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How to Gain the Face You've Always Wanted

Topics Covered:

Something to Crow About – Getting Rid of Those Eye Lines

Banish those Bags with an Eye on Surgery

Cosmetic Eye Surgery - Five Things You Should Know Before Going under the Knife

Keep Your Eye on the Goal – What to Expect for your Cosmetic Eye Surgery Recovery

Give your Brows a Boost with Surgery

Save Face- What's involved in Face Lift Surgery?

What You Should Nose about Correcting that Bump

Rhinoplasty – Not Something You Find in the Zoo!

Sniffing Out Information – The Basics of Recovering from Cosmetic Nose Surgery

Don't Deviate When it Comes to Surgery for Your Septum

Hear All about Ear Cosmetic Surgery – Just the Basics

Dumbo is Dead – What to Expect with Cosmetic Ear Surgery

Take It on the Chin – What Having a Chin Implant Means for You

Getting Cheeky- Reasons to Get Cheek Implants

Turkey Neck – Cosmetic Surgery Can Help

How to Gain the Face You've Always Wanted

Something to Crow About – Getting Rid of Those Eye Lines

Crows feet, also referred to as “smile lines,” “laugh lines,” and “character lines,” are a natural part of the aging process. In fact, nearly anyone over the age of 25 will start to show these tiny little v-shaped lines or wrinkles in the corners of their eyes. Crows feet are among the first wrinkles to appear and are the result of years of laughing, smiling, frowning, and squinting. As we age, our skins natural elasticity begins to break down. In addition, the collagen in our skin, which aids in our skin's ability to stretch and return to its original shape, begins to lessen.

There are many factors that further reduce our skins elasticity in addition to aging. Exposure to ultraviolet light rays from the sun also causes collagen to break down. Smoking has been found to speed up the skin's aging process. To help slow down the process of crow's feet development in the first place, it is best to be a nonsmoker and to avoid exposure to the sun. In addition, it is a good idea to use an eye cream around the eyes every day. The cream used should include glycolic acid, which helps encourage the skin to get rid of old skin cells in order to allow new ones to take their place.

Botulinum Toxin Injections

If it is too late for you and you are already starting to show crow's feet around your eyes, there are many different treatments available for getting rid of those pesky little lines. One popular method is botulinum toxin injections, commonly referred to as Botox. Botox injections temporarily paralyze and relax the muscles located around the eyes, which prevents the skin from wrinkling. After a few months, another Botox injection will be necessary to smooth the wrinkles out again.

Collagen Injections

Collagen injections are also available. These injections serve to replace the collagen that has been lost during the aging process. As a result, the skin gains back its elasticity. The collagen used in this process is extracted from cows and purified. As with Botox, collagen injections only provide temporary results. After the procedure, the face often looks puffy or swollen for a few days because several deposits of collagen are placed under and in the skin. This allows the collagen to be absorbed by the skin. Despite the puffiness, patients can resume normal activities immediately.

Chemical Peels

Another option for getting rid of crow's feet is the chemical peel. With a chemical peel, an acidic chemical is applied to the entire face. This burns away the top layer of skin and encourages newer, fresher, more elastic skin to form in its place. The exact amounts of chemicals used in a chemical peel can vary depending on the needs of the patient, but the chemicals generally used include trichloroacetic acid (TCA), phenol and alpha hydroxy acids

(AHA's).

The lightest form of chemical peel uses strictly alphahydroxy acids, such as fruit acids, lactic acids, and glycolic acids. These peels can produce brighter colored skin and make the skin smoother. This type of peel is best for use with fine crow's feet. The peel may be applied weekly for a while in order to gain results. The plus to a chemical peel using alphahydroxy acids is that there is no recovery time necessary.

For a deeper chemical peel, trichloroacetic acid can also be used to eliminate fine wrinkles. As with glycolic acids, it may be necessary to have more than one peel to achieve the desired results. This peel requires a little more recovery time than an alphahydroxy acid peel, which means the skin may need to be protected from the sun for a few months afterwards. The strongest chemical peel involves phenol. This deep peel helps eliminate deep crow's feet. This type of peel is used primarily for the face, as the neck or body may scar from its use. On the down side, a phenol peel often permanently damages the skin's pigment. As a result, it is necessary to always protect the skin from the sun to prevent damage.

Microdermabrasion, Dermabrasion, and Laser Resurfacing

Other methods for getting rid of crow's feet involve removing the top layer of the skin with microdermabrasion, dermabrasion, or laser resurfacing. These techniques each utilize special procedures to remove the top layer of skin. With microdermabrasion, corundum or Aluminum Oxide crystals are blown onto the skin with a steady air stream in order to exfoliate it. Dermabrasion scrapes off old cells with a wire brush and laser resurfacing uses a laser to peel away the top layer. All of these methods allow new skin that has not been damaged to grow.

Banish those Bags with an Eye on Surgery

A common side effect of aging is the development of bags under the eyes. It generally occurs because the protective layer of fat surrounding the eyes begins to sag in response to gravity and decreased elasticity of the skin. This problem not only makes the face look older, but it also gives the person a perpetually tired look. Through an eye bag removal procedure, the patient can look younger and wide-awake.

A Closer Look at the Causes of Eye Bags

A variety of factors can actually contribute to the formation of eye bags. The pressure of the fat around the eyes can cause the ligaments, skin, and muscles to become more lax. Sometimes, there is extra fat behind the support wall of the eyelid, which gives them a baggy appearance. In other cases, the relaxed skin itself actually causes the bag because there is simply too much skin in the area. For some, the muscle in the lid has thickened or the upper eyelids form a bag because of drooping eyebrows.

Each of these conditions have specialized names and procedures for correcting them. In many patients, more than one of these conditions exists and all must be fixed in order to improve the

appearance of the skin and to remove the bags. Blepharochalasis, for example, is the combination of thinning eyelid skin, protrusion of skin folds in the eyelids, and lid swelling.

Dermochalasis, on the other hand, is simply extra skin. Hypertrophy of the orbicularis muscle is when there is an overgrowth of the eyelid muscle and a protrusion of fat. Brow ptosis, on the other hand, is when the upper eyelids are baggy because of drooping eyebrows. A competent surgeon will be able to identify the cause or causes of the eye bags before surgery and discuss options with the patient ahead of time.

The Effects of Eye Bag Removal Procedure

Eye bag removal surgery is done to correct the puffy bags that form below a patient's eyes or drooping upper lids. These bags make the patient look older and tired. For some patients, these eye bags can even interfere with vision. Eye bag removal surgery can remove the puffy and droopy look around the eyes, but it will not eliminate crow's feet or dark circles under the eyes. In addition, eye bag removal surgery does not lift sagging eyebrows.

