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How to Have Young, Supple Skin With Cosmetic Treatments

Avoid Dermabrasion Disasters: Questions to Ask Your Doctor Pre-Surgery

Dermabrasion, in the simplest of terms, is a process that “sands” the skin. The goal of this procedure is to do away with the upper most layer of skin that may have become dull or uneven, and instead replace it with a new, smoother, and younger looking layer. This procedure has become widely popular to do away with small wrinkles, scars, age spots, and also to decrease acne scars and pock marks. During the dermabrasion, you will be anesthetized, your top layer of skin will be frozen and an abrasive agent, usually a rotating brush, will be used to flake off the frozen skin. The new skin is extremely tender, and there may be some pain associated with the healing process. While rare, some dermabrasion disasters do occur, and in order to avoid any unsightly surprises, here is a list of questions to ask your doctor pre-surgery:

Your underlying layer of skin will be pink. For how long? You will want to avoid facing the world with an unnatural looking pink face, and so it is important to know what to expect. Obviously, the pink color cannot be avoided, yet if it takes eight or ten week to regain your normal skin tone, this little bit of information will go a long way to scheduling your procedure for a time that does not coincide with the family Christmas party, the company picnic, or the vacation to Cancun. The latter is especially important since that new layer of skin is extremely sensitive to sun for almost three to six months, and also the biting winds of winter should be avoided.

What are the side effects? Every surgery has its list of side effects, and dermabrasion is no different. As a matter of fact, these may include a darkening of the skin, scarring, infection, and even changes in skin color. Some of these side effects may only be temporary, but some may be permanent, so it is vital to not only know about the risks of the procedure but also know how to prevent them or at least minimize the risks.

Is that normal? This is a question most often asked at two o'clock in the morning when a sleepless patient looks at herself in the mirror and wonders if the itching, burning, redness, or scabbing are indeed normal or the early warning signs of something gone wrong. Be certain to ask your physician exactly what to expect, for how long to expect it, and to what extent it will materialize. For example, you will want to know just how red your skin will be. For how long will the scab be on your face, and when can you expect the burning sensation to cease?

Will pigmentation change? It is true that pigmentation may increase or decrease, leaving your skin looking darker or lighter when compared to the surrounding skin of the neck. While darker skin may be treated with bleaching creams, lighter skin will be there to stay and only time and controlled sun exposure may darken it a bit.

What are your credentials? You want to make sure you deal with a surgeon or professional who not only has the schooling to perform the procedure, but also extensive experience and background.

As you can see, even though dermabrasion is a worthwhile procedure that delivers promised results, it is in fact the deliberate damaging to the top layer of skin, and thus should be undertaken advisedly, and at the hands of a professional. Sadly, it appears that the market is being flooded with individuals who may have undergone a few classes, in some cases not even this is the case, purchased the necessary equipment, and are now underbidding the existing clinics to entice frugal patients to come to them. Unfortunately, cut rate dermabrasion may also result in cut rate results, and the horror stories that are now circulating on the Internet and that may be seen on TV specials are only too true; please remember that your face is well worth the price of experience, expertise, and extensive know-how! This is not the time to skimp, save, and pinch pennies.

Botox Basics – What is It and How Does It Work?

More and more people are relying on the benefits of Botox injections to enhance their beauty. In fact, during the year 2003 over three million Botox procedures have been performed, making it the leading sought after cosmetic surgery of that year. Furthermore, as early as 2001, more people sought Botox treatment than those that sought after breast enhancement treatments.

This very simple procedure is becoming more and more popular, because more people want to look their best for an inexpensive price.

Botox is facial filler that is injected into lips, folds, and wrinkles. This injection procedure is very simple, and usually takes no more than 30 minutes to complete. The first step in the Botox process is to numb the areas to be injected with a topical anesthetic. The next step is to inject small amount of Botox into the desired area with a thin needle. This is a nearly painless process, with only a slight discomfort resulting from the injections, and does not persist after the process is complete.

The main ingredient of Botox treatments includes the use of a purified protein called Botulinum toxin A. This purified protein is derived from botulism. This technological formula has always been nearly the same since Botox's original use as facial filler. It is proven time and again to work for eliminating any signs of aging.

