

Cosmetic Enhancement Guide

FACE Treatments

11 ways to change your face, nose, ears, chin and lips.



Face and Neck Lift (Rhytidectomy)

Sun exposure, genes and stress can make your face age quicker than your body. To refresh your appearance and sagging tissues, a face lift may be your best option. A face lift will tighten your skin, making it look younger and firmer. One thing to remember: while it may be called a face lift, this procedure is actually designed for your neck and the lower half of your face only. If you want changes to your forehead area, you will need a brow lift or Botox injections.

How it's done: Several variations on this classic surgery can be performed, but, basically, your surgeon will make an incision in the temple by the ear that continues around the back of the ear and into the scalp area. The deep

tissues are tightened and excess skin and fat are removed. A local or general anesthetic may be used.

Recovery: Two to three weeks, depending on the amount of bruising.

Complications: Bleeding and bruising can be a temporary problem, but major complications are unusual.

Cost: \$8,000 to \$12,000.

FeatherLift/Threadlift

This non-invasive face lift uses threads to reverse the pull of gravity and resuspend facial tissues, to reduce or eliminate lines, wrinkles and sagging areas around the eyes, cheeks, mouth, brow and jawline.

How it's done: Threads with "barbs" are inserted into the face using hollow needles. The threads "grab" tissue,

allowing the surgeon to achieve the desired lifting effect, which improves over time as the tissue heals around the threads. It's a minimally invasive treatment with little downtime. The threads leave no visible scars and no bandages are needed. The procedure takes one hour.

Recovery: Post-operative swelling disappears in two to three days, with ice applied as needed.

Complications: Rare, but can include the thread end working its way out of the entrance of the skin or the development of a pucker. Both complications can be easily and safely remedied. Longevity is a concern.

Cost: \$4,000 to \$5,000.

LIPIDOCTOR Face Loft™

This is the first medical treatment which not only rejuvenates face, neck and hand skin, but also reshapes the face without a face lift. Instead, it rebuilds underlying muscle. As a result, within a few months, your cheeks lift, your eyes open wider, hollows under the eyes fill in, your jawline smoothes; your skin becomes smoother, tighter and more radiant; blemishes and wrinkles decrease markedly.

How it's done: Body-building principles and technology are applied to the face and neck that include specific muscle strengthening exercises (15 minutes for five days a week, at home) plus supplements, which are building blocks of muscle and skin. You apply the supplements in LIPIDOCTOR transdermal treatment creams morning and night and require nothing else for skin care. For women over 40, small, balanced amounts of estrogen and progesterone (the gold standard medications for optimal skin thickness, hydration and elasticity) are formulated into the creams. An optional minimally invasive, 15-minute Wrinkle-Release procedure is available for flattening deep wrinkles. Because this program strengthens and builds rather than paralyzes muscle, patients committed to Botox and injectible fillers are not candidates for Face Loft™.

Recovery: No downtime.

Complications: None.

Cost: Men of all ages and women under 40: Consultation, followup, Dynamic Facial Exercise Program (on DVD) plus first three months of treatment creams: \$400. Three-month renewal of creams: \$175.

Women over 40: Consultation, followup, Dynamic Facial Exercise Program (on DVD) plus first three months of treatment creams: \$500. Three-month renewal of creams: \$275.

Nose Surgery (Rhinoplasty)

Rhinoplasty is one of the most popular cosmetic procedures

available today. Size, shape and alignment — whether due to injury or genes — can be surgically corrected. Appearance isn't the only incentive for some people to consider this procedure: a misshapen nose can cause breathing problems, which rhinoplasty can correct.

How it's done: Depending on the characteristics of your nose, your doctor will choose either the open or closed method of surgery. In the open method, an incision is made across the skin between the nostrils. This allows the surgeon to see the internal structure of your nose better. While this may allow the surgeon to operate with greater precision and ease, there will be more swelling, and it will take you longer to recover. In the closed method, no external incision is made. It is used for less difficult cases.

