

CHOOSING MEDICAL PROCEDURES

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More and more people are seeking medical procedures to enhance physical beauty. The choices can be very rewarding, but also devastating. Before choosing, you need to be informed. Seek reputable, highly experienced professionals. Be aware that none of these procedures offers permanent solutions; moreover, long-term consequences are not always clear. Special care of the skin is needed before and after all treatments. Clearly, any trauma to the skin decreases its ability to protect itself and you.

Most Common Medical Procedures and Elective Surgeries

Chemical Peels, Laser and Radio-Frequency: These can be used to remove skin abnormalities such as broken capillaries, skin tags, warts or moles. Caution: the potential of creating more damage, such as scarring, is also high.

Microdermabrasion: Mechanically removes the outermost layers of dead skin to smoothe the surface. Also available through skin care salons.

Intense Pulsed Light: Used to treat fine lines and pigmentation and also remove hair. Caution: learn the effects of different wavelengths of light at different power levels.

Thermage: A relatively new, proprietary treatment that heats the layers of skin below the epidermis. This stimulates collagen synthesis, which firms up the skin.

Botox: Injections which paralyze muscles, soften lines and yield a more relaxed appearance. Extreme precision is needed to ensure proper results. Nature designed the facial muscles to work together, so some patients may experience unpleasant surprises.

Restylane: A new form of injectable line filler that is supposed to last longer than collagen.

Eyelid-lifts: Used to refresh droopy upper eye-lids and or give smaller Asian eyes a more Western look.

Rhinoplasty: Used in reshaping the nose.

Breast implants: Saline solution or silicone. Although popular, there are questions about safety.

Liposuction: Sucks out excess unwanted fat from just about anywhere in the body.

Face-lift, neck-lift, forehead-lift: Removes excess skin, resulting in a tighter, less wrinkled appearance.

These are all serious surgical procedures. Interview at least three different, reputable doctors. Choose carefully and remember that a doctor is more likely to create an artistic masterpiece on patients with whom they have better rapport. Ask for client references and specific recommendations on how to prepare yourself before and after surgery to help reduce pain, swelling and bruising.

General anesthesia, required in almost all elective plastic surgery, can cause severe complications. Be prepared in order to ease the healing process. Have plenty of support at hand for when you return home.

Before choosing elective surgery, remember that what you see in the mirror is not what others see. Your face is the first calling card that you present to the world. Perhaps you would prefer your unique character to be reflected in it? So take an active role in making the right choices.

Comments or questions are most welcome. Email: info@marythe.com.