When the process of Botox injections take place, the Botulinum Toxin A works by blocking the release of a chemical called acetylcholine, which interferes with contraction of the underlying muscles. By interfering with muscle contraction in the designated treatment area, frown lines and other wrinkles are smoothed out, and usually become nearly invisible in a week.

The recovery time after receiving a Botox treatment is almost minimal. That is because there is usually little or no bruising, bleeding, pain, or other discomforts. The only precaution necessary would be to refrain from touching or massaging the treated areas, so not to disrupt placement. The effects of Botox injections usually last from 3 to 6 months.

Some possible complications associated with Botox treatments are drooping eyelids or raised eyebrows. However, these side effects are not permanent, because the paralysis from the Botox treatment wears off, and the treatment is repeatable.

Other concerns have been raised about the use of Botox, because the Botulinum toxin A is known to cause botulism, which is known as a food poison that can cause paralysis in the body. However, no cases of botulism have yet been noted as being linked to the use of Botox treatment.

Almost anyone who is interested in improving the appearance of his or her face, especially in the forehead and around the eyes can receive Botox treatment. The most often sought after facial improvements include elimination of wrinkles, facial folds, and lines from frowning. This is done for a minimal cost, affordable to most people, even those on a low budget.

The cost of Botox is usually only usually between \$300-400 per treatment which is the reason this treatment has become so popular. Furthermore, this treatment is just as effective as minor face lifts, which could cost thousands of dollars. This will mean making long-term changes in one's appearance more affordable. Furthermore, it also gives a person the chance to see what this treatment can do to improve their lives before they make any other major cosmetic changes (such as the above described face lifts, and tummy tucks).

Before receiving a Botox treatment for the first time, one should consult friends, family members, neighbors, or co-workers who have received this treatment. Usually people you are acquainted with can help you make a wise treatment decision, as well as direct you to the right Botox specialist.

The right Botox treatment specialist can help any individual out who wants to feel younger and more attractive. Also a person receiving this type of treatment may feel more confident socially and sexually. Furthermore, a person may feel as if they have a more positive image to present to the corporate work world during company and client meetings.

The feeling of increased self esteem is often endless with a person who receives a Botox treatment. The reason why is that people who feel better about what they look like on the outside will also feel much better on the inside.

The improved attitude about oneself can cause a person to build for him or herself an overall better quality of life. In turn, they end up accomplishing greater things in life that they ever imagined they would.

If you are curious about what Botox treatment can do for you, not only should you contact people you know, but you should do your own research. You can call medical hotlines, search the Internet, or even look in your local yellow pages for referrals to Botox specialists.

The more information you have before making the decision to have this treatment performed on you the better off you will be.

By Way of the Laser – What Can Lasers Do for Cosmetic Surgery?

Lasers are the scientific answer to the pleas of men and women everywhere who shy away from invasive surgery and who do not have the time to be recovering for extended periods of

time from an extensive surgery. As a matter of fact, so much can nowadays be accomplished with a laser that it almost appears to be the new cosmetic surgery method of choice. What lasers can do for cosmetic surgery is truly an amazing feat in the progress of medicine and science. Thus, if you are ready to perhaps start off the New Year with some self-improvement, or perhaps you would simply like to give yourself the gift of looking as young as you actually feel, the laser could be the answer to your questions.

Consider the use of laser technology in modern wrinkle reduction procedures. Whether it is your habit to frequently frown, natural aging, or simply homage to your sun worshipping days, wrinkles are a result of many factors that leave the skin less elastic and more prone to lines. While this method is not indicated for deep lines and wrinkles, fine lines, acne scars, and even stretch marks may be visibly decreased by the use of laser wrinkle reduction.

An added benefit is the fact that there is no lengthy recovery time patients must undergo, but instead this treatment can neatly fit into the time allotted for most lunch breaks! The methodology is quite ingenious: the laser energy is transmitted to the dermal skin tissue, bypassing the outer layers of skin without causing any damage. The energy so transmitted will then begin a chain reaction within the skin that causes it to rebuild collagen and thus smooth out any wrinkles and lines.