The eye bag removal procedure can also be used to create an upper eyelid crease in Asian eyes, but it cannot be used to eliminate natural traits associated with ethnic or racial lineage. This procedure is often used along with other surgeries, such as a brow lift or a facelift, to improve the overall appearance of the face and the skin on the face.

Eye Bag Surgery Candidates

The best candidates for eye bag surgery are those who are physically fit and realistic in their expectations of what the surgery can offer. Most patients are 35 years or older, but those with a history of baggy or droopy eyelids may have the surgery at a younger age.

Patients coping with certain medical conditions are considered to be more risky when it comes to undergoing eye bag surgery. For example, those with thyroid problems such as Grave's disease and hypothyroidism have a greater risk of complications. Dry eye, glaucoma, and a detached retina are also risk factors. Patients with other medical conditions generally considered risky when undergoing surgery, such as circulatory disorders, diabetes, and high blood pressure, are also at a greater risk of encountering complications when undergoing the procedure.

The Procedure

The eye bag removal procedure involves making several small incisions below the eyelash. This allows the surgeon to remove both excess skin and fat that is causing the bags to appear. Generally, the procedure, which is called blepharoplasty, is performed on both the upper and lower eyelids. In the case of the upper eyelids, a strip of skin may also be removed, but the skin is removed in a natural crease in the eyelid in order to minimize the appearance of scarring.

The eye bag removal procedure usually entails staying the day in the hospital or the night, depending on when the procedure begins.

After the Procedure

After completing the eye bag removal procedure, stitches are generally removed about 3 to 7 days after the surgery is completed. After the stitches are removed, the patient can usually resume normal activities.

Cosmetic Eye Surgery – Five Things You Should Know Before Going Under the Knife

Cosmetic eye surgery can improve the appearance of the skin and the overall look of the face. Many who consider cosmetic eye surgery are interested in the procedure in order to boost their confidence and to have a more youthful appearance. In some cases, the cosmetic eye surgery is more than just cosmetic – it actually helps improve vision as excessive fat or muscle is removed from the line of vision. Nonetheless, anyone considering cosmetic eye surgery should take several things under consideration before undergoing the procedure.

Surgical Risks

Before undergoing cosmetic eye surgery, it is important to evaluate the risks generally associated with surgery. Patients with certain medical conditions, such as heart problems, high blood pressure, diabetes, or other circulatory disorders, are at a higher risk when undergoing surgery of any type. In addition, there is always a risk of infection when undergoing surgery or having a negative reaction to anesthesia.

Vision Complications

A patient undergoing cosmetic eye surgery needs to be aware that certain vision complications can occur after surgery. For example, it is not uncommon for patients to experience double vision or blurred vision after surgery. These side effects generally go away after a few days, however, at which time the vision returns to normal.

Physical Complications

Most patients undergoing this surgery will experience bruising and swelling for a few days after cosmetic eye surgery. In some cases, this bruising and swelling lasts for a few weeks. In addition, some develop tiny whiteheads after stitches are removed. These whiteheads can, however, be easily removed by the doctor using a very fine needle.

Some patients also have difficulty closing their eyes when they go to sleep after surgery. This generally goes away within a few weeks. In rare cases, however, this condition can be permanent. Ectropion is another rare physical complication of cosmetic eye surgery. When this occurs, the lower lids are pulled down. If this occurs, it may be necessary to have additional surgery to repair the problem.

Planning Time

Many patients underestimate the importance of planning time before the surgery. Planning is, however, essential to the successful completion of cosmetic eye surgery. During this time, it is extremely important for the patient to be open and honest about medical history. Certain medical conditions increase the chances of encountering the risks already discussed, as well as additional risks. The doctor needs to be fully aware of any known allergies the patient may have, as well as any herbal supplements, vitamins, medications, or drugs the patient may be taking.

Eye-related medical conditions will also be tested. As part of the planning, the surgeon will test the patient's vision as well as test the patient's ability to produce tears. Information from the most recent eye examination is also important. Patients who wear glasses or contact lenses need to bring them to the surgeon so the doctor can inspect them and use them to assist in creating an overall medical profile.

Be Realistic

When going in for a consultation and the actual surgery, it is necessary for the patient to remain realistic and to be as educated about the procedure as possible. At the consultation, the patient can discuss available options. For example, a patient looking to have eye bags removed needs to decide whether he or she wants all four lids to undergo surgery, or just the top or just the bottom lids. The doctor will help the patient determine what surgeries are necessary in order to obtain the patient's desired results.

During the consultation, the surgeon will also explain precisely what will be done during the procedure and how. For example, some patients undergoing cosmetic eye surgery need to have skin removed. Others need to have muscles or fat removed. Others need all three. The exact procedure or procedures necessary depend on the individual patient. The doctor should be very clear about what needs to be done and the patient must feel comfortable with the procedure and be in agreement.

In the end, it is important for the patient to be realistic about the results he or she will receive from surgery. Cosmetic eye surgery will not prevent future wrinkles or bags from forming. In addition, surgery may not be able to remove all wrinkles, bags, or blemishes. It is also important to note that different surgeries have different purposes, as well. Therefore, expecting a browlift to remove crow's feet is unrealistic. These desired results need to be discussed with the surgeon beforehand in order to determine what procedures are necessary for the desired results.

Keep Your Eye on the Goal – What to Expect for your Cosmetic Eye Surgery Recovery

After the cosmetic eye surgery itself is complete, the entire procedure still isn't over. There is much left to be done to ensure a proper recovery and to be sure the results are up to the

patient's expectations. These steps begin before even leaving the surgeon's care.

Immediately After Surgery

Right after the surgery itself is completed, the surgeon will most likely lubricate the patient's eyes with an ointment and place bandages over the area. Some surgeons also apply a special mask known as a Swiss Therapy Mask. This mask, which is simply a hydrocolloid cool compress, is clear. This allows the surgeon and his team to monitor the eyes beneath. At the same time, the compress helps make the area more comfortable and limits the swelling and bruising that commonly takes place after surgery.

After Anesthesia

As the anesthesia begins to wear off, the patient generally feels tightness and soreness in the area of surgery. Taking pain medication can control this discomfort. Severe pain, however, can be a sign of problems. Therefore, it is important for the patient to communicate this to the doctor if the pain is intense.

