

TIME TO LOOK *younger?*

COSMETIC PROCEDURES MAY HELP.
HERE, A HOST OF SURGICAL
AND LESS-INVASIVE OPTIONS
BY RACHEL RABKIN PECHMAN



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hink you'd never consider plastic surgery? You may change your mind. After all, cosmetic procedures are more accepted today than ever, and thanks to technological advances, the procedures are also more effective than in years past. "The trend in the last 10 years has been toward less invasive procedures, with less downtime so that you're able to get back to work and your routine faster," says Oleh Slupchynskyj, M.D., a facial plastic surgeon at Saint Barnabas Medical Center in Livingston. What's more, there are a variety of new and improved treatments that don't require surgery. "There are always waves of new technology in this field," says Isaac Starker, M.D., a plastic surgeon at The Peer Group Plastic Surgery Center in Florham Park. So if you're considering what you might do to help yourself look and feel younger, here's what 10 common procedures promise—and what they require:

PHOTOGRAPHY: GALLERY NORTH; STYLING: BOYAN CALSHOTS; HAIR: LISA ANDRELLI

LASER TREATMENTS

Lasers can be used to treat skin pigmentation (sun damage, acne scars and age spots), spider veins and fine wrinkles, to tone and tighten loose skin or to remove hair. "There are many different types of lasers—laser technology changes every six to 12 months—so the laser treatment needs to be tailored to each patient's individual needs," says Dr. Slupchynskij. A good surgeon should be well versed in a variety of lasers, offering you the most appropriate one for your skin issue. In general, laser beams work by lightly burning the surface layer of your skin (the epidermis) and heating the deeper layer of your skin (the dermis). As the skin heals, it generates new collagen and skin that is smoother and younger-looking. Depending on the laser's strength, it could take a day to several weeks before you're ready to show your face again.

SURGEON'S FEE FOR FULL FACIAL RESURFACING: \$3,000 to \$6,000. **SURGEON'S FEE FOR SPOT TREATMENTS:** \$1,000 to \$3,000. **SURGEON'S FEE FOR HAIR REMOVAL PER AREA:** \$1,000 to \$3,000

BOTOX

The injection of botulinum toxin type A (Botox) is one of the most popular noninvasive procedures used to reduce wrinkles on the forehead and around the eyes. Botox (and a newer brand called Dysport—known as Reloxin in Europe) paralyzes or "relaxes" wrinkle-causing muscles so that skin appears smoother, refreshed and more youthful. "If the lines are caused by muscles contracting, then Botox could have a positive effect," says Dr. Starker. The results last three to four months.

SURGEON'S FEE: \$500 to \$550 per area, with each additional area about \$250. (Some surgeons charge based on units. The average price is about \$20 per unit. Expect about 25 units for the typical treatment.)

FILLERS

There are a number of different injectable fillers used to smooth out facial wrinkles and plump up hollow areas of the face (or make lips bigger). A popular type called hyaluronic acid (HA) uses a natural substance found in our bodies. Brand names include Juvéderm, Restylane and Perlane. Each of these HA fillers may be used to soften lines and folds at the corners of the mouth, between the eyebrows and around the nasolabial folds (the area from the nose to the corner of the mouth). Results are quick and usually last between six and nine months; in



nonsurgical procedures...

some cases they can last up to a year. Surgeons may also inject calcium-based fillers (one popular brand is Radiesse) or the patient's own fat to smooth out wrinkles. Less often, surgeons will use collagen (which doesn't last as long as the other, newer fillers) or an acid called Sculptra, which is used to add volume to large areas of the face. "Sculptra requires two to three sessions, but it stimulates collagen production, and the effects can last two years," says Dr. Starker.

SURGEON'S FEE: \$400 to \$800 per syringe. Expect at least one to two syringes.

CHEMICAL PEEL AND MICRODERMABRASION

During a chemical peel of the face, an acidic exfoliating solution is applied that removes the outer layers of skin. The procedure takes about 20 minutes, but it's about a week before you see results. When the skin heals, it has a tighter, fresher look. In fact, peels can soften wrinkles, treat acne and eliminate pigmentation such as age spots. Recovery time depends on the type of peel. A common variety called the trichloroacetic acid (TCA) peel will cause major redness

(it looks like you got a sunburn on your face) for a week or longer, but the results can be dramatic, says Dr. Slupchynskij. The alphahydroxy peels, which are the mildest, don't penetrate the skin as deeply, which means that the effects aren't as dramatic as they are with the TCA peel, but you can expect to return to work within the day. Deeper peels may be repeated every six to 12 months, while more superficial peels can be done every four to six weeks. Peels may also be used in conjunction with microdermabrasion, a treatment that also exfoliates the skin, eliminates pigmentation and minimizes wrinkles. During microdermabrasion, the practitioner may use a device that sprays fine crystals onto the skin to remove the outermost layer of dead skin cells or use a diamond-tipped wand to remove the outer layer of skin cells. You will likely need a series of treatments. Recovery time varies depending on your skin and the intensity of the microdermabrasion.