Although not necessarily considered cosmetic surgery, the laser has also found its use in the field of hair removal. As a matter of fact, laser hair removal is the answer to all those who are disgusted with heating up wax, plucking and tweezing. The process simply destroys the hair follicle so no hair will ever grow from it again. Unfortunately, not everyone is a good candidate for this type of treatment. Since laser energy is nothing more than light based, those who have salt and pepper hair, or perhaps even white hair, will find that they will not be able to be successfully treated. The same is true for dark skinned patients.

Probably the most celebrated use of laser energy in the field of cosmetic surgery is the removal of spider veins. You have probably noticed the purple or deep red little lines that seem to cluster in certain areas of your physique, usually the arms or legs, sometimes even the face and back. These veins are not of vital necessity for the body, and are more or less a cosmetic nuisance. It is no surprise that many who have found them on their bodies would like to be rid of them once and for all. This may be accomplished with the help of laser treatments. The laser energy enters the skin and directly damages the unsightly veins. Serving no purpose, they eventually collapse and disintegrate.

Of course, all these treatments do very little to counteract destructive behavior, and it is imperative that you still follow all the common sense rules you already know and yet still may ignore; i.e. you know to apply sunscreen whenever going out of doors, and to repeat the application frequently. Similarly, you are aware that the use of moisturizers will aid you skin in keeping that youthful and healthy glow that signals its protection from the elements and harmful external influences.

Additionally, once you do undergo laser therapy, it is imperative to follow the physician's recommendations to the last iota to maximize the effectiveness of the treatment and to also ensure that there will be no adverse effects from the laser surgery to your skin. Many times a patient will be so excited about the changes and improvements that she or he may forget that

while laser therapy was instrumental in the change, it is not a cure all and will not prevent any further damage from occurring! So stay healthy, look healthy, and yes, you can cheat the signs of aging.

Cosmetic Tattoo Surgery – Why Bother?

There are actually two types of cosmetic tattoo surgeries: the removal of a tattoo and the application of a tattoo. Both procedures are considered cosmetic in nature and surgical as far as procedural aspects are concerned. Generally speaking, many youthful recipients of tattoos may not enjoy the process – let's face it, it hurts – yet do like the result.

Sporting a new tattoo is like a ticket stub signifying that you have paid the entrance fee into the "cool cult." You are no longer considered a "square" but are now hip, cool, and with it. This feeling usually lasts until the first real job interview when your highly visible facial or arm tattoo costs you a high paying job, simply because the hiring manager does not feel that your appearance is congruent with the image the company seeks to project.

Additionally, when youths grow older and they get ready to settle down, marry, and raise children, a tattoo suddenly makes some feel very uncomfortable in their new roles. Pool parties suddenly become embarrassing occasions, and volunteering in the child's classroom may be done under the disapproving eye of a teacher. For some adults, tattoos may also remind them of times and episodes in their lives best forgotten because of the pain they may hold. For those who now regret the dermal artwork received in times of exuberant youth, there is hope!

With the help of a laser, tattoos may be successfully removed or significantly faded. This treatment is not speedy, however. Due to swelling of the skin, treatments must be spaced six to eight weeks apart, and quite often a number of treatments are required before success is achieved. Four to eight sessions under the laser are not unusual, depending on the color and type of ink that was used in the creation of the tattoo.

Interestingly, extremely dark tattoos, those made with black or blue ink, fade the quickest. Red is another color that will fade very quickly. The colors green and yellow, however, take a long time to eradicate and may require additional treatments to truly get rid of. Of course, it is important to note that there is no guarantee of complete fading, and sometimes very close scrutiny of the previously tattooed area will reveal a very faint imprint of portions of the removed tattoo.

The other kind of cosmetic tattoo surgery that is available today is actually the application of permanent ink in a controlled manner that will allow women to have the look of a beautifully made up face when they first wake up in the morning, and without any expenditure of effort! Permanent makeup is now a common procedure that produces stunning looking results with just a few sessions at the doctor's office. The application of this technology is truly plentiful: lips may be lined for higher definition or even full lip coloring may be applied; eyeliner on the top and bottom of the eye lids can be applied as well as eyelash enhancements; the eyebrows may be colored to have that perfectly defined look; some women even enjoy the application of permanent beauty marks!

Of course, just like with a regular tattoo, the drawback to this application is the fact that it is permanent. Be certain that you not only like the shades of colors you have chosen, but that they also enhance your appearance! A trained cosmetologist will be able to provide valuable guidance when it comes to color and shade selection. Additionally, remembering that this make up is permanent, consider the applications you are choosing. Pouting lips may look cute on a twenty year old girl, but on a forty year old woman they might look a little out of place.