Going Home

After the patient goes home, he or she should try to keep his or her head elevated as much as possible for several days. This will help reduce the amount of bruising and swelling that takes place. Cold compresses should also continue to be used once at home. The amount of bruising varies depending on the patient. In general, the worse of the bruising is experienced during the first week after surgery. The bruising usually lasts two weeks, but it can last for up to a month.

After Care

After the cosmetic eye surgery, the patient must perform special after care to ensure a successful recovery. This includes keeping the eyes clean. For a week or longer after the surgery, they may tend to be gummy. The surgeon and his team will show the patient how to properly clean the eyes without harming the work that has been done. Some doctors also recommend using eye drops to prevent the eyelids from feeling dry and to prevent feelings of burning or itching.

Many patients also experience excessive tearing after surgery. Others have temporary changes in their sight, such as double vision or blurring. Still others have a temporary sensitivity to light. All of these symptoms should be reported to the surgeon, who will monitor the patient's progress for the first week or two after surgery. The doctor will monitor these side effects to ensure the eyes heal properly and these symptoms subside.

Returning to Normal

In general, stitches are removed in as little as two days to as many as 10 days after cosmetic eye surgery, depending on the procedure completed. After they are removed, the swelling and bruising will begin to go away. At this point, the patient will start to feel and look better.

A couple days after surgery on the eyelids, the patient will be able to read and watch television as usual. Those who wear contact lenses, however, will have to wait for about two weeks before doing so. It is important to adhere to this time frame, even if the patient feels ok and everything appears to be healthy. The eyes and surrounding skin need this time to heal properly. Even after waiting for two weeks, it may feel uncomfortable to wear contact lenses for a while.

Most people who undergo cosmetic eye surgery feel ready to go back to work and out in public about a week to 10 days after surgery. Most people who wish to wear makeup can usually do so by this time. The makeup is particularly helpful in hiding any bruising that may still remain. It is best to avoid strenuous activities, however, for about three weeks after surgery. In particular, activities involving lifting, bending, or that raise the blood pressure should be avoided. It is also a good idea to avoid alcohol for a few weeks after surgery because it causes the body to retain fluids, which can complicate the healing process.

Many patients feel sensitivity to wind, sunlight, and other environmental irritants for several weeks following cosmetic eye surgery. It is helpful to wear sunglasses and sun block for the eyelids during this time.

The Results

The time it takes to heal completely varies from patient to patient. Scar tissue may remain slightly pink for up to six months, or longer, after surgery. These scars will eventually fade to a nearly invisible thin, white line. Following eyelid surgery, the upper eyelids will no longer droop and the skin under the eyes will be firm and smooth. Following a browlift, wrinkles on the forehead will be reduced or eliminated and the eyebrows will be even. The skin beneath them will be firm.

Give your Brows a Boost with Surgery

Following crow's feet, drooping eyebrows are among the first signs of aging. This is because the tissue on the forehead and the eyebrow region tends to become loose over time. Most people, however, are unaware of this phenomena and do not realize how much of an improvement an eyebrow lift can have on the overall appearance of the face.

The Effects of Drooping Eyebrows

Drooping eyebrows cause the upper eyelids to either bulge or to descend. As a result, the upper lids actually touch or even overlap the eyelashes. Those with drooping eyebrows often complain that their eyes seem to becoming deeper set or smaller in size. For women, eyelid makeup ends up becoming high on the upper area of the eyelids shortly after application. Those with drooping eyelids often have a tired or angry look, particularly at the end of the day.

The Eyebrow Lift

The eyebrow lift, often called simply a browlift, elevates the eyebrows. Tightening and lifting the skin of the forehead is the primary means by which this elevation occurs. For this reason, the procedure is also often referred to as a forehead lift. As a result of the procedure, the skin around the eyes looks more refreshed. Wrinkles in the area are reduced, or even eliminated completely, because the muscles that create the wrinkles are removed. In addition, any excess skin in the area is either removed or redistributed to the scalp to reduce sagging.

The Procedure

In order to perform a browlift, the surgeon generally makes an incision near to or in the hairline. This incision goes across the scalp and down halfway to the ear. Placing the incision in this region helps to hide any scarring that may occur. Precisely where the incision is made is determined by the patient's age, hair pattern and other factors. For some, it is made 2" behind the natural hairline. For others, it is made on the hairline because the hair will regrow through the scar and hide it.

After making the incision, the muscle tissue and the skin are then loosened and moved backward and upward in order to tighten the entire area. At this point, the surgeon has to determine the right amount of tightening, because too much can result in a startled look. Too little, on the other hand, will not remove the wrinkles and raise the eyebrows to the desired position.

If the skin still has elasticity, the surgeon can actually move the eyebrows and the forehead by making small incisions and a special rod called an endoscope rather than cutting and moving all of the skin. This is the best method because it minimizes overall scarring and it prevents the hairline from being moved back. In addition, there is less numbing of the central upper scalp associated with this method than with other methods. Regardless of the exact procedure used, the patient will experience bruising and swelling, which may last for a few weeks.

In patients with wrinkles in the middle of the forehead, the surgeon may also perform a mid-forehead lift. This lift assists in elevating the eyebrows by removing skin and elevating the muscles surrounding the eyes. In this case, the incision is made in an already existing crease in the forehead.

In addition to the actual browlift, some patients still require other treatments to reduce crow's feet and wrinkles in the upper eyelid to the desired amount. In order to accomplish this, the surgeon may also have to perform eyelid surgery or use special resurfacing techniques.

After Surgery

Some patients are able to go home right away after a browlift. Others are encouraged to stay near to the site of the surgery for monitoring, but do not have to stay in the hospital. In this case, the patient may choose to stay with a family member who lives near to the surgical center or in a hotel room.

Patients also receive pain medication to alleviate the discomfort associated with surgery. Swelling and bruising of the forehead and the eyelids is typical. In most cases, this goes away in a few days, but it can last a few weeks. Many surgeons use sutures that fall out on their own within a week, but the patient still has to return in a week to have them removed and to receive a check up. In addition, any metal clips that may have been put in place at the hairline will be removed at this time.

Most patients are able to return to their normal activities about 8 to 10 days after surgery. At this time, the patient can also begin wearing makeup again, if desired. It is, however, common to experience numbness in the area above the incision for longer periods of time.

Save Face- What's involved in Face Lift Surgery?

Nobody likes to be faced with the obvious signs of aging, stress, sun exposure and gravity in the form of deep creases appearing between the mouth and nose, a jaw line that grows slack and droops, and both fat deposits and folds that appear around the neck area. Once these signs begin to be evident many people opt for a facelift (also known as rhytidectomy). While a face lift cannot stop your face from aging any further it can certainly improve the appearance of it now by repairing some of the visible damage that has been done to the skin and muscles of the face and thus restoring a younger look to the person. Face lifts are procedures that can be done by themselves but are also often done along with other surgeries such as eyelid surgery, a forehead lift or nose reshaping.

