

More than  
**9 million**  
nonsurgical cosmetic  
procedures were  
performed in 2013

SOURCE: ASAPS

### FILLERS AND INJECTABLES

**BEST FOR:** Temporarily adding volume, enhancing facial contours and/or filling in lines and wrinkles (and stopping them from forming). Fillers work by plumping up the area from the inside out. "They can be used judiciously as a preventative measure to treat those deep lines that begin to appear in the 30s," says New York facial plastic surgeon Konstantin Vasyukevich, MD.

VS.

### LASERS

**BEST FOR:** Treating textural changes to the skin—think sun damage that's left the face spotted or leathery. A beam of energy is emitted under the skin to resurface the outermost layer of skin and create new collagen. The less ablative the laser is, the less intense it is. "Nothing will come close to making skin look as good as a laser does," says Dr. Vasyukevich.

VS.

### SURGERY

**BEST FOR:** Removing loose skin and tightening underlying muscles. When the face is burdened by an extreme amount of loose skin and weak, flaccid muscles, surgery is the only option. "Focusing on facial positioning optimizes surgical results," says Houston facial plastic surgeon Cecil Yeung, MD. Keep in mind that there is a recovery period with any type of surgery.

21%

Overall  
increase in  
injectables  
in 2013

SOURCE: ASAPS

NAVIGATING THROUGH THE WORLD OF ANTI-AGING MEASURES CAN BE TRICKY, ESPECIALLY IF YOU'RE NOT SURE WHAT PROBLEM EACH TOOL BEST ADDRESSES. AS WE AGE, THREE MAJOR CHANGES TAKE PLACE: A LOSS OF VOLUME, SAGGING SKIN AND TEXTURAL CHANGES OF THE SKIN. "THERE ARE MORE OPTIONS AVAILABLE TODAY THAN EVER BEFORE, WHICH CAN BE OVERWHELMING. IN THE PAST, THE ONLY CHOICE PATIENTS HAD WAS SURGERY. BUT TODAY THERE ARE ALSO LASERS, FILLERS AND NEUROTOXINS. FOR SOME, A MIX-AND-MATCH APPROACH THAT INCORPORATES A VARIETY OF REJUVENATING OPTIONS IS NECESSARY TO ACHIEVE THE RESULTS THEY DESIRE," SAYS LARGO, FL, OCULOPLASTIC SURGEON JASMINE MOHADJER, MD.

Total number of  
surgical procedures  
performed in the  
past 17 years

SOURCE: ASAPS

90%  
increase

# LASERS VS. FACELIFT

HOW THE LATEST NONSURGICAL TREATMENTS  
GO HEAD-TO-HEAD WITH SURGERY

Since 2000,  
Botox has been  
the most popular  
cosmetic nonsurgical  
procedure

SOURCE: ASAPS

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“Aging comes in two categories: the effect of gravity, where everything starts to fall, and the loss of collagen and elastin. It’s the degree of each that depends on your age, genetics and lifestyle.”  
– Dr. Nguyen



# CHOOSE A LASER IF...

## YOU HAVE MATURE SKIN THAT’S SUN-DAMAGED WITH LITTLE OR NO LAXITY

The more mature the skin is, the less elastin and collagen it contains, hence the formation of deep lines and wrinkles. “Lasers, which can be used on skin as early as your 30s, help to improve the texture and tone of skin, including mild wrinkles and lines, that have resulted from exposure to the sun, age, stress and lifestyle choices,” says Beverly Hills, CA, facial plastic surgeon Davis Nguyen, MD. New York plastic surgeon Z. Paul Lorenc, MD, adds, “I always explain that a laser can only help with lines and wrinkles so much.”



**ULTIMATE SUN PROTECTION**  
Converting from a typical sunscreen to a superlightweight lotion, **La Roche-Posay Anthelios 30** shields skin from the effects of sun to help limit premature aging. \$36, [laroche-posay.us](http://laroche-posay.us)

**WHAT IT CAN'T DO**

Remove skin laxity or dramatically tighten skin

Correct textural changes, discoloration, fine lines and minimal wrinkles

**WHAT IT CAN DO**

**HOW A LASER REALLY WORKS**  
Either nonablative (meaning they don't damage the outer layer of skin) or ablative (these create controlled damage to the outer layer of skin), fractionated lasers help reverse signs of sun damage, textural issues and fine lines by creating miniscule holes in skin via a beam of fractionated energy. The body recognizes the injury (it's done in a safe and controlled way) and, in an effort to repair the damage, creates new collagen. As a result, new collagen leads to smoother skin over the next few months. Ablative CO<sub>2</sub> fractional lasers (the strongest option) require the most downtime and have the potential for scarring and pigment change, but provide the most dramatic effect.



