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A GIRLFRIEND'S GUIDE TO PLASTIC SURGERY

**EVERYTHING YOU'VE ALWAYS WANTED
TO KNOW BUT WERE AFRAID TO ASK**

(enter our judgment-free zone)

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BEYOND BOTOX

A GIRLFRIEND'S GUIDE TO BEAUTY

We're all for inner beauty, but 100 percent natural beauty? Overrated. It's a new year, which is a new reason to give yourself a guilt-free boost. And what better time than now, as new technologies are on the market that guarantee greater precision, impressive results and in some cases, minimal pain and downtime. We asked top doctors throughout Fairfield County and beyond to illuminate twenty popular cosmetic procedures—some cutting edge, some tried-and-true, all transformational—to enhance you from head to toe. Men, take note: You can benefit from many of these procedures too.

by RIANN SMITH

TED SMITH/GETTY IMAGES

BODY SCULPTORS

Never has the body-sculpting trend been so white hot. That's because alongside the gold standard surgical methods, there are new fat-blasting treatments that can contour your form sans scalpel, inside of an hour. No matter which procedure you choose, commit to a good eating and exercise regimen, or your great results can backslide faster than you can say, "Quarter Pounder with cheese."

Liposonix

WHAT IT IS: Nonsurgical, high-intensity focused ultrasound laser that decimates fat cells to knock an inch off your waistline. **GOOD IF YOU...** have an inch or two to pinch on your belly and love handles, or want to minimize pesky bra fat, back-of-arm and back-of-thigh flab. **WHAT IT DOES:** High ultrasound energy causes thermal coagulation of fatty tissue that gets engulfed, removed and

naturally excreted through your body, without damaging surrounding tissue.

FAST FACT:

When shopping for a doctor, check for board certification and membership to any of the following: the American Society for Dermatologic Surgery (ASDS), the American Society of Plastic Surgeons (ASPS), or the American Society for Aesthetic Plastic Surgery (ASAPS).

ANESTHESIA: Some doctors prescribe codeine, Oxycontin or Valium. A new protocol is being introduced with lower but more frequent energy pulses that make it more comfortable. **RECOVERY TIME:** A few days of mild soreness, bruising and swelling, and no exercise for a week. **HOW LONG IT LASTS:** A lifetime, with proper diet and exercise. It takes three months for

the body to absorb and eliminate killed fat cells, though results can be seen in a month. **VISITS REQUIRED:** One or two, with a three-month waiting period between sessions. Body measurements are taken at the one-, two- and three-month mark to chart your post-procedure progress. **COST:** Approximately \$800 and up for arms; up to \$3,000 for full abdominals.

Coolsculpting

WHAT IT IS: Nonsurgical freezing technique using cooling plates that yield a 25 percent size reduction in the area treated. **GOOD IF YOU...** have a moderate to mild muffin top, belly pooch or love handles. It is generally used on the abdominal region but can also be used on the inner

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thighs, arms and bra-fat areas. **WHAT IT DOES:** Cools fat cells beneath the skin to temperatures that encourage their natural destruction. Since lipids (aka fats) crystallize faster than normal cells do, there is no damage to surrounding nerves and tissues. Your doctor can also "sculpt" your abs by maneuvering the tool on a diagonal. **ANESTHESIA:** None. **RECOVERY TIME:** None. Some patients experience a temporary dulling of sensation in the treated area. **HOW LONG IT LASTS:** Over a period of months, fat cells shrink and die as your own body metabolizes and naturally disposes of them. Result is a slimmer tummy that can be maintained with proper diet and exercise. **VISITS REQUIRED:** One or multiple visits if desired, spaced six months apart. **COST:** Approximately \$750 and up per area.