The majority of facelifts are performed under local anesthesia (pain-free) while you also may be given a sedative to make you feel drowsy. In this state you may feel a slight degree of discomfort but for the most part your face will not suffer any amount of pain. Some doctors however prefer to put their patients out and therefore use a general anesthesia during the procedure.

Not all surgeons go about the surgery in exactly the same way. Some do one side of the face in its entirety before doing the other while some go back and forth between the sides. It depends on two things: the patient's facial structure and the technique favored by the surgeon.

The plastic surgeon starts by making incisions above the hairline at the temple area and then extends it in a natural line inside the cartilage at the front of the ear and then continues to cut behind the earlobe, ending at the lower scalp. In some patients the neck area is to be part of the facelift therefore a tiny incision must be made under the chin.

The plastic surgeon separates the skin from the exposed fat and muscle and then removes some of the loose skin and fat tissue. In some cases fat from the chin or around the neck is trimmed or suctioned to improve the lift further. The fat tissue is given the name, SMS layer and is the main focus of the facelift. At the same time that the excess fat is taken out, the underlying membrane and muscle is also tightened. Stitches (or sutures) are then used to close the incisions. Incisions on the scalp often have to be closed up using metal clips.

After surgery is over, for a temporary period of time, a small, thin tube is positioned under the skin behind the ear in order to drain any blood that might happen to pool there. The head is generally wrapped loosely in bandages in order to cut down on the effects of bruising and swelling.

A facelift varies in how long it takes to complete. The average is about two to four hours but could take several hours depending on how many procedures the patient is undergoing at once. Discomfort after surgery is not a huge problem but pain medication that is prescribed by the plastic surgeon can easily improve upon this consequence. Some patients experience a small degree of numbness but this is considered normal and should only last no more than a couple of weeks.

For a few days following a facelift it is necessary to elevate the head on two pillows (or at an angle of 30 degrees) in order to keep the swelling down as much as possible. The drainage tube will be ready to be taken out after a day or two and bandages can be taken off the face and head anywhere from one to five days, depending on the specific patient. When the bandages are first removed the patient's face will look bruised, pale and puffy but that is perfectly normal. It will take anywhere from four to six weeks for the person to look as good as new again. Stitches are generally removed after a span of five days while the metal clips in the scalp may be left in a few days longer to promote healing.

What You Should Know about Correcting that Bump

Nose surgery, or rhinoplasty, is one of the most common plastic surgery procedures in the United States. The young and the old, from teenagers to senior citizens, undertake the procedure.

Rhinoplasty can be used to make the nose more attractive in a variety of ways. For example, nose surgery can be used to increase or decrease the size of a person's nose. Or, it can change the shape of just the tip or the bridge of the nose. In addition, nose surgery can be used to narrow the space between the nostrils or to change the angle between the nose and the upper lip. Nose surgery can also be used to remove bumps or to make the nose smoother or straighter.

For those with a birth defect or who have suffered an injury to the nose, rhinoplasty can improve the appearance or even help alleviate breathing problems. Individuals with a deviated septum, for example, sometimes undergo nose surgery in order to improve their ability to breathe. In addition, individuals who have broken their noses sometimes require rhinoplasty to set their noses back to being straight or looking like they did prior to the accident.

Who Should Consider Rhinoplasty

Rhinoplasty is a common cosmetic surgical procedure. It can help someone who is unhappy with the size or shape of his or her nose feel better about his or her appearance. It can even boost a person's confidence, particularly for someone who feels self-conscious about his or her

nose. It is important, however, for a potential rhinoplasty candidate to realize that surgery will not necessarily make the nose meet his or her ideal. In addition, a nose surgery will not cause other people to be nicer or more respectful. A person considering rhinoplasty needs to carefully and realistically think through his or her expectations of the surgery.

Those who are looking for improvement rather than perfection are the ideal candidates for rhinoplasty. Those who have breathing problems or who wish to have birth defects corrected also make good candidates for the surgery. Physical health is also of importance, as is psychological stability.

Many surgeons also place an emphasis on the age of candidates. For example, many prefer to not perform rhinoplasty on teenagers until after they have completed their growth spurt. This is usually at around 14 or 15 for girls and later for boys. When considering rhinoplasty on a teenager, the surgeon also must take into account the emotional and social adjustment of the teenager and be sure the surgery is being performed for the child, not for the sake of the parents.

Risks of Rhinoplasty

There are risks with any type of surgery. Patients with certain medical conditions are of particular risk when undergoing any surgical procedure. These conditions include circulatory problems, heart conditions, high blood pressure, and diabetes.

Other potential complications are specific to the rhinoplasty procedure. Though infrequent and minor, potential patients need to take these complications into consideration before deciding to move forward with the procedure. For example, it is possible for infection to set in and for nosebleeds to occur. In addition, some patients have a negative reaction to anesthesia. All risks can be reduced if the patient is careful to follow the surgeons' directions both before and after the surgery.

Following surgery, some patients experience small burst blood vessels, which look like tiny red spots on the surface of the skin. These spots are usually minor, but it is possible for them to be permanent. The amount of potential scarring resulting from rhinoplasty depends on what is being done to the nose. The specific work done determines the type of procedure used.

Some procedures can be performed inside the nose. With these procedures, the patient has no visible scarring. Narrowing flared nostrils, however, requires an open technique. This means small scars may develop on the base of the nose, though these scars usually are not visible.

In about 10% of cases, the patient requires an additional procedure to be completed in order to obtain the desired results. For example, a minor deformity may require more than one surgery. Or, the initial surgery may not have been entirely successful. This happens with even the best surgeons and generally requires only minor corrective surgery to fix the mistake.

Rhinoplasty – Not Something You Find in the Zoo!

Rhinoplasty is surgery to the nose. For the most part, it is done for cosmetic purposes, such as to make a nose smaller or to make it straighter. In some cases, it is also performed to help a patient breathe better, as well.

The Consultation

Before undergoing rhinoplasty, it is important for the patient to communicate openly with the surgeon. During the initial consultation, the surgeon asks the patient what he or she would like his or her nose to look like following surgery. After evaluating the structure of the patient's face and nose, the surgeon will then determine what cosmetic surgical procedures are possible for improving the size or shape of the patient's nose.