SURGEON'S FEE FOR CHEMICAL PEEL: \$850 to \$2,500. **ESTHETICIAN'S FEE FOR A CHEMICAL PEEL:** \$75 to \$200. **SURGEON'S FEE FOR MICRODERMABRASION:** \$300 to \$400. **ESTHETICIAN'S FEE FOR MICRODERMABRASION:** \$100 to \$200 »

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FACE-LIFT

When skin has aged and the soft tissue underneath the skin has fallen, people consider this surgical procedure to lift sagging areas around the neck, jaw, lips, cheeks and nose. "People don't want to look completely different—they want to look like themselves without the signs of aging," says Dr. Starker. "So we don't just pull and tighten—that's the stigma of the bad face-lift. We reposition the soft tissues of the face to where they were before gravity brought them down, and we remove the extra skin to create a more youthful appearance." Note that a full face-lift involves incisions at the scalp around the ear. The surgery takes three to four hours to complete and is done under sedation or general anesthesia. The procedure may be accompanied by eyelid or eyebrow surgery. Most of the bruising and swelling post-operation should dissipate after about week, and you will be ready to face the world—and go back to work—in roughly two weeks. Some surgeons, such as Dr. Slupchynskyj, offer a mini face-lift that is less invasive and has a shorter recovery time.

SURGEON'S FEE \$8,000 and up

BREAST AUGMENTATION AND BREAST LIFT

Breast augmentation is the most commonly performed invasive cosmetic procedure, and it's often chosen by women who are looking to restore breast shape after pregnancy or minimize signs of aging. During this surgery, done under general anesthesia, the surgeon makes incisions either near the areola or in the armpit to insert a saline or silicone implant. Women who are happy with the size of their breasts yet want to reduce sagging may opt for a breast lift—a surgical procedure (also done under general anesthesia) in which the surgeon makes incisions around the areola to remove excess skin and raise and tighten breast tissue. After breast augmentation, you will need to avoid strenuous activity for four to six weeks, but you will be able to do some light activity in about a

week and return to work within a few days to a week. Your surgeon may recommend wearing a postoperative bra or compression garment.

SURGEON'S FEE FOR BREAST AUGMENTATION: \$5,000 to \$10,000. This does not include the cost of the implants, which can range from \$600 to \$1,000 per implant (saline is less expensive than silicone).
SURGEON'S FEE FOR BREAST LIFT: \$8,000 to \$12,000

LIPOSUCTION

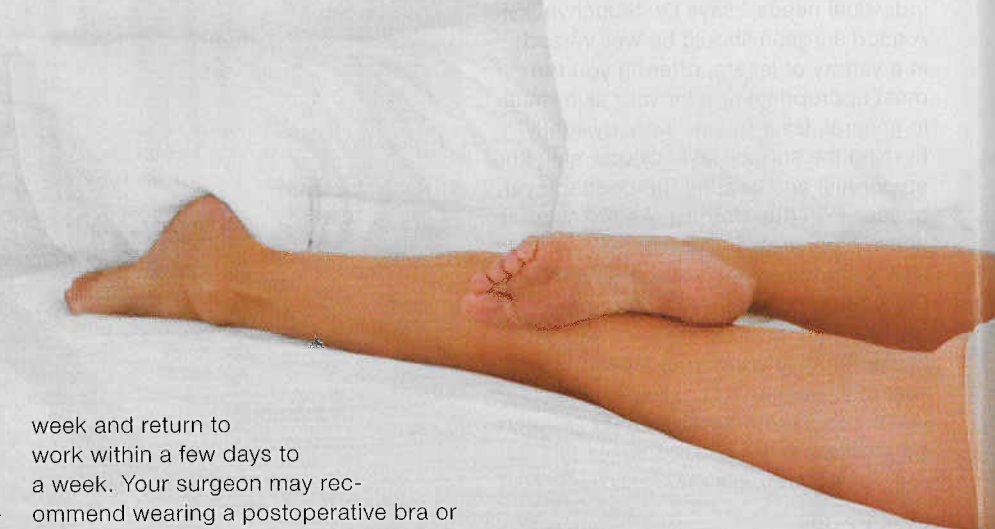
Liposuction is used to remove unwanted fat. But buyer beware: If you gain weight after the surgery, the fat will come back. If you keep your weight in check post-surgery, the results should be long-lasting. Surgeons may use a variety of liposuction methods depending on the area of the body. With the most common approach, called tumescent liposuction, tiny incisions are made in the fatty area, allowing the surgeon to inject a liquid solution that constricts blood vessels and reduces blood loss and bruising. Then the surgeon inserts a thin tube called a cannula that loosens the fat. Finally, that fat is suctioned out through the cannula. In some cases, after the liquid is injected, surgeons use power-assisted cannulas to break up the fat more quickly before suctioning. In other instances surgeons perform ultrasound-assisted liposuction (brand name: Vaser liposuction), a technique that liquefies the fat before it's suctioned out. Or surgeons