Liposuction & Smart Lipo

WHAT IT IS: Surgical procedure that suctions out stubborn fat deposits from the body. **GOOD IF YOU...** are in good shape but have a hard time ditching your belly, hip, butt, back, arm or thigh flab through noninvasive means. **WHAT IT DOES:** Removes fat (and fluids) from underneath the skin using a skinny vacuum tool called a cannula or an ultrasonic probe. Smart Lipo is a less invasive procedure in which a laser liquefies fatty deposits through the skin's top layers. After fat is "melted," the doctor removes it through small incisions in the skin. **ANESTHESIA:** Local anesthesia



FAST FACT: Breast augmentation was the leading cosmetic procedure performed in the U.S. in 2012, followed by liposuction, abdominoplasty and blepharoplasty. *The American Society for Aesthetic Plastic Surgery*

Tummy Tuck

WHAT IT IS: Surgical procedure known as an abdominoplasty that reshapes the abdomen by removing excess fat and skin and tightening abdominal muscles. **GOOD IF YOU...** have banished your bikinis—perhaps even one-pieces—due to excessive saggy abdominal skin, often from multiple pregnancies. Some women get what’s known as the “Mommy Makeover,” a combo of a tummy tuck and breast enhancement. **WHAT IT DOES:** Through incisions above the bikini line and around the belly button, excess skin is surgically removed while the abdominal muscles are stitched closer together, creating a more taut appearance. A “tiny” tummy tuck removes a small amount of skin in the lower abdominal area, while a lipoabdominoplasty is more involved, combining fat suction and skin removal. **ANESTHESIA:** General anesthesia. **RECOVERY TIME:** Discomfort and bruising for two to three weeks. A post-op garment must be worn for three weeks and both heavy lifting and strenuous exercise must be avoided for four weeks. **HOW LONG IT LASTS:** Indefinitely, but proper diet and exercise must be maintained. **VISITS REQUIRED:** Onetime procedure, with monitoring up to a year after surgery. **COST:** Approximately \$9,500 for a tummy tuck, more when combined with liposuction or breast enhancement.

Brachioplasty

WHAT IT IS: Surgical procedure that removes excess sagging skin on the upper arms, due to aging or weight loss. **GOOD IF YOU...** realize that when you wave hello, the skin on your upper arms is waving too, and nonsurgical methods just aren’t cutting it (literally). **WHAT IT DOES:** Excess

for Smart Lipo, general anesthesia or local anesthesia with sedation for liposuction. **RECOVERY TIME:** Two to three weeks of wearing skin compression garments, no strenuous exercise for three weeks, and swelling that could last weeks or months. Smart Lipo recovery time is shorter, usually ten days, though compression garments may be necessary for several weeks. **HOW LONG IT LASTS:** Indefinitely, but proper diet and exercise must be maintained. **VISITS REQUIRED:** Onetime procedure, with monitoring up to a year after procedure. **COST:** Approximately \$4,000 per area for liposuction, and \$3,500 per area for Smart Lipo.

YOU'RE LOOKING SO...2014

We talked to doctors and tastemakers to find out what's on-trend for faces and bodies right now

IN	OUT
natural pout with an almost 1:1 upper/lower lip ratio	uber-pillowy Angelina lips
Barre-Method body	Madonna muscle
full B to small C cup (200-300 cc implants)	D-cups runneth over (400 cc-plus)
subtle, ombré highlights	top-to-tip, skinny highlights
softly arched, medium to full brows	angular brows (full or thin)
gently curved nose bridge with a supra-tip break (small indent above the tip)	small button nose, regardless of face shape

saggy skin is removed and tightened, with a concealed scar in the armpit for a mini brachioplasty and a very thin scar along the inside of the arm for a full brachioplasty. This procedure may be combined with liposuction. **ANESTHESIA:** General anesthesia or local anesthesia with twilight sedation. **RECOVERY TIME:** Two to three weeks of wearing compression garments and no heavy lifting or exercise during that time. **HOW LONG IT LASTS:** People typically have this surgery once in a lifetime. **VISITS REQUIRED:** Onetime procedure, with follow-up visits. **COST:** Approximately \$4,500.

LIFTERS

John Mayer nailed it when he sang, *OH GRAVITY... IS WORKING AGAINST ME*. When parts of your body look like they've been fast-tracked on the “down” elevator, it's time to consider a lift, which will tighten up slackening skin and shave years off of your look. When surgery is involved, factor in a generous post-op recovery period. A good surgeon's rule of thumb: At two to three weeks, your best friends can see you, but wait three to five before your enemies do.

