

**(Parkland Life Column for November 2010)**

## **Pre-Holiday “Quick Fixes”**

**By David J. Levens, MD, PA, FACS**

It's early December, you're shopping for festive holiday attire and scoping out trends to look your best as 2011 makes its debut. But the face you see in the mirror doesn't look festive or optimistic about a new year. It looks tired.

What to do—quickly? The answer can be a combination of wrinkle relaxers, facial fillers, peels or dermabrasion which don't require much downtime and produce visible change soon after treatment.

To eliminate significant loose skin (under eyes, at jawline or on neck) surgery is the only solution. But here's what non-surgical treatments can achieve: Reduction of frown lines, crow's feet, laugh lines, marionette creases and fine lines above the upper lip; reduction of age spots, fine lines and other texture irregularities; reduction of the appearance of under-eye “bags” and overly hollow cheeks; creation of the appearance of higher, more prominent cheekbones or a fuller more youthful brow, and an overall firmer, smoother skin tone.

Treatments to achieve these goals vary, but generally include injectable facial fillers, injectable muscle relaxants, peels and dermabrasion.

Botox® or Dysport® can be injected to prevent frowning, squinting and eyebrow raising which cause frown lines, forehead lines, “crow's feet” lines. For deep creases, injectable fillers can enhance improvement.

Fillers can camouflage under-eye puffiness, raising sunken upper cheek contours and making “bags” seem to disappear. Fillers can plump-up hollow or sunken cheeks, creating the impression of more youthful cheekbones. They can significantly reduce the appearance of laugh lines and marionette lines. For minor skin sagging at the jawline, fillers can be injected deeply to even out the contour and reduce perception of “jowls.”

“Smoker's lines” above the upper lip can be treated with both fillers and muscle relaxants to create a subtle lift in the upper lip, making it look fuller. Lip volume can be enhanced, usually with a hyaluronic acid-type filler. Various kinds of peels can produce significant improvements in skin color, texture and tone, with minimal downtime.

For a pre-holiday “quick fix”, a combination of approaches can be an ideal way to make the season and the new year look a whole lot more promising.

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