might use a method called laser-assisted liposuction (brand name: SmartLipo), another way to break up the fat before suctioning. "Each liposuction technology has its place, and there are situations where each offers advantages," says Dr. Starker. Talk with your surgeon about the best method for you. The surgery (done under general or local anesthesia) should take about two to three hours. Expect discomfort and bruising for one to two weeks post-op, and note that you'll need to wear a compression garment for a month or two following surgery.

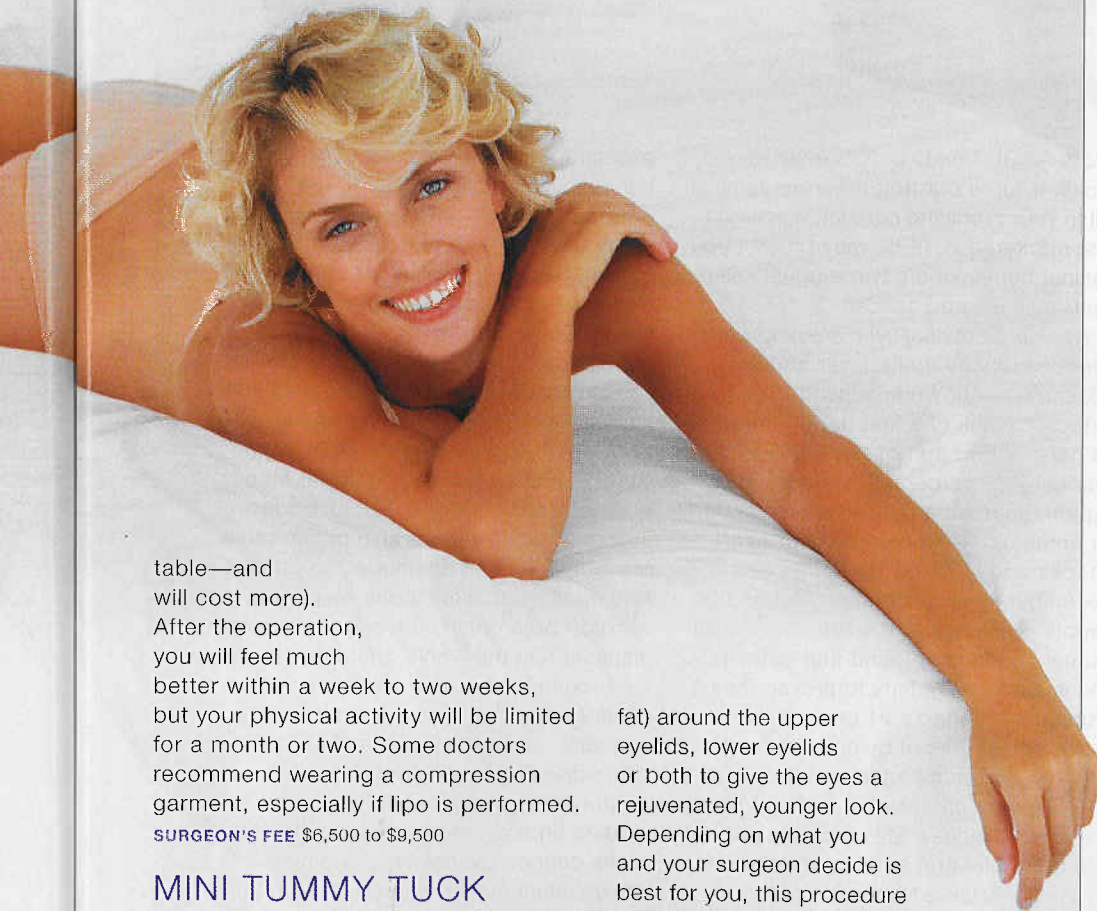
SURGEON'S FEE \$4,000 to \$6,000 for the first area. There is often a reduced rate for each subsequent area, averaging \$3,000 to \$5,000.

