



Get **Red** Carpet Ready For the Big Day

Whether it's a wedding, high school reunion, holiday party, or even just a special night out, everyone always wants to look his or her best for that important day. For some people, wearing a new outfit will fit the bill, but others may want to go the extra mile. Fortunately, there are a number of cosmetic enhancements that can really help patients shine with confidence and vigor.

The recent emergence of BOTOX® and facial fillers has redefined the idea of a makeover. Rather than just applying an edgy eyeliner or getting a new haircut, patients can erase wrinkles and look far more refreshed than they could have imagined before. In just minutes, a Botox or filler treatment can enhance one's appearance, with essentially no downtime. Many patients are not aware that in addition to erasing wrinkles, there are many other uses for dermal fillers, such as filling in the under eye shadows and augmenting the cheeks. And if treated by an experienced surgeon, patients can expect a natural result, unlike the artificial, 'plastic' look that is the result of an inexperienced injector.

Even with no downtime, one should still plan a BOTOX® or filler treatment carefully if done prior to a big event. The results of a BOTOX® treatment are usually evident within a couple of days, but can take up to a week for

the ultimate result. And the results of many fillers will continue to refine and improve over a period of two weeks, so to show off that great result, at least two weeks prior to the event would be ideal. However, since much of the result after a filler treatment is immediate, this rule does not have to be strictly followed.

For patients who desire an even more dramatic improvement, a laser resurfacing procedure is an excellent choice. My preference is a Lumenis UltraPulse fractionated laser treatment. This 'newest generation' of fractionated lasers gives patients a 'glowing' refreshed look. At the same time, skin is tightened and wrinkles are softened. The downtime for these treatments is less than a week, and the results typically last for years. I will typically recommend a laser procedure at least two months prior to an event since that final 'glowing' look improves with time. But for patients who want a procedure with even less downtime, I offer a 'laser peel' procedure that is an excellent way to make the skin look young, vibrant, and healthy. The laser peel is best done a few weeks before an event.

I recommend that patients schedule a consultation as far in advance of the 'big day' as possible, in order to plan their treatment. I have treated countless patients prior to their weddings and reunions with great success. The key is to have a thorough face-to-face consultation to create a customized treatment plan. Whether patients opt for a filler treatment, laser resurfacing procedure, or even surgery, getting 'red

carpet ready' is now more attainable than ever.

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