Similarly, a dashing green shade of eyeliner may be stunning for an evening on the town, but it may seem inappropriate for the day job as a bank teller. The other danger of this kind of cosmetic tattoo surgery is the fact that if you visit an inexperienced practitioner simply because the rates are so much less expensive, your permanent makeup may look somewhat less than natural. Additionally, inexperience can lead to mistakes, which can have far-reaching consequences, especially when they occur around the eye area. Thus, you truly receive what you pay for!

Erasing Scars with Cosmetic Surgery

Scars are the bane of existence for many people today. Some have scars left behind from accidents that now disfigure their features to a certain extent. Others have scars left behind from illnesses, such as chicken pox or even disorders such as acne. Whatever the case may be, there are a lot of products on the market that promise a fading or even eradication of the offending scar. Ointments, peels, and lotions available at the local mega mart promise success and offer money back guarantees.

Unfortunately, the results are often less dramatic than the person purchasing the product had hoped, and sooner or later she or he becomes a patient at a cosmetic surgery clinic in an effort to finally get rid of the scar. Erasing scars with cosmetic surgery is not a new procedure, and many have successfully experienced a new look that the surgery has offered them. Of course, some scars cannot be erased, yet they can be significantly faded.

It is important to note that some scar removal treatments are more invasive than others. Depending on the size, location, and type of scarring, the physician will choose the treatment that promises the most success. For example, if the skin is located in an area that is surrounded by ample skin, the surgeon may decide to simply cut out the scar tissue and close up the wound. This may be especially effective if the scar is the result of an improperly treated wound. If this procedure proves to be impossible to perform, the scar may be relocated to become part of a set of features that may hide it.

In the case of burns, or if the scarred area is quite large, a skin graft will provide the best chance of treatment. During a skin graft, the scar is removed and replaced with skin taken from another part of the body. If the scar tissue is extremely deep a skin flap, instead of a skin graft, may need to be moved to also supply the underlying tissue to the area.

If you do decide to undergo any one of these types of cosmetic surgeries for removal of your scar, be certain to wait until your skin is at least one year old. At that time it will have faded as much as it ever will, as well as the color will have become permanent. If you go prior to that

time period, the scar tissue is still healing and changing, and a physician will have a hard time determining which course of action to choose. Of course, once you have undergone a procedure for scar removal, it is imperative to follow each and every instruction the surgeon will give you. Nothing is worse than incurring new scars in the process of removing old ones, yet this may happen if the wound area is not treated properly and with the greatest care.

Non-invasive scar removal methods include the use of a laser. Encouraging the natural production of collagen under the skin, the tissue will soon even out and look more natural to the surrounding in comparison to the surrounding areas. In other cases, skin resurfacing with the help of a laser will be the appropriate treatment. Unfortunately, this "laser peel" treatment is of most use to candidates with a fair complexion. Others may still need to use the more traditional chemical peel to get similar results.

Failure to heed the surgeon's warning that your skin type and coloration is unsuitable for such treatment may result in pigmentation changes that will leave unnatural looking results in the wake of such treatments. If you do decide to go ahead with this kind of treatment, be certain to follow your physicians' instructions prior to the treatment as well as immediately afterwards to ensure optimum results.

Failure to do so may result in infections, scarring, and even redness and swelling. There are some side effects to the laser treatment that you will need to be aware of: as a matter or course, there will be some healing process of the skin that will result in excretions that may crust, if you pick off these crusts, you will most likely incur some scars; another side effect is a heightened sensitivity to everyday lotions and cosmetics that previously may not have irritated the skin at all.

Inject a Little Mesotherapy in your Life

Mesotherapy is a gift of the French to our surgeons. Developed by Michel Pistor in 1952, it serves to inject substances directly under the skin to localize treatment. It is currently used in the treatment of cellulite, where it breaks down the blotchy appearance of the skin. When used in conjunction with cellulite removal, the injections will serve to treat poor blood circulation and engorged fat cells. As a result, the lumps and dimples caused by cellulite disappear to reveal smooth looking skin. Mesotherapy may also be the answer to aging, wrinkled skin.

