

## Good Advice

### Defy Gravity

by H. Sasson, MD, FACS



As our society changes and we get older, especially with current pressures due to an increasingly more competitive job market, how we look and present ourselves can play an important role in winning that favorable nod or the next interview. For those of us already employed, it can mean a raise or step up to a better and higher position. With new advances on top of the old and tested techniques in plastic surgery, at times, in a matter of few minutes, we can enhance our looks to a more competitive and desirable level. There has been numerous evidence that improved appearance can, in turn, translate into better self confidence and increased feelings of self worth. In today's society, these are important elements in career advancements.

Cosmetic surgery and procedures have now evolved into many easy, relatively pain-free and low-risk office and out-patient procedures with minimal to no down time. At times, when conservatively and carefully designed, most or all signs and side effects of those procedures can be easily hidden and camouflaged. This allows the patient immediate return to her usual daily work and other activities. We now have safe and effective non surgical office treatments that help refreshen the aging face. These are quick procedures that can be accomplished essentially during lunch break. These simple office procedures include injections of Botox®, Dysport®, Radiesse®, Restylane®, Juvederm®, Belotero®, Voluma®, and other fillers as well as chemical peels. Although these have been proven to be safe and effective procedures, the proper selection is extremely important in realizing their maximum potential and efficacy. For patients healthy enough and who need more drastic change and rejuvenation of their face and body, the traditional and more invasive

and more permanent surgical approaches must be explored. These include eyelid surgery, rhinoplasty, facelift, neck lift and brow lift. Botox® and Dysport® counteract the muscles under the facial skin which, in turn, result in smoothing and eliminating the fine wrinkles in the forehead, around the eyes, nose and lips and neck areas. On the other hand, the fillers, in a proper candidate, act to reverse the loss of volume and larger folds and wrinkles in and around the face. In many situations more than one modality of injection and or filler can be combined to enhance the desired outcome. These techniques can help delay or even avoid more radical surgical procedures, especially if done carefully and conservatively.

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As crucial as proper patient selection is in determining the optimal outcome, it is even more important and critical for the patient to select the appropriate and well-trained plastic surgeon in formulating the correct and safe method of reaching the desired end point in rejuvenating the face and body.

As the delivery of medical care has become more and more specialized, it would make perfect sense to entrust your face and body only to traditional American board-certified plastic surgeons trained in the accredited universities and medical centers in this country. This is in order to prevent disastrous and, at times, unfavorable and irreversible mistakes that are frequently seen when performed by the unqualified doctors.

*Dr. Sasson is a board certified plastic and reconstructive surgeon trained at Cedars-Sinai, UCLA and Yale University and is the chief of plastic surgery at two of the local Long Island hospitals. He will be happy to address your concerns and formulate a proper plan at his Great Neck office. He can be reached at 516-487-5017. [www.sassonplasticsurgery.com](http://www.sassonplasticsurgery.com).*

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