Lack of volume in the midface was causing a flatness to this patient's cheeks and jowls. Greenwood, CO, facial plastic surgeon Michael R. Menachoff, MD, corrected these problems with a traditional facelift.

# CHOOSE A FACELIFT IF...

## YOU ARE EXPERIENCING LINES, WRINKLES AND LOOSE SKIN, ESPECIALLY AROUND THE JAWLINE AND ON THE NECK

Fillers and lasers can do wonders, but if they leave your skin looking doughy or waxy or aren't providing the results you want, then they likely aren't the right choice—or, they may need to be done in conjunction with surgery. For skin that's experiencing extreme laxity, surgery is the only option (it can be combined with fillers and/or lasers to get a dramatic result). “We start to see initial sagging when the face begins to lose volume, but as the aging process progresses, the ligaments stretch out and skin starts to become really loose. The only thing that will fix it at this point is surgery,” says Dr. Vasyukevich. If there is volume deficiency, micro-fat grafts can be added at the time of the facelift.

Remove loose skin, reposition fat, muscle and tissue, and correct sagging

**WHAT IT CAN'T DO**

Address volume loss or the tone or texture of skin; lines and some wrinkles may still persist

## THE BEST WRINKLE PREVENTERS EVER!

The signs of aging are inevitable, but taking care of your skin and feeding it with the right “nutrients” may help delay the effects you see. Atlanta dermatologist William L. Dobes, MD, says that aging and wrinkling of the skin can be prevented with regular use of a good sunscreen and a prescription-strength retinoid. “Early intervention really is best.”



## POWER-PACKED RETINOL

To minimize and prevent signs of aging, a powerful retinoid, like **G.M. Collin Night Cream: Retinol Advanced + Matrixyl Q10**, should be used on a daily basis. This advanced formula delivers stabilized retinol to the skin plus matrixyl and peptides to remedy wrinkles and lines. \$92, [gmcollin.com](http://gmcollin.com)

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FINE LINES AND WRINKLES ON THE UPPER EYELIDS

# LASER RESURFACING



**FIND A BEAUTY DOCTOR NOW!**  
The essential guide to help you make the right choices. Turn to page 193.

CHOOSE IT IF YOU HAVE

**DEEPER LINES ON AND AROUND THE EYES WITH FAIRLY GOOD SKIN ELASTICITY AND IF YOU ARE OVER THE AGE OF 40**

CO<sub>2</sub> fractional lasers work to stimulate collagen from within to decrease fine lines and also address crepey (not excess) skin around the eyes. Unlike injectables, which can't be used on the eyelid but just on the outer corners of the eyes, fractional CO<sub>2</sub> lasers—they combine the resurfacing power of more traditional CO<sub>2</sub> lasers with the healing and anti-demarcation benefits of a fractional laser—can be used on both areas to rejuvenate skin that's laden with both lines and wrinkles. "When used properly and on the right patient, lasers can smooth out some of the lines around the eyes, but not correct significant laxity, hollows or bulging fat pads," says La Jolla, CA, plastic surgeon Robert Singer, MD. Fractional CO<sub>2</sub> lasers will also help even out any discoloration around the eyes, like age spots, which may accompany the type of skin that is suitable for this treatment. "Lasers work best on surface irregularities from sun damage. But they are not going to tighten or lift like surgery would," says New York plastic surgeon Douglas M. Monasebian, MD.

Stimulate collagen production to give a tightening effect

Improve texture and tone

WHAT IT CAN DO

WHAT IT CAN'T DO

Get rid of loose skin



To correct sagging, droopy eyelids, Baton Rouge, LA, dermatologist Ann Zedlitz, MD, treated this patient's face and eyes with a CO<sub>2</sub> resurfacing laser.

AFTER



BEFORE



San Diego facial plastic surgeon Amir Karam, MD, performed a lateral browlift, upper eyelid lift, lower eyelid skin pinch, fat transfer and a facelift and necklift to give a fully rejuvenated look.

# VS. UPPER BLEPHAROPLASTY

CHOOSE IT IF YOU HAVE

**SAGGY, PUFFY UPPER EYELIDS THAT HANG OVER WITH NEXT TO NO SKIN ELASTICITY**

While a laser can help smooth out the look of skin on the upper lids and the area around them, if there is significant laxity and poor tone of the upper lid, only surgery will help. "I often see patients with significant excess skin on the upper eyelids, accompanied by fatty lower-lid bags. In cases where this is significant, no filler or laser will eliminate the problem," says Dr. Mohadjer. During surgery, your plastic surgeon will make a small incision in the crease of the upper lid to remove excess skin, reposition the muscle and redistribute fat to give a smoother, more youthful look to the eyes. If further refinement of the skin is needed, fractional laser resurfacing may be performed once the eyes have healed.