As part of this consultation, the surgeon will also inform the patient of factors that may influence the outcome of the surgical procedure. For example, the general shape of the patient's face has an impact on the possible results of rhinoplasty. In addition, the structure of the cartilage and the nasal bone will limit what procedures can be completed. The patient's age and the thickness of the skin are also factors affecting the final outcome. Perhaps the most important factor in the outcome is the patient's expectations. It is extremely important that the patient be realistic about the possible results of rhinoplasty.

The surgeon will also explain the various techniques used in rhinoplasty, including the facility that will be used for the surgery and the type of anesthesia to be used. In addition, the patient should be thoroughly knowledgeable of all potential risks involved with rhinoplasty and prepared to cover all of the costs because most insurance companies do not cover cosmetic surgery. In the case of a person undergoing rhinoplasty in order to correct breathing problems or to fix a deformity, the insurance company may be willing to cover the costs.

It is also important for the patient to make the surgeon aware of any previous injuries to the nose or nose surgeries previously completed. These incidents should be reported even if they happened several years ago, as the scar tissue and other factors can have an impact on the rhinoplasty results. Any current breathing difficulties or allergies should also be reported, as well as if the patient is taking any vitamins, medications, or drugs.

Finally, the patient must be sure to ask any questions prior to the surgery. The day of the surgery is too late. It is important to go into the surgery fully aware of the procedure and knowledgeable of outcomes, both good and bad.

Preparing for Surgery

When preparing for surgery, the patient will be provided with specific instructions to follow. Most often, guidelines include eating and drinking restrictions. In addition, the patient may be expected to refrain from smoking or told to take certain medications or vitamins. In addition, the patient may be told to wash his or her face. Following these directions carefully helps ensure a more successful surgery and outcome.

A rhinoplasty patient should also make arrangements for a friend or family member to drive after the surgery. Due to the anesthesia, the patient may be groggy for several hours. In addition, it is a good idea to arrange for someone to help out with personal care for a few days following the procedure.

The Surgery

The actual rhinoplasty surgery may take place at an outpatient surgery center, at the surgeon's own facility in his office, or at a hospital. Generally, rhinoplasty is completed on an outpatient basis. This helps keep the costs down and add to the convenience. More complex procedures, however, may require the patient to stay for monitoring for a few days.

Either general or local anesthesia may be used in rhinoplasty procedures. Which type is used depends on the procedure and on the personal preference of the surgeon and the patient. In the case of local anesthesia, the patient will be only lightly sedated and the nose and surrounding area will be numbed. In this case, the patient is fully awake during the procedure, but feels relaxed and unable to feel pain. With general anesthesia, the patient remains asleep throughout the procedure, which generally takes one to two hours.

During the procedure, the surgeon separates the skin of the nose from the bone and cartilage. The skin is then shaped to desired design. Exactly how this part of the procedure takes place depends on the surgeon's particular technique. After the skin has been reshaped, the surgeon replaces it on the bone and cartilage framework of the nose.

Several surgeons also perform this surgery entirely from within the nose by making incisions inside the nostrils. This reduces the amount of scarring. For certain procedures, however, the open procedure is necessary.

Sniffing Out Information – The Basics of Recovering from Cosmetic Nose Surgery

Although cosmetic nose surgery is a common procedure, there are still potential complications that can occur afterward. In addition, it is a surgery and, as such, the patient must be sure to take care of his or her body afterward to ensure a proper and full recovery.

Immediately Following Surgery

The first 24-hour period following cosmetic nose surgery can be a bit painful. During this time period, the patient's face usually becomes quite puffy. In addition, his or her nose may ache and he or she may feel a dull headache. The best way to control this pain is for the patient to use pain medication as prescribed by the surgeon and to keep his or her head elevated. Keeping the head elevated will also reduce swelling and bruising.

A Few Days After Surgery

In general, the swelling and bruising will first increase around the eyes. It should reach its peak after the first 2 to 3 days. It is a good idea for the patient to apply a cold compress to the area in order to help reduce the swelling. This will also help make the area feel better. The majority of the bruising and swelling should be gone with 2 weeks, though it can take up to a month. In addition, some subtle swelling may remain for several months. This swelling is so subtle; however, it is usually only noticeable by the surgeon and the patient.

It is also common for the patient to experience a small amount of bleeding during the first few days after surgery. The patient may also feel stiffness for several weeks. In most cases, the surgeon recommends the patient refrain from blowing his or her nose for at least a week because the tissue needs to have the time to heal.

Any nasal packing that may have been inserted into the nose will be removed a few days after the surgery. This usually greatly increases the patient's level of comfort. Generally, all splints, dressings, and stitches are removed by the end of the second week after surgery.

Returning to Normal

For the most part, those who undergo cosmetic nose surgery are back up to normal within two days after surgery. Many return to school or to work about a week after surgery, so long as neither activity is strenuous in any way. It takes several weeks, however, to begin feeling fully recovered.

The surgeon provides the patient with specific guidelines detailing when it is ok to resume particular activities. In general, surgeons recommend refraining from strenuous activities, such as swimming, jogging, sexual relations, and bending, for two to three weeks. The primary reason for this is because these activities increase blood pressure, which can interfere with the healing process.

It is also important for the patient to avoid rubbing his or her nose or hitting it for at least 8 weeks. He or she also needs to be sure to protect the nose from becoming sunburned during that time period. Makeup can be usually worn after the first week, but care must be taken to be gentle when applying it and when washing the face.

Patients are free to return to wearing contact lenses as soon as they feel ready, but they must wait before wearing glasses again. Once the splint is off the nose, glasses will need to be taped to the patient's forehead or propped on the patient's cheeks for up to seven weeks when the nose is completely healed.

The surgeon will have the patient return several times over several months following surgery. At these checkups, the surgeon will check on the progress with healing. The surgeon also needs to be made aware of any unusual symptoms or concerns at these appointments.

It is not uncommon for patients to become depressed after cosmetic nose surgery because it can take so long to see the results. In addition, the pain and discomfort of the bruising and the swelling can be hard for some to cope with. It is important for the patient to be prepared for this process prior to surgery and to keep his or her mind on the final outcome. After the first

two weeks, the patient generally starts to feel better as the results become more apparent. It can, however, take up to a year before the final result is seen because of minor swelling that remains.

Don't Deviate When it Comes to Surgery for Your Septum

Some people undergo nose surgery in order to help overcome a deviated septum. The septum is a structure located between the nostrils that separate the nasal passages. Made of both bone and cartilage, its job is to direct airflow and support the nose. A person with a deviated septum has cartilage or bone in his or her nose that is not straight. As a result of the crooked septum, the patient may have difficulty breathing. In addition, some people with a deviated septum have problems with snoring and with sleep apnea.