Face-lift

WHAT IT IS: Surgical procedure to restore a more youthful facial and neck contour by lifting and repositioning the skin, fat and muscles. **GOOD IF YOU...** have lax skin along with flattening of the mid-face and nasolabial folds, facial wrinkles, hanging jowls and a sagging jawline and neck. You find yourself pulling your face up and back, wishing it would stay there. **WHAT IT DOES:** Through incisions following the natural creases around the ear and scalp, facial and neck tissues are lifted and repositioned, restoring a triangular shape to the face with the widest portion being the mid-face, along with a smooth jawline and refined neck. **ANESTHESIA:** Local anesthesia with twilight sleep sedation or light general anesthesia. **RECOVERY TIME:** Initial healing requires two to three weeks, but three to six weeks before you're looking great. **HOW LONG IT LASTS:** Earlier face-lifts last longer with the average of ten to fifteen years if done correctly and maintained with good skin care, healthy living and fillers. **VISITS:** Onetime procedure with follow-ups. **COST:** Approximately \$9,500 to \$18,000, depending on the surgeon's fees, facility fees and extensiveness of the surgery. »

OUR EXPERT PANEL

Many thanks to the following doctors who contributed their time and wisdom to this article:

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Liquid Face-lift

WHAT IT IS: Nonsurgical procedure involving a combination of Botox and the layering of various facial fillers (see sidebar “Filler Up”) to smooth out, lift, contour and add volume to the face. **GOOD IF YOU...**don’t want or need a traditional face-lift (especially if your neck and skin tone are in good condition), and you are looking to fill out the cheeks, temples and lips, soften under-eye and around-the-mouth hollows, as well as lift sagging skin. **WHAT IT DOES:** Botox is injected to relax key wrinkle-inducing muscles in the crow’s-feet, forehead and between brows, while fillers are layered from the cheek to the jawline, as well as the mouth area, to combat fat and bone loss. After fillers are placed, they are molded into position to complete the sculpting of the face. **ANESTHESIA:** Some fillers have an anesthetic (lidocaine) pre-added, or it can be injected with the filler. Topical numbing creams may also be used. **RECOVERY TIME:** Potential bruising and swelling for several days to a week for hyaluronic acid-based fillers; one to three days for Radiesse. **HOW LONG IT LASTS:** Nine months to a year. **VISITS REQUIRED:** Only one visit for

light volume loss treatment, but many benefit from smaller amounts injected over two visits. **COST:** Each syringe can cost between \$750 and \$1,300, with the total cost dependent on volume per syringe and number used (from two to four). Price reductions may apply when multiple syringes are used.

Ultherapy & Thermage

WHAT IT IS: Ultherapy is a nonsurgical neck and face-lift using high-intensity, focused ultrasound that is ideal for the face. Thermage uses deeply penetrating radiofrequency energy to tighten the skin and can also be used on the body. **GOOD IF YOU...**want a tighter, less saggy look around your brows, cheeks, eyelids (in the case of Thermage, using a gentler, shallower tip for eyelid skin), jowls and jawline, thighs or abdomen. **WHAT IT DOES:** Sound waves convert to heat in the deep dermis that causes remodeling of collagen, stimulating overall lifting and tightening. You’re not going to get a surgical result, but you will have a more sculpted, defined look. **ANESTHESIA:** None, but some doctors give light sedation to address heat

sensitivity. Thermage’s comfort-pulse technology delivers cooling and vibration to make the procedure more comfortable. **RECOVERY TIME:** None. **HOW LONG IT LASTS:** Two years. There will be some immediate tightening, with final results after three to six months when collagen formation occurs. Fillers may be used for an optimal result on the face. **VISITS REQUIRED:** One to two, with follow-ups. **COST:** Approximately \$2,500 and up, depending on the areas covered.