If you shy away from the idea of a facelift, are weary about the dangers of pigmentation change in the wake of a laser dermabrasion, and unsure about chemical peels, then this therapy may be right for you. By directly injecting collagen producing drugs underneath your skin, your face will gently fill out from the inside out, and will give you a healthy, younger appearance, with the only damage to your skin being a tiny pin prick.

Mesotherapy is also used to help patients who have weight loss problems. By directly introducing chemicals that will break down fat below the surface of the skin, diet and exercise may have encountered a new ally in the war on fat. It is imperative to realize, however, that this therapy in connection with diet and exercise is a powerful tool, but instead of these two components of a healthy lifestyle will only be a temporary solution.

Mesotherapy does appear to be the answer to many a procedure that previously required surgery, extensive downtime, and had a long list of possible side effects. What previously required general anesthesia and extensive wound care now only takes a few minutes, a few injections, and nothing more. Lately there has even been talk to expand the use of this therapy in the treatment of back pain, carpal tunnel syndrome, and even migraines! Perhaps this cosmetic surgeon's tool may become the panacea of tomorrow for a variety of illnesses and ailments that have plagued us for decades.

Nonetheless, the future of Mesotherapy in the United States is somewhat uncertain. Even though it has enjoyed a huge popularity in Europe, it does not seem to have caught on in America, quite possibly because the idea of something being too good to be true has become ingrained in our psyche, even more so since the advent of frivolous Internet ads and spam that have promised any number of medicinal breakthroughs only to be later exposed as fraudulent and quite possibly even harmful to your health. It is no wonder then that America is casting a hesitant eye on this treatment that offers so much for so little.

Of course, a more curious researcher will find that the treatment is not as little as some of its critics may make it appear. As a matter of fact, a number of injections may be required to achieve the desired results. Another reason why Mesotherapy may not be as popular right now as it could be is the fact that nobody really discloses exactly what they are injecting.

Most solutions are combinations of vitamins, drugs, and medicines, and are considered proprietary. For this reason it is rather difficult to qualify or quantify success or failure. In addition to the foregoing, because of the proprietary nature of many injection "cocktails," allergic reactions or other undesirable side effects may occur but not be properly associated either with the treatment or absence of a substance during the treatment.

Another item to consider is the price tag of Mesotherapy. Injections may run somewhere from \$300 to as much as \$600 and almost all Mesotherapy providers agree a number of treatments are indicated: usually at least ten, but sometimes as many as twenty. Since the treatments may need to be done one week apart to ensure optimum results, the price tag may be quite staggering! At this point in time it appears that proponents as well as opponents are quite vociferous in their opinions, and little can be done to sway either side.

If you do your research, decide to only visit a physician who is trained and extremely experienced in the administration of the injections, and are willing to incur the costs of having the injections done at a reputable clinic rather than a questionable storefront operation, you may well enjoy the results. Let the buyer beware!

Getting a Fat Transfer at the Cosmetic Body Bank

Many people when they age do not like the fact they have deep wrinkles, increasing furrows, or skin depressions on their faces due to age. If you are one of those people, you may want to consider having a fat transfer performed on you.

If you choose to have this type of surgery done, you may feel younger, and look younger again too. Also, you may feel more confident socially and sexually, and will be more likely to perform better on your job. This is because those who feel better about how they look on the outside will often feel better themselves on the inside. This increased self-esteem always boosts one's confidence, and causes that person to have a better outlook on life.

If you choose to receive a fat transfer treatment, the fat is usually taken from an area of your body where it is not needed or desired, and transferred to the wrinkle, furrow, or frown line to be filled in.

Furthermore, this is a safe and effective procedure in which to correct the problem of the aging skin, because the fat comes from the person's own body, to which there is no allergic reaction. You can be confident that this procedure will help fill in your cheeks, chin, lips, and lower eyes with little to no complications.

One common example of an instance where fat transfer is used is to add bulk to the lips, for a younger look. Another function of a fat transfer would be to replace the skin within the crevices in your face that have formed upon moving your mouth or smiling. You may also want to fill in saggy spots under your eyes with this type of procedure as well.

