cause facial muscles to contract, thereby relaxing them. For the past 3 years Botox was the most popular physician administered cosmetic procedure in the U.S. Botox is minimally invasive and quick, taking only 10 minutes to administer with minimal discomfort and minimal or no bruising.

Restylane- Lasts 6-7 months. If an additional injection is given it can last up to 18 months. Approved by the FDA, Restylane is a cosmetic dermal filler that replaces lost volume and restores youthful contours to the skin

and smoothes away moderate to severe facial wrinkles and folds. Restylane has been used in over 1.4 million treatments in the US, and is available in more than 70 countries. Perlane is often used in harmony with Restylane; the hyaluronic acid in both products is made by the same biotechnical process. The difference is the gel particle size. Perlane gel has larger particles and is designed for deeper wrinkle injections than Restylane.

Juvederm- If what you are looking for is a smoother result from a filler treatment then Juvederm is what you are looking for. Juvederm is from the makers of Botox cosmetic. As you age your skin changes, one major change is the reduction of the production of a naturally hydrating substance called hyaluronic acid (HA). After time, with the loss of HA, your skin starts to show wrinkles and folds. What Juvederm does is replace the HA your skin has lost, bringing back its volume and smoothing away facial wrinkles and folds. It is injected into the skin in a quick office visit and the results are immediately visible, with occasional short term bruising. Local anesthesia is sometimes required for sensitive areas such as the lips.

Radiesse- This is a longer lasting dermal filler and differs chemically from Restylane and Juvederm with results visible for approximately 15-18 months. Radiesse is FDA approved, and consists of unique calcium based microspheres suspended in a natural gel that is injected into the skin through a simple, safe, and minimally invasive procedure. Radiesse serves as a sort of "scaffold" when injected beneath the skin: it supports and stimulates the growth of your own collagen. Over time the calcium based microspheres gradually break down and are safely and naturally absorbed by your body. As a result, Radiesse does more than just temporarily fill in facial folds and wrinkles; it rebuilds your skin's foundation and restores your youthful look without the risk associated with a permanent implant.

Prevelle Silk- This filler does not last as long as the other fillers (typically 3 months) but the results can make you look wonderful for an event the same evening as you get treatment. This is a more comfortable option for smoothing lines and wrinkles. Prevelle Silk is the first in a new line of dermal fillers to contain Lidocaine (local anesthetic) along with purified less thick hyaluronic acid for increased comfort during the treatment. Treatments take approximately 30 minutes, so it can be done during your lunch hour and you can go back to work with no telltale signs that you had such a procedure, except for how amazing you will look.

Evolence- Is a new generation collagen that is longer lasting than previous collagen products of years ago. This dermal filler replaces the collagen that your skin loses over time with a natural collagen that lasts. It immediately improves your appearance by smoothing wrinkles and folds and restores structure in collagen depleted areas. Evolence requires little to no downtime after the procedure is performed. Results last at least 6 months. This product is new to the United States, but has been used extensively in Canada, Europe, and Israel for several years. Evolence is made of natural collagen, a protein that is responsible for skin structure and strength. The collagen in Evolence is cross-linked with a natural sugar that allows it to integrate beautifully and support your skin's own existing collagen network by adding structure, strength, and volume.

VI Peel - if you are looking to improve the tone, texture, and clarity of your skin, and reduce or eliminate age spots, freckles, and hyper-pigmentation then the VI Peel, a chemical face peel which is a blend of several gentle light acids, is for you. The VI Peel will also soften lines and wrinkles and stimulate the production of collagen and elastin and clear acne skin conditions. The VI Peel can also reverse the effects of sun damage and can be used to help acne problems in patients as young as 12. The VI peel is painless and quick taking only about 20 minutes to perform. Healing time is approximately one week, with no down time

Now that you are armed with information on available treatments take some time to discuss your options with your plastic surgeon and select the one or more of the above treatments, which will give you the results you desire at a cost that you can afford.

For more information on any of these procedures contact:

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