Neck Lift

WHAT IT IS: Surgical procedure to correct excess sagging skin and create a tighter, smoother, more defined neck and jawline. **GOOD IF YOU...**have enough facial definition that you don’t require a face-lift, but catch yourself looking in the mirror and lifting your jowls or pelican neck up with your hands. This is a popular procedure for men who want to lose the turkey wattle under their chin. **WHAT IT DOES:** Turkey wattle removal is a simpler procedure, with a direct excision and a T-shaped incision under the chin. When there is more excess loose skin in the jowl area, the skin is also lifted and repositioned through tiny incisions made behind the ear and in the hair. **ANESTHESIA:** Local anesthesia with twilight sleep sedation. **RECOVERY TIME:** Ten to twelve days; no strenuous exercise for a minimum of two to three weeks. **HOW LONG IT LASTS:** People typically have this surgery once in a lifetime. **VISITS REQUIRED:** Onetime procedure with follow-up visits. **COST:** Approximately \$8,000 to \$15,000 depending on the extensiveness of the surgery.

Blepharoplasty

WHAT IT IS: Surgical procedure to remove excess sagging skin, muscle and fat on the upper and/or lower lids. Another possible element of the procedure is a ptosis repair to elevate the height of the eyelid. **GOOD IF YOU...**want to do something about under-eye bags and/or heavy-looking lids caused by genetics, sun exposure and squinting. **WHAT IT DOES:** Contours and smoothes the eyelid area via incisions made in the normal folds of the upper and/or lower eyelid to remove excess skin and reconstruct the eyelid crease, creating a more refreshed appearance. **ANESTHESIA:** Local anesthesia or local with twilight sedation. **RECOVERY TIME:** One week of bruising with up to two weeks of swelling, depending on the patient. **HOW LONG IT LASTS:** People typically have this surgery once in a lifetime, but may have a touch-up years later.



VISITS REQUIRED: Onetime procedure, with follow-ups for suture removal. **COST:** Approximately \$5,000 plus surgery center fees, if needed.

Brow lift

WHAT IT IS: Surgical procedure that lifts wrinkled forehead skin, saggy eyebrows and glabellar lines (frown lines). This procedure may be combined with a blepharoplasty. **GOOD IF YOU...**are sick of people asking if you’re tired, angry or both...often a side effect of a heavy-looking forehead and flattening of the eyebrows. **WHAT IT DOES:** Depending on the patient’s degree of brow ptosis, different types of lifts (coronal, endoscopic, anterior hairline or direct brow lift), with varying incision and forehead muscle elevation techniques, are used. All aim to achieve the same result: a refreshed brow, properly positioned along the upper orbital rim. **ANESTHESIA:** General or local with twilight sedation. **RECOVERY TIME:** At least two weeks of bruising and swelling. **HOW LONG IT LASTS:** Typically a onetime surgery. **VISITS REQUIRED:** Several in the early postoperative period. **COST:** Approximately \$10,000.

Breast lift

WHAT IT IS: Surgical procedure known as a mastopexy to elevate and reshape sagging breasts. **GOOD IF YOU...**have “brablems,” often triggered by multiple pregnancies. They

FAST FACT: The most popular nonsurgical procedures in 2012 were injections of Botox (more than four million) and fillers containing hyaluronic acid (more than one million).
The American Society for Aesthetic Plastic Surgery



FILLER UP No, your face is not a dartboard, but a few well-placed injectables can erase years from it. The latest trend in doctor’s offices is using Botox (not a filler, by the way) to relax frown lines and crow’s-feet, followed by the plumping, smoothing and volumizing dermal fillers below.