The procedure of fat transfer begins with the patient under anesthesia. During this time, fat is removed from the abdomen, buttocks, or hips. These are the best areas in which to take the fat from, because there is often plenty of it in these areas. After the fat is removed by way of a thin metal tube called a cannula with a syringe attached, it is separated from the anesthetic solution.

Then, it is placed in smaller syringes for injection in to the recipient area, into which the fat is to be transplanted. Right before injection, one or two incisions are made to make the injection process easier. This procedure will usually provide for a younger looking face, and increased feeling of self worth in the recipient.

If you are wondering if you are an ideal candidate for a fat transfer, seek advice from a qualified fat transfer specialist, or from your own medical doctor. Another great resource on information regarding fat transfers would be to consult a friend, family, or neighbor. They are sure to help give you the advice you would need.

Also, for your information, a fat transfer doctor will usually tell you the advantages to fat transfers versus absorbable fillers for the transfer such as collagen, restylane, hylaform, dermologen, or others. He will also tell you that he does not recommend permanent fillers such as silicone, gortex, methal methacrolate, or artecoll, because these could cause deformities within a person.

Fat transfers are thought of to be safer than any of the above synthetic fillers, and usually have a permanent effect on a person. One of the only complications associated with fat transfers is that some of the fat may not survive the transfer process. In order to receive the desired permanent result, the patient may have to receive repeat treatments within four to six weeks until the problem is fixed. After that, the fat transfer should have a permanent effect on the individual receiving the treatment.

If you are wondering if a fat transfer operation is right for your situation and your condition, feel free to contact a doctor who specializes in that field. Furthermore, be sure to ask your friends, family, neighbors and associates if they have had any success with rejuvenating parts of their body with this type of operation.

If you already have consulted friends, family, and your doctor, and you are still unsure about the consequences of a fat transfer surgery, make sure you do some of your own research. Many websites offer information on different aspects of receiving a fat transfer operation, including recovery time, and complications of such.

Also, you can get a second medical opinion, or call a medical hotline. Then, you may be sure that you are making the right decision, and you will know exactly how a fat transfer can benefit you.

Saving Face – Non-Invasive Cosmetic Procedures for Your Face

First impressions last a lifetime. How often have you heard this statement? It is true that we love to size each other up, figure out what the other person is all about, and quite often we do so with just a glance at the outward appearance of a person. It is no wonder therefore that the weight-loss industry has run amok, and new miracle drugs and fads enter the market faster than new fast food offerings.

Similarly, it is no surprise that clothing and accessory manufacturers come out with new styles and patterns every year. You work hard at making your outward appearance as appealing and presentable as possible. Naturally, your face is probably one of the first things others notice about you. Yet, your face is also the one that is constantly exposed to the elements: the dry winds, the sand and fine particles in the air, the high heat or bitter cold, the sun's rays, pelting rain and driving wind. In addition to the foregoing, your face also experiences the ravages of aging. It is not a great surprise therefore that you may consider turning to non-invasive cosmetic procedures for your face, preserving its youthful appeal and healthy look for as long as possible.

You have probably heard the horror stories of surgeries gone wrong, and you know you will not submit to such extensive surgery. Perhaps you don't like the commitment to a radical change, but would just like to see one little item corrected or enhanced. Maybe you are not spending as much money as you have been quoted in order to have surgery, and thus you might be looking for some less expensive non-invasive procedures that will nonetheless make you look like a million bucks. Fortunately, there are now so many non-invasive procedures available that you will most certainly be able to find one that fits the bill.

For example, if you can spare forty-five minutes during your lunch break, why not make some of the deep wrinkles disappear with a collagen injection? Using the latest hypoallergenic fillers, injections into the lips will create that pout which has become so popular, they will do away with deep wrinkles, and generally even out uneven skin. Though only temporary, the effects will last about half a year, maybe even longer.

Another treatment that has entered the mainstream is the injection of Botox. Essentially relaxing the muscles, this injection will prevent the patient from excessive frowning, while at the same time smoothing out already existing frown and worry lines. Just like the collagen fillers, this injection will need to be repeated, usually within three months.

If you have age spots, some sun damage, or an overall grayish complexion, then perhaps a chemical peel will help you regain that glow of rejuvenated skin. While there are a variety of peels available, it is important to realize that the deep chemical peels will also require a longer recovery time, since a lot of the upper layers of skin will be stripped away.

