



Fall 2007

# Faces and Figures

## The Newsletter of Aesthetic Plastic Surgery of Delaware

### The Key to Looking Younger

Are you tired of looking tired? Have you had days where you feel great until concerned friends ask what's wrong? Do people think you're angry because of your facial expression when you're perfectly happy? These may be signs that it's time for a little help to make you look refreshed, youthful and pleasant. Facial rejuvenation procedures today just aren't 'your mother's facelift'! Recent advancements in surgical procedures now enable you to achieve your most youthful, natural and beautiful appearance without the lengthy, invasive procedures of the past.

Many patients are interested in having small, early procedures to maintain a youthful appearance, rather than waiting until more advanced signs of aging have set in. The MACS lift, also known as a Quicklift, offers improvement in the lower face and neck to patients with both early and advanced signs of aging. This procedure is a

minimal incision lift which utilizes suture suspension of the underlying tissue to gently lift the face in a natural, upward direction. Small incisions are made at the ear border but there is no incision made under the chin. The MACS lift can also be extended to lift the mid face and improve drooping of the 'apple' of the cheek. In many cases, fat is also transferred into the nasolabial folds and perioral area to soften and improve an aging mouth. You can achieve a younger lifted appearance that is very natural and does not look pulled or artificial.

The MACS lift can be combined with upper or lower lid blepharoplasty to correct hooded lids or bags under the eyes. Many women in their late thirties and early forties begin to notice that they are no longer smooth under their eyes. They complain that their eye shadow is no longer visible and mascara dots their upper lids because of skin droop. Excess upper

lid skin can be removed with an ultra fine incision in the upper lid crease which often becomes invisible over time. Small amounts of fat can also be removed through this incision to reduce puffiness of the lid. Lower lid fat is generally removed with no external incision. If excess skin is removed, a fine incision is made near the lash line to remove excess skin.

For many patients, especially those in their forties or fifties, the MACS lift, with or without an eyelift can provide excellent and long lasting improvement with a much less invasive procedure than a traditional facelift. The MACS lift requires shorter surgical time, less discomfort and more rapid healing than a traditional facelift. Procedures performed while others are saying 'you still look fine' are the key to maintaining a natural, youthful appearance that will make them wonder why you're just not getting any older!

1.800.444.6936

Happy Autumn!

Unless you have a Caribbean or Florida vacation scheduled, swim suit season is over.

That doesn't mean you can just forget about all those problem areas that plagued you this summer: you'll have the same trouble spots next year. Bulky sweater season is a great time to consider breast enhancement.

This is the time of year when you can have surgery on a Friday, return to work Monday with layers that won't reveal your secret .... except with those you'd like to tell!

Make this your season to turn over a new leaf!

If you've suffered from unsightly spider veins this summer, now is the best time to start getting rid of them for next year! And if you missed our special promotion last fall, don't miss out this year.

Many spider veins can be very effectively treated by injection therapy. Treatment takes only about 30 minutes and most people find it surprisingly painless. After treatment you can immediately return to work and most activities. Number of required treatments depends upon the severity of the condition. To be sure there is plenty of time to complete treatment and have your legs looking great for next summer, now is the perfect time to start treatment!

*Schedule a vein treatment by January 31, 2008 and receive a second treatment at 25% off!*



### Just in time for a Pre-Holiday Quick Fix!

Juvederm Ultra and Juvederm Ultra Plus are here.

Lunch time injectable fillers.

Great for naso-labial folds, marionette lines, and lips.

**Tired of living with  
Acne Scars ?**

Try the 2nd generation Fraxel Laser. A series of one hour treatments can improve skin texture and reduce acne scars, large pores, melasma and fine lines. You can expect to see your final result about 6 months after beginning treatment, so don't wait any longer to get started improving your skin!

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Facesandfigures.com**

**Say "I do" to Looking Great!**

Big Savings with

**The Commitment Package**

6 Facial Peels + Personalized Skin Care Package \$680

Includes over \$200 worth of products

(offer ends 12/31/2007~ Call for details)

**1.800.444.6936**



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### **3 Ways to Make the Most of Your Recovery**

In our busy society, we rarely get a chance to truly just RELAX. Although recovery times for most procedures are very short, usually just a weekend, maximize this time to feel refreshed. This time is your FREE PASS for guilt free relaxation. Here are a few tips to make your recovery a time for inner rejuvenation as well.

1. Before surgery, pick up healthy comfort food that will be easy going down after surgery. Rent a video you been meaning to watch.
2. Morning of surgery, come wearing comfy pajamas that will help you to snuggle in when you go home.
3. Once you get home, allow yourself to be pampered! This will only last for a day or two, so enjoy it while you can!

Incorporating these ideas into your recovery phase will help you not only look better after surgery, , but feel better as well.