FILLER NAME	WHAT IS IT MADE OF?	WHERE DOES IT GO?	IS IT REVERSIBLE?	HAS A LIDOCAINE FORMULA?	HOW LONG DOES IT LAST?
BELOTERO	hyaluronic acid in smooth gel that is ultra-soft	fine lip lines, under eye hollows	YES	NO	6 months
EXPRESSION	hyaluronic acid gel that doesn’t draw water to itself, which means less swelling	around the mouth contours and corners, on the lips	YES	NO	9 to 12 months
JUVEDERM	hyaluronic acid in smooth gel	around the mouth, on lips, nasolabial folds, marionette lines	YES	YES	9 to 12 months
PERLANE	hyaluronic acid with large particles	deep nasolabial folds, cheeks	YES	YES	9 to 12 months
RADIESSE	calcium-based microspheres	cheeks, jawline, temple area, backs of hands	NO	NO	9 months to 2 years
RESTITLANE	hyaluronic acid with small particles	around the mouth, on lips, nasolabial folds, marionette lines, under eyes	YES	YES	9 to 12 months
SCULPTRA	poly-L-lactic acid	temple and deep cheek hollows, deep nasolabial folds, deep marionette and chin lines	NO	NO	2 years; results are seen gradually with collagen stimulation

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FAST FACT:
 Nearly one million of the ten million cosmetic procedures performed in the U.S. in 2012 were on men.
The American Society for Aesthetic Plastic Surgery

used to be perkier and fuller, and now have a deflated balloon or pancake look. **WHAT IT DOES:** Incisions are made around the nipple/areola complex to bring it back up to the crown of the breast, sagging skin is removed and the breast tissue is redistributed above the fold for a more youthful appearance. Implants may be added for fullness. **ANESTHESIA:** General anesthesia. **RECOVERY TIME:** Two to three weeks of soreness. No exercise for three weeks, and a supportive bra must be worn to eliminate tension on stitches. **HOW LONG IT LASTS:** Lifts will have longevity, but there may need to be retightening of the skin in 10 to 15 years. Saline implants do not need to be replaced, but silicone ones have the potential to silently rupture, and some doctors recommend replacement (involving just local anesthetic) at the ten-year mark. **VISITS REQUIRED:** Onetime procedure, with follow-up visits. **COST:** Approximately \$10,000 for a lift, and up to \$15,000 with an implant.

REJUVENATORS

Who doesn't want to turn back the clock—or at least slow it down a little? Whether it's sun damage, stress, or just the natural aging process that has taken a toll on your skin, hair and even your feet, a little rejuvenation can go a long way. Some of these treatments work their absolute best with repeat visits over a period of time, while others are more involved, one-and-done procedures.

Photo-Facial Skin Rejuvenation

WHAT IT IS: Rejuvenation of the face through intense pulsed light therapy (IPL). **GOOD IF YOU...**want to even out your skin color and tone. Many do it in the fall to look refreshed for the holidays. IPL is popular with men who have ruddy skin for its natural-looking effects. **WHAT IT DOES:** Pulsed light gently targets sun- and age-related skin damage as well as ruddiness and red, brown and purple veins. It evens out the overall color of the face, giving an all-over glow, while making the texture smoother. **ANESTHESIA:** None. **RECOVERY TIME:** A few days of swelling or more, depending on the skin type being treated. **HOW LONG IT LASTS:** 80 percent of results can last indefinitely with a good skin regimen and sunscreen, but people tend to have it done every one to two years as a refresher. **VISITS REQUIRED:** One to several, depending on the desired result. **COST:** Approximately \$1,200.

Fraxel Skin Resurfacing

WHAT IT IS: Powerful laser treatment that treats sun damage, freckles, sun spots, melasma, fine lines, acne scars and surgical scars. **GOOD IF YOU...**want to seriously address sun damage on the chest, neck and face, enlarged pores, acne scars and surgical scars (from a face-lift to a C-section to bunion surgery). **WHAT IT DOES:** The Fraxel laser does not treat redness like IPL does, but it provides deeper penetration of the skin to resurface fine lines and correct pigmentation and skin irregularities. **ANESTHESIA:** Topical. **RECOVERY TIME:** Ten days. The first few days will feel like a significant sunburn, with days three to six requiring downtime while you “peel and heal,” as sun damage migrates up and sloughs off. A Clarisonic tool is recommended to slough off residual sandpaper-like skin. **HOW LONG IT LASTS:** Indefinitely, with a good skin care regimen and sunscreen. **VISITS REQUIRED:** Typically a onetime procedure but could be repeated annually, depending on the patient. **COST:** Approximately \$1,100 for the face; \$400 to \$500 for scar revisions.

