

ERASE YEARS FROM YOUR FACE

Want to look 10 years younger? Most women and men of “a certain age” do.

People often confide to us that their faces appear older than they themselves feel. They have had family members, friends or co-workers comment that they look angry or tired, when they are not. Some patients are concerned that their appearance may even be holding them back on the job.

Fortunately, a number of cosmetic plastic surgery procedures that can rejuvenate the face in record time — some in a single office visit.

For best results, consult with a board-certified plastic surgeon, who understands facial anatomy and can recommend the procedures that are best for you. Also make sure that any surgical procedures are performed only in accredited surgery centers.

Quick Fixes for Wrinkles, Scars

Two of the most popular and affordable procedures are facial fillers and Botox[®] treatments. Both are injected using syringes, improving appearance within a week of treatment. Both are medical procedures that should be administered only by qualified doctors. But they work in different ways.

Facial fillers are gels used to soften facial lines, restore smooth skin, replace lost volume and enhance thin lips. Restylane[®], Juvederm[™] and Perlane[®] are three brands of FDA-approved facial fillers.

Patients are treated every 6-12 months to maintain results.

Botox[®] treatments are naturally occurring protein compounds. They relax wrinkle-causing facial muscles, diminishing angry brow lines, crow’s feet and other lines. Most patients are treated every 3-4 months to maintain their appearance.

"What I liked most is that it lifted up my brows and made my eyes look brighter and more alert," said one of our patients from Culpeper.

Partial Procedures for Lasting Results

Several facial surgery procedures also offer relatively fast recovery times, with the bonus of significant, long-lasting results.

Patients who have surgery to correct drooping or puffy eyelids, remove double chins, enhance their chins, or lift sagging cheeks can enjoy their new look within a week of their procedures. They usually resume normal activities in just a few days.

"Cheryl" is one of our patients who opted for partial facial procedures to reverse the aging process. She is in her 40s but now looks 10 years younger. Cheryl had upper and lower eyelid surgery a few years ago, followed more recently by a mini face lift with neck liposuction. After each procedure, she returned to work within two days.

Another patient, "Cathy," wanted more extensive facial improvements. But her greatest joy has been getting rid of her double chin.

"I felt so poorly about myself," Cathy said. "Now, I can't believe the difference. I feel so much better."

Love Your Look is a column by Dr. Thomas Albert, Dr. Howard Heppe and Dr. Harold Bautista, the board-certified plastic surgeons of Plastic Surgery Services of Fredericksburg. For more information, call 1-800-793-7730. For a free consultation with one of our doctors, just mention this story.

Plastic Surgery Services of Fredericksburg proudly serves patients residing in Fredericksburg, Stafford, Spotsylvania, King George, Culpeper, Northern Neck, Richmond and Northern Virginia.