Causes of a Deviated Septum

A septum can be deviated as the result of a birth defect or from an injury, such as when the nose is broken. The septum can also become deviated during the aging process, causing it to bend to one side or another. In fact, most people have a somewhat crooked septum; it just isn't a problem because the bend is so slight. Nose surgery to fix the problem is only necessary when the deviated septum causes breathing problems or excessive and problematic snoring.

Problems Associated with a Deviated Septum

Some people with a deviated septum do not experience problems. Others have difficulty breathing, particularly on one side or experience frequent runny noses. Sleep apnea is another common occurrence for those who have a deviated septum. Sleep apnea is a disorder causing a person to stop breathing or to have slowed breathing during sleep that lasts for 10 seconds or more. Sleep apnea can be mild, moderate, or severe. The severity of the disorder depends on how many times the person's breathing stops or slows during the night.

There are three forms of sleep apnea. The type associated with a deviated septum is called obstructive sleep apnea, or OSA. This type of apnea results from a blocked airflow during sleep such as; the narrowed passageway caused by the deviated septum.

Surgery for a Deviated Septum

Nose surgery performed for the purpose of correcting a deviated septum is called septoplasty. It is also sometimes referred to as septal reconstruction or submucous resection. The procedure is sometimes performed along with other surgical procedures intended to help treat chronic sinusitis, bleeding, inflammation, or sleep apnea. It may also be done in order to allow the surgeon to gain access to removing nasal polyps.

Before the surgery takes place, the surgeon will use an endoscope to look into the nasal passage. This thin medical instrument contains a light and makes it possible to see behind the deviated septum. The endoscope is also sometimes used during the actual surgery.

In order to undergo the procedure, the patient may be given either a local or a general anesthesia. The actual operation generally takes only 60 to 90 minutes and is often done on an outpatient basis at a surgery center. In order to repair the septum, the doctor works through the nostrils. He makes an incision in order to separate the mucosa, which is an outer layer of soft tissue lining the nasal passages and the septum, from the bone and cartilage. The surgeon then straightens the bent cartilage and replaces the mucosa.

Risks of Surgery

As with all surgeries, there are risks associated with surgery on the septum. In addition to common risks, such as those encountered by patients with diabetes and heart problems, patients may have a negative reaction to the anesthesia used during surgery. In some cases, a small hole forms in the septum as a result of the surgery, as well. This hole is rarely serious and usually does not require treatment. In some cases, however, additional surgery may be necessary to repair the hole. This is particularly true if it causes discomfort to the patient or if an infection occurs.

After Surgery

After surgery is complete, the patient may have to wear a nasal splint or have a pack inside his or her nose for a period of time. The splint is intended to help keep the septum straight while it heals. The packing also assists with this, as well as helps stop bleeding. The packing may need to stay in place for up to three days. Both the splint and the pack have tubes placed in them to help the patient breathe. Often, patients are instructed to refrain from blowing their noses following the procedure and to sneeze with their mouths open to help alleviate pressure as the nose heals.

Hear All about Ear Cosmetic Surgery – Just the Basics

Contrary to some old wives' tales, pulling on your ears does not make them larger. Also individuals with large or abnormally shaped ears do not have better hearing than the next person. For those people whose ears are larger than most, they have heard all the stories and all the names like Dumbo, pitcher ears, Mickey Mouse and radar. The teasing and taunting that children with ear problems put up with can undermine their self-confidence and self-esteem. That is why ear cosmetic surgery (or otoplasty, if speaking in technical terms) is recommended at an early age.

Ear cosmetic surgery is one of the few procedures when being a child is beneficial and recommended. A person's ears stop growing usually between the ages of four and seven, which is also the time when many children are being subjected to the taunting and teasing that can be so detrimental to their emotional stability. When ear cosmetic surgery is performed on a child, they recover a lot more quickly and have fewer lingering effects than an adult who goes through a similar procedure.

So who exactly is a good candidate for ear cosmetic surgery? Well, we know that being young is beneficial. In addition, anyone with ears too large for their head or ears that project out is a good surgery prospect. People with big, stretchy ear lobes or who might even have overly small ears also consider ear cosmetic surgery. Other good candidates include those born with abnormalities or had accidents involving the ear. People missing the cartilage that forms the outer shell of the ear also should consider ear cosmetic surgery.

The biggest reason why surgeons prefer to perform this otoplasty procedure on children is because the cartilage in their ear is very pliable and can be formed into a pleasing shape more easily. The second most important reason is that the child will benefit greatly from the surgery and not have to live with the teasing, unlike an adult who lived with the experience and would still have the emotional scars. Plus, when the otoplasty is performed on an adult, the cosmetic surgeons have to deal with cartilage that is less flexible, which makes creating a new shape more difficult.

The surgery usually takes a few hours – anywhere from one to four, depending on if both or only one ear is worked on. Adults can have the ear cosmetic surgery on an outpatient basis for the most part and can go home within a few hours of being in the recovery room. Some of the ear cosmetic surgeries for children can be handled the same way, depending on the type of anesthesia that is used. Otherwise, hospitals like to keep the child overnight for simple observation to ensure no complications crop up.

Many adults are given local anesthesia while the children are often given general anesthesia, which puts them to sleep. Most incisions are made behind the ear. The surgeon will peel back the skin to reshape the cartilage and even remove some skin if needed. Sometimes cartilage is clipped or shaved as part of the ear restructuring process. If the ear protrudes, permanent stitches are used to fasten the cartilage back a bit so that the ears rest closer to the head. Once the reshaping process is complete, the skin is smoothed back over the cartilage and stitched back together. For the most part, the scars are barely visible and will fade with time. Hair covers up some of the surgical work too.

Recovery takes a week or two, depending on the procedures used in the ear cosmetic surgery. Many doctors will want their patients, both children and adults, to wear a surgical headband around their head. This headband will not only protect the ears while they heal, but also keep any permanent sutures used to pin the ears or reshape the cartilage from pulling apart, thus avoiding a second procedure to correct any problems.

As always, there are risks with any surgery. Infection, blood clots and swelling are just a few of those risks. However, if recovery directions from the surgeon are followed, patients will be up and around in no time. Once the bandages have come off and the ear is healing nicely, the results are almost immediate. Girls will start pulling their hair back because they no longer want or need to hide their ears. The insults and taunting will stop and the kids and adults who underwent the ear cosmetic surgery will feel more confident about their appearance.