Chemical Peels

WHAT IT IS: Chemical solution used to help remove dead skin and improve smoothness and texture. **GOOD IF YOU...**want to improve the texture of your skin and lessen dullness, fine lines, freckles and acne without using laser or light therapy. **WHAT IT DOES:** A chemical solution is placed on your face that removes damaged layers of skin and can stimulate collagen production. Superficial Alpha Hydroxy Acid peels (think: Glycolic and Lactic) give an all-over glow; Beta peels (like Salicylic) penetrate deeper and are

ideal for acne; customized combination peels have higher concentrations for the deepest penetration. **ANESTHESIA:** None. **RECOVERY TIME:** Lighter peels involve minimal peeling, if at all; medium-depth peels with a combo of ingredients can involve up to a week of redness and peeling. **HOW LONG IT LASTS:** When doing a series customized by your doctor, results can last a year or more. **VISITS REQUIRED:** Lighter peels require four to six visits for significant improvement of texture; medium-depth peels for fine lines and pigmentation require four to six visits, spaced a month apart. **COST:** Approximately \$125 and up per peel; they are often purchased in packages.

Sclerotherapy & Laser Vein Treatment

WHAT IT IS: Treatment for spider veins on the lower legs caused by genetics, pregnancy, hormones or other factors. **GOOD IF YOU...**feel self-conscious about veins on your lower legs and may even avoid wearing shorts or skirts because of it. **WHAT IT DOES:** Hypertonic saline is injected into the veins, irritating the sides of the walls of the veins and causing them to stick together, thereby becoming less visible. For the face and inner knee area, laser therapy is preferred to diminish unwanted vessels. Slightly larger blue veins may also be targeted, depending on their severity. **ANESTHESIA:** None. **RECOVERY TIME:** None for sclerotherapy; redness from laser for hours to days after treatment. **HOW LONG IT LASTS:** Indefinitely, though coming in twice per year to maintain vein-free legs is recommended. **VISITS REQUIRED:** One to twelve sessions, scheduled one month apart. **COST:** Approximately \$250 to \$1,000, depending on the extensiveness of treatment.

Hand Rejuvenation

WHAT IT IS: A two-step process of using IPL (intense pulsed light) and fillers to give hands a more youthful appearance. **GOOD IF YOU...**have “granny hands,” described as brown spots from aging and sun exposure as well as visible veins from a disappearing layer of fatty tissue. **WHAT IT DOES:** Pulsed light addresses age spots, then filler is injected just underneath the skin to plump and lessen its boniness and veiny look. Both can be done the same day. Some people do IPL on their lower forearms as well, so the results look seamless. **ANESTHESIA:** None for IPL; local anesthesia is used before fillers or is included in the filler. **RECOVERY TIME:** Redness for up to a day; brown spots flake off in 2 weeks or less. **HOW LONG IT LASTS:** 80 percent of age spots stay away for a few years, assuming sunscreen use. Fillers last six months in the hands. **VISITS**

FROM THE NIP/TUCK FRONT LINES

When it comes to procedures, it can be hard to separate fact from fiction. Listen in as plastic surgeons and patients (whose names have been changed to protect their fabulousness) weigh in.

“There’s no such thing as a scarless surgery. Surgery by definition creates scars. But scars are not bad. In face-lifts, they are inconspicuous but create scar tissue beneath the skin that helps the lift. As long as it heals well, scar tissue can be a friend, not an enemy.”
 —Dr. Gregory LaTrenta

“Coolsculpting was actually relaxing...I read and texted the whole time. My doctor had two machines, so it only took an hour to do both sides of my body at once. It took away my ‘second butt,’ what I call the lower back fat I gained from my second pregnancy. I had some numbing sensation afterward, but it went away. I saw major results in a month.” —Katy

“I got my 11’s Botoxed and was concerned when the space between my eyebrows spread a tiny bit. But it takes two weeks to really settle in and it wound up looking great, with no lines. The other benefit was that it evened out my brows. Before, one of them was lower than the other because of the way I was sleeping on that side. My doctor was able to fix it by injecting it, and now they’re completely even.” —Christine