Recovery: Seven to 10 days; swelling for two to six weeks.

Complications: Unusual; may be related to anesthetic or achieving a "perfect" result.

Cost: \$6,000 to \$9,200.

Ear Surgery (Otoplasty)

If your ears stick out, you can have them pinned back, so they are closer to your skull. This straightforward surgery has been popular for decades with men, women and children.

How it's done: Depending on the esthetic result you want, your surgeon will either pin back the existing cartilage with permanent sutures or remove and trim the excess to form a more attractive shape. Because incisions are made behind your ear, they are not noticeable.

Recovery: Two weeks; no contact sports for three months.

Complications: Minimal risks, including bleeding, infection and reaction to the anesthetic.

Cost: Both ears: \$4,500 to \$5,500. (For children under 16, the procedure is covered by some provincial health-care plans, including OHIP).

Chin and Cheek Augmentation

If you want a more attractive contour to your cheeks and a stronger chin, this procedure can transform your appearance. One big advantage is that there is no visible scarring; another is that this kind of augmentation is relatively simple and can eliminate the need for a face lift. If you're considering rhinoplasty, your surgeon may also suggest a chin augmentation to enhance the effect of your new nose.

How it's done: Your surgeon will make incisions inside your mouth for the cheeks or under the chin for chin augmentation, then insert silicone implants in your chin and/or cheeks. For those who don't want surgery, a permanent, reversible filler gel, Bio-Alcamid, can also be used. ►

Recovery: One to two weeks.

Complications: With any surgery involving an implant, there can be complications, including improper placement or shifting can occur. This would require followup surgery to reposition your implant.

Cost: Cheeks: \$4,500 to \$5,500; chin: \$3,000 to \$4,500.

Lip Implants

Soft, flexible tube-like implants are a permanent solution to plump or bulk up your lips. You can select the diameter you desire, and if you change your mind, you can remove them at any time.

How it's done: The doctor makes a small incision at the corner of the mouth and inserts a small, flexible tube into a tunnel created between the muscle of the lip and the vermilion-coloured border. The implant is composed of a synthetic, non-toxic compound that works well with your own natural collagen, so the lip heals itself.

Recovery: Up to one week.

Complications: The process is simple but can be more painful and time-consuming than the temporary injectables. The implant can get firm over time, but the permanent filler remains soft.

Cost: \$1,500 to \$4,500.

Injectables

Injectables plump up an area of your face your lips, lines around your lips, your forehead – either temporarily, semi-permanently or permanently.

How it's done: Using a small needle, the doctor injects a substance into the area you want smoothed or filled out.

Collagen-based (Cosmoplast, Cosmoderm, Evolence): most commonly used in the lips. Patients like these first two products because swelling is minimal and they contain Lidocaine, so they're less painful than other fillers. Results last three to six months. Evolence is the latest collagen injectable for the face; the manufacturer claims it lasts for at least 12 months (longer than any other soft-tissue filler). It's a special combination of pig collagen and Glymatrix technology that slows the rate at which the body breaks down collagen. Local anesthesia is required, no pretesting is required.

Hyaluronic acid-based (Perlane, Restylane, Juvéderm, SubQ): most commonly used in the lips. Perlane and Restylane last six to 12 months. Juvéderm is used for fine lines, crow's feet, forehead, cheeks, lips and naso-labial folds. Results last six months. SubQ is used to define cheekbones, chin and hollows in the face; for filling out

post-liposuction defects in the stomach, hips and legs; an alternative to fat transplants and silicone with a 100 per cent predictable placement; lasts six to nine months.

Plexiglas beads (Artecoll/Artesense): These fillers can be used in the lips, naso-labial folds and acne scars to add volume and definition to skin. Results last at least five years.