FULL TUMMY TUCK

With this procedure, you're getting rid of loose skin in the entire stomach area and tightening the abdominal muscles. Women whose ab muscles never returned to their pre-pregnancy state are often good candidates. Liposuction may be done at the same time if it's desired. The surgery should take from two-and-a-half to three-and-a-half hours (additional procedures such as lipo will add more time on the operating



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—ISAAC STARKER, M.D.



table—and will cost more). After the operation, you will feel much better within a week to two weeks, but your physical activity will be limited for a month or two. Some doctors recommend wearing a compression garment, especially if lipo is performed. **SURGEON'S FEE** \$6,500 to \$9,500

MINI TUMMY TUCK

If the upper portion of your abdomen is toned and you are concerned only with the loose skin or fat below the belly button, you may be a candidate for a mini tummy tuck. This procedure requires less operating time and less recovery time than a full tummy tuck. You may be able to resume normal physical activity in two weeks to a month.

SURGEON'S FEE \$3,500 to \$5,500

EYELID SURGERY

During this procedure, surgeons remove excess, sagging skin (and sometimes

fat) around the upper eyelids, lower eyelids or both to give the eyes a rejuvenated, younger look. Depending on what you and your surgeon decide is best for you, this procedure may also be accompanied by the insertion of fillers or by a brow lift or face-lift. "There are various approaches, so we have to customize for each individual," says Dr. Starker.

SURGEON'S FEE \$4,000 to \$8,000

NOTE: The surgeon's fees reflect the price ranges in the tristate area. In addition to surgeon's fees, surgical procedures will require facility and anesthesia fees, which vary greatly. Fees for three hours in the operating room (usually required for a breast lift or tummy tuck) can range from \$2,500 to \$5,000. +

Stay YOUNG-LOOKING NATURALLY

If you're not quite ready to invest in a cosmetic procedure, here are other ways to keep your youthful glow.

TAKE CARE

BE SUN-SAFE. Sun damage causes wrinkles and age spots, so Oleh Slupchynskij, M.D., a facial plastic surgeon at Saint Barnabas Medical Center in Livingston, recommends wearing sunscreen with an SPF of 30—even during the winter—and donning a hat to keep your face shaded.

KICK BUTTS. Smoking damages the skin and leads to wrinkles, so kick the habit.

EAT HEALTHFULLY. A diet packed with nutrients will help your overall skin health. So don't forget to eat your fruits, veggies and whole grains. "We don't always remember to practice these healthy habits that really do help our skin," says Dr. Slupchynskij. Also remember to drink about eight glasses of water each day to help keep your skin hydrated.

GET YOUR BEAUTY REST. Aim for eight hours of shut-eye each night. Sleep restores and repairs your entire body and gives you a refreshed appearance.

EXERCISE. Keep your body toned and tight with regular workouts.

MAKEUP THE DIFFERENCE

USE MOISTURIZING PRODUCTS. Apply a non-comedogenic moisturizing lotion (one that doesn't clog pores) to your face each morning and night after you wash your face to hydrate the skin.

EXFOLIATE. Consider using cleansers, toners or masks made with alpha hydroxy acids such as glycolic acid or lactic acid. These acids exfoliate the skin by removing dead skin cells, which in turn can lead to the stimulation of collagen, a reduction in the appearance of wrinkles and a more even skin tone.

APPLY ANTIOXIDANTS. Skincare products that contain antioxidants help regenerate skin cells, stabilize free radicals and even out skin tone. Look for ingredients such as vitamins C and E, retinoids (which are derivatives of vitamin A), or green tea (which contains antioxidants called polyphenols).

SEEK OUT ANTI-AGING INGREDIENTS. Try products made by established brands that have growth factors (aka human proteins), which help nourish skin and reduce wrinkles, or look for pentapeptides (such as pal-KTTKS), which are composed of five amino acids that help renew the skin's outer layer and stimulate the production of collagen and elastin, creating healthier, younger-looking skin.