

LOOK 10 YEARS YOUNGER NOW, part 2



I look at the face and see what it is that is making them look older. The key is, and where the artistry comes in, is how to make you look 10 years younger, surgery or not, and how to make it look completely natural."

Laser skin resurfacing is another option to consider, says Dr. Ryan Greene, a board-certified surgeon fellowship-trained in facial plastic and reconstructive surgery, who practices in Fort Lauderdale and Boca Raton (www.dryangreene.com).

"It helps the skin to return to a more youthful state. Here in South Florida almost every patient I see has some degree of sun damage and I think most of these patients would benefit from resurfacing," Greene says. "You're targeting the entire face and patients can have a great result.

He uses a fractionated CO₂ laser which he said is excellent for removing wrinkles, brown spots and other elements of sun damage. As far as cost, laser resurfacing falls somewhere between the injectables and a face lift, and the results can last for many years, Greene says.

"But I tell my patients they have to protect their skin from the sun for the rest of their lives."

The face is not the only area of the body that can make us look older than our years.

In South Florida, with swimsuit weather all year, the legs can be just as important an asset as the face, and varicose veins can ruin the effect.

"The big bulging ropy veins also make people look older," says Dr. Richard Kimmel, a board-certified cardiothoracic surgeon in Boca Raton. "If they're not treated, you can get discoloration of ankles, the skin breaks down and you get an ulcer."

Kimmel (www.thebocaveincenter.com) uses a special laser, the D940, to treat both spider veins on the face and varicose veins on the legs.

"It's a very powerful laser, mostly used by cardiovascular surgeons," Kimmel says. "You wouldn't see a dermatologist using it."

Varicose veins occur in the leg when valves that are supposed to prevent the blood from flowing backward stop working properly, and are most common in the superficial veins that are subject to high pressure when standing.

Under local anesthesia, and guided by ultrasound, Kimmel advances a tiny laser fiber into the vein. The laser is activated as the fiber is slowly withdrawn, closing the incompetent vein and eliminating the bulges.