Dumbo is Dead – What to Expect with Cosmetic Ear Surgery

Constant teasing and tormenting can be devastating to a child and when that child has some type of physical infirmity, then that compounds the problem even more. Some physical abnormalities cannot be fixed until a child reaches adulthood or stops growing. Luckily, those children afflicted with large or projecting ears can have cosmetic ear surgery to correct the problem. Other ear infirmities like extra large ear lobes or shell ear where the cartilage may not have completely finished forming the ear are also cause for cosmetic ear surgery.

So why can children have cosmetic ear surgery performed on them? First of all, the ear stops growing somewhere between the ages of four through six or seven. That means the cartilage that forms the ear is still pliable and easier to manipulate into a more pleasing shape. With an adult undergoing the surgery, the cartilage is stiffer and less flexible. This rigidity means more recoup time. Also, when a child has the surgery when they are young, they do not have to grow up with the taunts and teasing, unlike the adult patients who consult with a surgeon for this cosmetic procedure.

This cosmetic ear surgery can basically remold the ears into a more pleasing shape. It can also reduce the size of the ear so that it works well in proportion to the head. Finally, cosmetic ear surgery also can make the ears more balanced in size and the ears can be pinned back to cause less protrusion. These cosmetic changes in your child's ears can open up a whole new world for them.

There are a few things to expect with cosmetic ear surgery:

1. There will be some scarring. For the most part, any scarring will be behind the ear. Luckily, these they can be hidden by longer hair. The surgeon will make an incision behind the ear so that the skin can be folded back to expose the cartilage. From there, depending on the ear problem, the surgeon will pin the ears back using some stitches or re-contouring the cartilage for a more symmetrical pleasing shape that best suits the head and facial features.
2. Recovery time depends on the patient and procedure. In all cases, the patient must be very careful not to accidentally bend the ears, bump them or re-injure them in any way. To do so might pull open the permanent sutures that were used to pin the ears back or refashion the ears' shape. The surgeons will want the patient to wear a head dressing to protect the surgical work on the ears.
3. Understanding the risks is part of what forms the decision to have ear cosmetic surgery. Infection can occur at the incision site. A blood clot can form around the incision area. Perfect prospects for this ear cosmetic surgery include children at least over four years of age and general all-around good health. Adults should not be drug users and also be relatively healthy. The anesthesia used can also play a factor in the risks. Adults typically will get local anesthesia while child get general anesthesia, which makes them go to sleep for a while.
4. How much does the cosmetic ear surgery cost? On average, each ear will cost about \$2,500. Of course, it really depends upon the type of procedure that was used to correct any abnormalities. Also, other costs like anesthesiologists or hospital rooms are not factored into the price. And unless the ear abnormality was caused by an accident, this cosmetic ear surgery is

not usually covered by insurance.

One of the toughest parts for a child is the recovery. They are, by nature, very active and like to keep busy with sports, playing and other physical activities. It can take up to several months for the sutures to properly heal. That is not to say the kids cannot do any physical activity during that time. They just have to be careful not to bump or strain their ears. Many of them will be on their best behaviors because the outcome of the cosmetic ear surgery. They cannot wait for the bandages to come off and see their new ears, ears that do not stick out or are too large. When the teasing and taunting of classmates dissipates because of this transformation, the kids' self-esteem and self-confidence soars.

Take It on the Chin – What Having a Chin Implant Means for You

Have you ever seen a picture of your facial profile? Do you like what you see? Some people have a chin that looks as if it disappears or recedes into their face and as a result, there is no symmetry. Your nose provides balance for the appearance of your face, but the chin provides the foundation of your facial features. By altering your bone structure with a chin implant, you can change the whole look of your face. What you might perceive as a slightly large nose would blend in with the rest of the face and some of the excess skin around the neck might disappear due to the skin stretching slightly to accommodate the chin implant.

It is a good idea to obtain several medical opinions before settling on one cosmetic surgeon to handle your chin implant. If the surgeons know what they are doing, they will be strict with their perusal of your facial features. They will take measurements and classify the problem areas that keep you from achieving an aesthetically pleasing chin. Sometimes, the cosmetic surgeon will suggest rhinoplasty (or in layman's terms, a nose job) in tandem with the chin implant surgery. Other times, just the chin implant itself will take care of any imbalances in your facial balance.

The chin implant surgery can be anywhere from thirty minutes to two hours; it just depends on the procedures that need to be followed. Each case is different, and many times that dictates whether or not a local anesthetic and general anesthesia are used. For the most part, chin implants are made from a solid silicone material. There are no safety issues or concerns regarding the silicone material because it is not in a liquid state that can be absorbed into the body, unlike the stories you might have heard about breast implants.

During the chin implant cosmetic surgery, the surgeon has two options for making the incisions – one is made in your mouth around the lower lip area or the second could be made beneath the chin. The chin implant is then positioned inside the chin area. To attach the chin implant to the chin bone, sutures are used or sometimes even special screws made from titanium used especially for surgery. With the inner lower lip incision, the cosmetic surgeon uses dissolvable stitches to close the cut. With the incision under the chin, regular stitches that you have to remove later are used. Surgical tape is also used to control any tugging sensations that can cause soreness or swelling.

As with most surgeries, there are risks expected with the chin implants. Infection around the incision sites could occur. If that is the case, your surgeon will prescribe antibiotics that will hopefully clear it up. Otherwise, the chin implant may have to be removed temporarily until the infection clears. An incision inside your mouth may take longer to heal and if you are a smoker or have other health problems, you have the potential for excessive bleeding of the gums. Other risks to think about are nerve damage, shifting of the implant and erosion of the chin bone where the implant is adhered.

Recovery takes a little time, usually within a week or two if no problems occur. For many chin implant patients, regular ice packs applied to the surgery site helps with the swelling. Lying down must be accomplished in an elevated position and if you are a stomach sleeper, you'll have to forgo that comfort for a few weeks until the swelling goes down and your chin heals more. Chewing food can be a bit laborious and painful and usually a liquid diet is subscribed for several days so that your stitches don't pull apart. Your cosmetic surgeon will probably also instruct you to forgo any major physical activity for a few weeks and contact sports for an even longer period of time. You don't want to bump your chin and have the implant shift in any way.

While some mild swelling may linger for up to several months, it shouldn't take you long to see some major changes in your facial profile. If all goes well, your facial features will seem more symmetrical to the overall balance of your face. In turn, you can lift your chin proudly and with confidence.