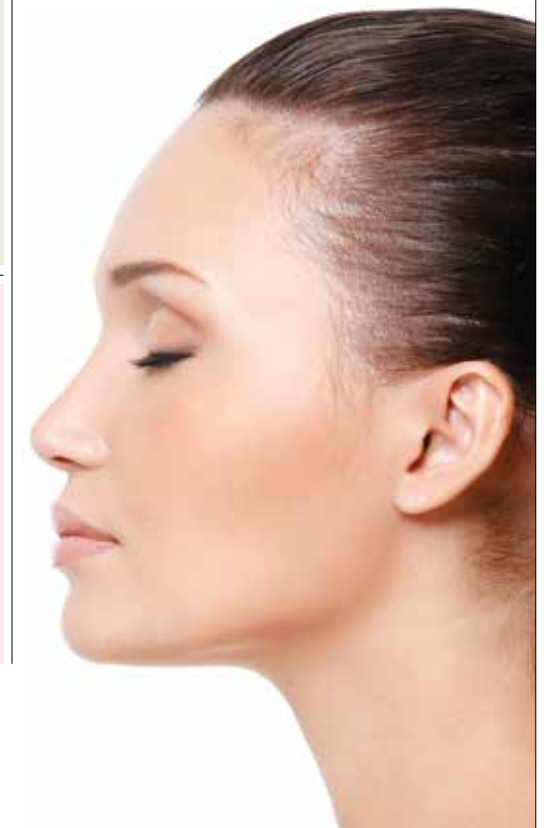
“Eyelid surgery recovery is easier than you think. My blepharoplasty was on a Monday and that Saturday, I was in a restaurant having dinner with friends and no one even noticed. All I had to do was ice my eyes with bags of frozen peas, take Arnica for swelling, wear sunglasses outside and sleep propped up. Two months in, I’m thrilled with the results and wish I’d done it sooner. My hooded lids and under-eye bags had been bothering me for years.” —Allison

“IPL stings a little, but no worse discomfort than laser hair removal. I had it done on my face and chest for dark spots, probably mostly from growing up in Hawaii and not wearing much sunscreen. Just make sure you go to someone you can trust, because if they hit your eyebrow or your hair in your hairline, it’s not coming back.” —Charlotte

“People always ask, ‘If I gain weight after liposuction, will it all wind up in some other weird place on my body?’ The answer is no. Other remaining fat cells can expand in the area. It will still be a uniform distribution of fat all over, not an odd redistribution.” —Dr. Leif Nordberg

“You’re not going to see a final result with fillers for about a month. That’s why you don’t want to fill to the brim, but target a 75 to 80 percent correction. As water is drawn into the area, it swells, so there can be an additional 25 percent volume increase.”
 —Dr. Jeffrey Rosenthal

“When you get a breast lift and in my case, a reduction as well, be prepared to live with scars. They may fade over time, but they are there. I was very happy with my results and would do it again in a heartbeat, but never having had such surgery, the first thing I had to do was to make peace with having scars. Also be sure you have people helping you at home, because you can’t lift your arms while you’re healing.” —Suzanne



JOE CICAK/GETTY IMAGES

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DAY & NIGHT SKIN CARE

While the quality of your skin is subject to hormones, genetics, age and season, using medical-grade products is a must, along with knowing what to put on and when. You won't go wrong with these topical tips:

DAY

STEP 1: CLEANSE

Wash your face with a gentle cleanser using an upward, circular motion without scrubbing or using a loofah, which encourages broken capillaries.

STEP 2: CORRECT

Layer on a vitamin C formulation (great on all skin types) and/or a glycolic acid product, as long as your skin isn't very fair, sensitive, or you have rosacea. Apply prescribed acne medication as needed.

STEP 3: MOISTURIZE

Slather on a moisturizer with sunscreen daily, even on dark days, as radiation can damage skin. Look for one with sunscreen containing titanium dioxide or micronized zinc as active ingredients, which provide broader protection. If moisturizer feels too heavy in summer, get a lighter formulation or skip it, but don't lose the SPF.