Hyaluronic acid/acrylic hydrogel (Revanesse, ReDexis): Revanesse claims the highest concentration of hyaluronic acid and is used to fill facial wrinkles and add volume to lips. Results last between one to five years. ReDexis contains a cross-linked sugar molecule that magnetically attracts collagen and elastin to an implant site, stimulating new tissue and bulking up the treated area. Results last up to 18 months.

Calcium hydroxylapatite (CaHa) microspheres (Radiesse): This long-lasting, non-permanent mineral compound of bones quickly absorbs into the body for up to two years; ideal for the entire face, including post-rhinoplasty corrections; can be sculpted in the face for up to 24 hours after treatment to get precise results.

Poly-L-lactic acid (Sculptra): a synthetic injectable material that does not harm the body and is not able to be broken down by the body; injected above and below the eye, around the mouth, the cheekbones, the jawline and the T-zone; results can last for up to two years.

Polyalkylimide (Bio-Alcamid): a non-absorbable gel polymer that is highly biocompatible (welcome within the body); replaces depleted fat tissue, restoring natural fullness and contours to the face; remains in injection site permanently and does not move throughout the body.

Recovery: About a week.

Complications: Temporary swelling, bruising, stiffness and lumps may occur, but these injectables are generally safe.

Cost: Collagen: \$400 and up; Evolence: \$500 to \$750 per syringe; Perlane/Restylane: \$475 to \$550; Juvéderm: \$475 to \$550 per syringe; SubQ: \$850 per syringe (in cheek and chin augmentations); Artecoll/Artesense: \$750 and up; Revanesse/ReDexis: \$500 to \$650 per syringe; Radiesse: \$740 and up per syringe; Sculptra, \$1,000 and up; Bio-Alcamid, \$1,000 per syringe.

Fat Transplant (Fat grafting or liposculpture)

This procedure replaces lost volume – often as a result of aging – in your lips, cheeks, hands or buttocks. Results can vary – so you may or may not need to get touch-ups after a few years.

How it's done: Your doctor removes fat from another part of your body (such as the butt, stomach or thighs) and

injects it into the deep layers of tissue in the area you want filled out. Since the fat is yours, there's no chance of an allergic reaction.

Recovery: Two weeks.

Complications: This is a low-risk procedure; though, bruising and infection may occur, and you need to be under local anesthetic during the procedure.

Cost: Lips: \$1,000 and up; face, hands, butt: \$2,300 and up.

Botox™

Botox can be injected into the face, forehead, temples and the neck. The substance, when injected, blocks the message from the nerve to the muscle, relaxing it. Because the muscle doesn't contract, the skin in that area stays smooth. It can also be used to reduce sweating in your underarms, palms and feet.

How it's done: Your doctor may give you a topical anesthetic before the injections, which are relatively painless. Results can last anywhere from three to four months. Although Botox is only a temporary solution, if you lose the habit of moving that area, the wrinkles may recur more slowly.

Recovery: One day or less.

Complications: Generally a safe procedure; although, some temporary risks exist. If the needle is not placed properly, you could experience a temporarily drooping eyelid or a frozen appearance.

Cost: \$250 to \$500/area/treatment.

Permanent Makeup

If you have a busy schedule or allergies to certain products, permanent makeup on your eyes and lips can be a good option. Permanent colour can be applied to the eyebrows, upper and lower lash lines, as lipliner to add fullness or to the entire lip, so you don't need to apply lipstick. Permanent makeup can also be applied medically (scar camouflage).

How it's done: A trained technician will apply your permanent makeup in a procedure called micropigment implantation, which is similar to applying a tattoo.

Recovery: Eyebrows: immediate; eyes: 24 to 48 hours; lips: three to five days.

Complications: Soreness, bruising and swelling may occur. If the makeup is not applied properly, it can be difficult to remove.

Cost: Eyebrows: \$500 to \$950; eyes: \$450 to \$1,000; lips: \$795 to \$1,250. 