

**(Parkland Life Column for July 2011)**

## **“Quick Fixes” Make Big Difference**

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

Not liking the tired look on the face you see in the mirror these days...but not quite ready for cosmetic surgery, either?

The solution can be a “quick fix”, using one or more non-invasive treatments such as wrinkle relaxers, facial fillers, dermabrasion, lasers, peels, or other skin-tightening procedures. These approaches require far less downtime than surgery but do produce pretty dramatic visible change soon after treatment.

To be clear, if you want to eliminate significant loose skin (under eyes, at jawline or on neck) surgery is the only answer. 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.

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. They can be used to 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.

So if cosmetic surgery is not on your agenda, you have plenty of terrific options to achieve a refreshed look you’ll love seeing in the mirror.

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