NIGHT

STEP 1: CLEANSE

Use a gentle makeup remover followed by a gentle cleanser (ideally, find a two-in-one formulation), always with a light hand, in an upward and outward motion. Follow it with a separate eye makeup remover.

STEP 2: NOURISH

Apply a cosmeceutical-grade eye cream or serum (they have the same effect; serums are just more lightweight formulations). Start at the tear trough and pat outward toward crow's feet and up under the brow, using the pad of your ring finger in a gentle counterclockwise motion. Avoid the upper eyelid, as lids don't have oil glands and you don't want to clog the delicate skin.

STEP 3: CORRECT

Apply an anti-aging formula (retinols, glycolic acid) that turns over dull skin and regenerates collagen for the eyes and face. Only use Retin-A or other retinol products around the eyes if directed by your dermatologist, and always avoid them on the upper eyelid.

STEP 4: MOISTURIZE

Wait three to five minutes after your formula to apply an emollient. It will help lock in moisture to protect the underlying layer of skin overnight, and won't smother or diminish the effect of your anti-aging formula.

REQUIRED: One to a few, depending on your age-spot severity. Fillers are administered twice a year. **COST:** Approximately \$2,200 for hands and forearm pulsed light; fillers start at approximately \$900.

Bunionectomy

WHAT IT IS: A surgical procedure to remove a bunion or growth off the side of the first joint of the great toe. **GOOD IF YOU...**not only avoid the Jimmy Choo corner of your closet, you're



TED SMITH/GETTY IMAGES

embarrassed to even show your "hammer-toe" feet in flip flops. You have tried orthotics to avoid discomfort but still have pain that interferes with your lifestyle. **WHAT IT DOES:** Surgically excises a small piece of the bone and realigns the joint. In some cases, screws, plates or wire are used to maintain joint alignment. **ANESTHESIA:** A local or regional block. **RECOVERY TIME:** Two days of keeping feet iced and elevated; post-op shoes are worn for four to eight weeks; full activity may be resumed at 12 weeks. **HOW LONG IT LASTS:** Indefinitely. **VISITS REQUIRED:** Six to eight. **COST:** Approximately \$2,000 to \$5,000.

Neograft

WHAT IT IS: Minimally invasive surgical hair restoration technology involving no scalpel incisions, staple sutures or linear scar. It can transplant between 1,000 to 2,000 grafts in one procedure, more than double that of traditional transplants. **GOOD IF YOU...**want to restore fullness to patchy, over-plucked brows

or desire a fuller head of hair. **WHAT IT DOES:** Using vacuum technology, follicles are extracted from the patient's donor hair site and placed in their thinning or bald areas with small incisions. Single follicles are transplanted for the eyebrows and hairline, while multiple follicles are added to the crown. **ANESTHESIA:** Local with light sedation. **RECOVERY TIME:** One week. **HOW LONG IT LASTS:** Indefinitely. **VISITS REQUIRED:** Onetime procedure for brows; up to two treatments for head hair. **COST:** Approximately \$5,000 for eyebrows; \$7,500 to \$15,000 for a full head, depending on the number of grafts used.

Latisse

WHAT IT IS: Only FDA-approved prescription treatment to create darker, thicker, longer eyelashes. **GOOD IF YOU...**notice your lash supply is getting sparser and patchier as you age, called hypotrichosis, and want to get more youthful fringe. **WHAT IT DOES:** Its active ingredient, bimatoprost, stimulates lash development,


with peak growth at sixteen weeks. Apply it nightly directly to the skin of the upper eyelid margin at the base of the upper lashes, using a new applicator each time, for each eye. **ANESTHESIA:** None. **RECOVERY TIME:** None. **HOW LONG IT LASTS:** Most patients see some results at two months. After the four-month course, maintenance is required two to three times a week. If you stop the product, it takes a month to revert back to your regular lash line. **VISITS REQUIRED:** An initial consultation with your doctor. **COST:** Approximately \$360 for two 5 ml boxes, which should last twenty weeks. **G**

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