Correct pigmentation problems

Eliminate lines between the brows or at the outer corners of the eyes

WHAT IT CAN'T DO

WHAT IT CAN DO

Tighten skin  
Eliminate a droopy-looking upper lid

**DON'T TURN TO FILLERS IN PLACE OF SURGERY**

The quick fix for lines, wrinkles and volume loss, fillers and injectables are popular for the simple fact that they work and don't require much downtime. Dr. Nguyen points out, "They can be used to camouflage jowls, hollows, sunken cheeks and shadowing of the nasolabial folds, but they are not a replacement for surgery. When people try to swap one for the other, they can end up looking distorted." When it comes to choosing fillers, age, skin tone and bone structure need to be taken into consideration.

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TIGHTEN A TURKEY NECK

# SKIN-TIGHTENING TREATMENTS

“Fillers and injectables and surgery are not substitutes for one another. If the skin needs to be redraped, you need surgery. A filler can do a lot of things but it can't ever get rid of loose skin.”  
— Dr. Monasebian

CHOOSE IT IF YOU HAVE

### MINIMAL LOOSENESS IN THE NECK AREA

Different from a true laser but often labeled as such, skin-tightening devices like Protégé ELITE (relies on radio-frequency energy) or Ultherapy (uses ultrasound energy) work to tighten loose skin by stimulating collagen at the dermal layer. “They don't resurface the texture of the skin but instead cause new collagen to be created by deeply heating the underlying layers of the skin with energy like ultrasound or radio frequency,” says Dr. Lorenc. “The existing collagen is injured and reorganizes itself as part of the healing process. As it does this it tightens the skin to some degree.”

DID YOU KNOW?

Skin-tightening treatments can also be used to correct slight looseness in the cheeks and eyelids.

Create new collagen, which, in turn, lends a smoothing and tightening effect

WHAT IT CAN DO

WHAT IT CAN'T DO

Correct textural issues  
Give the same end result as what can be accomplished with a facelift or necklift

RECOGNIZING THE PRICE DIFFERENCE

Dr. Monasebian says it's important to be educated on the rejuvenating modalities available. “Factors like recovery, risks and expenses need to be considered, too.” When comparing fillers, lasers and surgery, the price tag associated with each can be quite different, ranging from a few hundred to a few thousand dollars, if not more. Fillers and injectables are the most affordable option; lasers fall between fillers and surgery; surgery is the most expensive option.



New York facial plastic surgeon Konstantin Vasyukevich, MD, used a combination of a traditional facelift and a necklift to diminish the look of aging to the face and poorly defined facial contours.



MAKE THE MOST OF YOUR RESULTS

When applied to targeted areas, **Environ Ionzyme Focus Frown Serum** claims to soften the appearance of frown and expression lines, leaving you with a smoother-looking appearance. \$174, [dermaconcepts.com](http://dermaconcepts.com)

## VS. A NECKLIFT

CHOOSE IT IF YOU HAVE

### MODERATE TO EXTREME LAXITY AND SAGGING IN THE NECK AREA

A smooth, long neck is a quintessential characteristic of femininity. But with time, the neck loses its elastic support and the muscles become lax. “If we are concerned as to how the neck line is defined, surgery may be the best option to correct it,” says Dr. Yeung. During the procedure, neck muscles are tightened up and extra skin is trimmed away. If extra fat is also a problem, it can be removed. **NB**

Restore definition to the lower part of the face  
Reduce banding in the neck

WHAT IT CAN DO

WHAT IT CAN'T DO

Improve skin quality

DOUBLING UP

When it comes to tackling the signs of aging, you have to look at the problems that exist—loose skin, a loss of volume and textural changes. Combination therapies, in which doctors use a mix-and-match approach to rejuvenation, are important. “You almost always have to use lasers, skin care, neurotoxins, fillers and surgery together for the best results. For total rejuvenation I often recommend that several different procedures be done,” says Dr. Mohadjer. While you can get good results with just surgery, a laser or fillers alone, using them in tandem may create better results. “Surgery works to first rebuild the structure and foundation of the face so we know how much filler needs to be added to restore the lost volume,” says Dr. Nguyen. A good ongoing skin-care program is the true icing on the cake.



SKIN SMOOTHER

Harnessing the age-reversing power of retinol, **StriVectin-AR Advanced Retinol Concentrated Serum** works to reduce the look of fine lines and pores for a more youthful, smoother complexion. \$119, [strivectin.com](http://strivectin.com)

ENTER TO WIN  
on July 10