Getting Cheeky- Reasons to Get Cheek Implants

Cheek implants are an excellent way to both improve and enhance the contours of the face. There is more than one type of implant that can be utilized to plump up cheeks and not all are made from the same kind of materials. Let's take a look at some of the reasons for getting cheek implants.

At the most basic level, cheek implants can improve a person's facial appearance and increase their self-esteem if it needs a boost. Cheek implants allow a face to become more proportional and balanced looking. On older patients cheek implants give a face a fuller look, especially if the face is looking drawn, aged or sunken in. Sometimes younger women who have flat cheekbones opt for cheek implants to give them that sought after high cheekbone look of fashion models. Fullness and lift are the most important reasons for making the decision to go under the knife and have cheek implants put in. Cheek implants (also known as cheek augmentation) can be implanted frontally, laterally or in some cases, both. The initial consultation a patient has with her surgeon should determine what is necessary according to her desired look.

Cheek implants can be made out of one of five different kinds of materials. The choices are silastic, hydroxyapatite, polyethylene, gore-tex and cadaver bone. Silastic is a type of plastic that is both solid and flexible. Hydroxyapatite is a ceramic material that looks a lot like coral from the sea. Polyethylene also looks like coral obtained from the sea although it is made of plastic. Gore-tex may sound familiar because it is the same type of material that is used to

manufacture raincoats. The last, cadaver bone is self-explanatory. It is bone that is taken from human donors who have passed away.

Cheek implants can be done in more than one way and as previously mentioned, the needs of the patient must be the deciding factor in which method the surgeon settles on. What takes place for cheek implant surgery is for a "pocket" to be created over the top of the tissue of the cheek(s), which will enable the implant to fit in it properly. Cheek implants can be either porous or solid, and that depends on the individual patient as well.

Cheek implant surgery is most often done on an outpatient basis and is conducted under either general or local anesthetic. Patients can generally choose which they prefer to have. Briefly what occurs during surgery is the incision for the implant is placed in one of three places- the conjunctiva (or inner surface of the eye), inside the mouth or in the crease lines outside the eye. Having the surgeon make the incision in the mouth is preferable as the scars are not visible whatsoever. The stitches used when the incision is made in the mouth absorb into the skin easily and therefore do not need to be removed. However if the incision is in one of the other areas of the face, then the stitches should be ready to be taken out approximately five days after surgery. Cheek implant surgery takes an average of 45 to 60 minutes to perform.

There are always risks for cosmetic surgery procedures. Some risks are always a concern with every operation undertaken while others are considered unique to a specific operation. For the former the risks are obvious ones- bruising, bleeding, infection, numbness, scarring and swelling. For the latter, the risks involved are the chance that the cheek implant could suddenly shift position in the face and/or the concern that the patient won't be happy with their new facial features after it is done. If a facial cheek implant does shift position then a second operation is often required to put it back into proper alignment. Infection is more likely to occur in this case.

Before making the decision to have cheek augmentation it is important to ask several questions of your plastic surgeon. These questions, in no specific order, are number one; would you be able to correct the asymmetry of my face? Second, which material would you recommend to use for my cheek implant and why? Third, where in my face would you make the incisions? Fourth, in regards to the implant material would the one you recommend using be in any way associated with erosion? The fifth question would be how much would my cheek implant(s) cost? The next question would be if it became necessary to take out the cheek implant how involved a process would it be? Finally, who would pay for the removal of the cheek implant?

Turkey Neck – Cosmetic Surgery Can Help

Men, women, and talk show hosts worldwide have long since taken to using colorful scarves, discreet neck kerchiefs, and turtle neck sweaters to disguise a blemish on their looks known as turkey neck. Excess skin due to recent weight loss, loosened muscles, and even the signs of ageing all contribute to a sagging neck portion that looks unsightly and robs the sufferer

from the joy and comfort of wearing low-cut clothing, summer clothes, or even regular sweaters. While winter clothes may help in disguising this condition, the onset of summer does little to allow this charade to continue, and if anything a discreet neck kerchief suddenly sticks out.

Cosmetic surgery can help to alleviate turkey neck, and usually is the only option available. The latter is especially true if turkey neck syndrome is associated with the need to also correct a double chin and sagging jowls. So far many have shied away from actually taking any steps to correct this appearance since it required extensive surgery and a long recovery time. Fortunately, time has brought many new treatment options and with the advances made in the field of medicine, what once took almost a month to recover from, is now a procedure that may be accomplished in as little as a couple of hours and recovered from in as little as two to three weeks.

Turkey neck is usually the result of loosened muscles. Surgeons have found that by making a small incision behind each ear and underneath the chin, and then either shortening the muscles or tightening them will have the desired results. This surgery is invasive enough to warrant a general anesthesia and should therefore only be undertaken if you are in good health. If this step is too drastic to contemplate, you may wish to consider Botox injections first. Sometimes these injections are all you need to do away with the look associated with turkey neck. Other times these injections in addition to the surgery will enjoy the desired effect.

A relatively new method of dealing with turkey neck is a sling that may be inserted underneath the skin of the neck. It provides the surgeon with the opportunity to tighten the skin in the future as needed, especially considering that sagging may reappear as you age. This new device will eliminate the need for future costly surgeries and instead enable your physician to simply make minor adjustments to your neck to help you keep that youthful countenance you have come to love. Instead of having to repeat the procedure, the surgeon will be able to simply find the sling and tighten, which takes all but twenty minutes. A noted side effect is a possibility for inflammation, yet even this risk may be minimized by simply inserting the sling deeper underneath the skin and not so close to its surface.

Other conditions are sometimes also lumped under the name of turkey neck, even though they technically do not fall under this heading. Excess fat underneath the skin, for example, may mimic the turkey neck effect, yet a simple liposuction procedure will be able to do away with this mass. Granted, liposuction is not without its risks, yet the recovery will be speedy if all directions the physician gives you are followed down to the last detail. If the problem is not an excess of fat, but instead an excess of skin, the surgeon will be able to make an incision similar to the one that is used to tighten the muscles on the patient who suffers from authentic turkey neck. Yet, instead of tightening the muscles, it is the skin that is tightened and the excess thereof is removed.

No matter which procedure your physician may indicate is needed, a recovery period of about a week is not unusual, and observing the rules and regulations your surgeon recommends is vital to a successful post-operative period. Rest, adequate wound care, and even nutrition are important factors of the healing process. Another often overlooked factor is the requirement to remain smoke free for at least two weeks prior to and two weeks after

surgery. Failure to heed your doctor's warning may inhibit a successful healing process and thus make you a candidate for future surgeries to correct that which personal negligence or failure to follow directions harmed.

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