With the light chemical peel, however, you may quite possibly be able to continue with your day once you step out of the doctor's office. Granted, your face may be a bit red, but if need be, you will be able to apply some light makeup to cover up any skin irritation until it goes away. Of course one of the favorites is Mesotherapy. This treatment allow for cellulite and fat reduction in targeted areas simply by injecting medication in these spots. Though the results are not immediate, within a few weeks results should be noticeable. This treatment is a wonderful alternative for those who consider liposuction in a couple of spots. Additionally, it will successfully augment any weight reduction program and might quite possibly help with losing those last ten to twenty pounds that just seem to cling on.

As you can see, a new you and a radiant new look are just around the corner and may be achieved in as little as a lunch break. Why not research the cosmetic clinic in your area and set up an appointment? A counselor will be able to give you all the information you need, including the effectiveness of treatments for you specifically, as well as a detailed price list.

The Hair Up There – Do Hair Transplants Really Work?

Men often feel self-conscious about receding hairlines and baldness as a result of aging. The last thing they need to do is end up spending all their hard earned money on a procedure that does not work. Take for example hair transplants. It is better for a man to know if it works before following through with the procedure, otherwise, why would he not only waste his hard earned money, but also his precious time.

Men can be assured that usually hair transplants do work, but it depends on the overall density of his hair. The hair that is transplanted is usually removed from an area where the patient has more hair (the donor site) to the place where the patient has less hair (the recipient site).

One of the methods of hair transplants is known as the follicle transplantation procedure. This is described below:

First, the specialist creates a natural appearing hairline with single follicle unit grafts, and then grafts progressively larger follicles behind the hairline. This action will help the hair specialists to remove as many permanently growing hairs from the donor site to the recipient's head without sacrificing the natural appearance. The total amount of hair transplanted in this procedure is four to six times more than other hair transplant procedures.

More hair per session is transplanted, which will end up being less cost to the male patient as well as less disruption of his normal life.

The reason why hair transplants are selected from the patient's own hair is so the hair follicles are not rejected by the scalp. The transplanted hair contains the same color, texture, growth rate, and curl upon regrowth once grafted into the less dense area of scalp.

Also, men should note that the hair transplant procedure is known to be more popular than the scalp reduction and flap rotations. This is probably true because no scalp reduction is needed in the hair transplant procedure; it also hurts less, and is less costly as well as less time consuming. The person is more likely to return to his normal life after a hair transplant than any other hair loss and replacement procedure.

Upon deciding to have a hair transplant done, the patient should also remember another very important aspect, be sure to find a specialist who does nothing but hair. The person wanting this desired procedure will then have better results, because that transplant center will do one thing, and one thing well; hair transplants.

Furthermore, that patient should be sure to do research before choosing a hair transplant specialist. It is important for a person to have a doctor who is honest and able to cater to the patient's needs, and make him feel as comfortable as possible. That surgeon should also prepare the patient as much as possible before, during, and after the surgery.

If you happen to be a man that is wondering whether or not hair transplant is the right solution for you, be sure to contact a hair loss specialist. This person will help you make a better determination as to what is right for you.

If indeed this procedure does work for you, your overall quality of life will be improved. You will feel confident when deciding to talk to someone of the opposite sex to ask for a date. Either that, or if you already have a long-term partner, you may feel more attractive to that person, and be able to perform even better sexually than you have before.

Not only that, but you may gain a new confidence in the corporate world. It's not to say that hair transplants are going to grant you an automatic promotion, but it is evident that those who feel better about how they look on the outside will also feel better about themselves on the inside.

Therefore, if you are a candidate for a hair transplant procedure, it is highly recommended that you receive a treatment soon.

If you have no idea where to start looking for a hair transplant specialist, you can call your doctor, a medical hotline, or consult a friend or co-worker who has had some success in the hair transplant procedure. Whoever you talk to may even be able to help make an informal assessment of whether or not you are an ideal candidate for this type of procedure.

Then, once you are at least 90% sure that this procedure is right for you, a qualified hair transplant specialist will see to it that you receive the most prestigious service possible.

After the procedure is finished, you are sure to feel and look young once again.

Weathering Your Veins – The Latest in Cosmetic Surgery Treatments

How often have you opened your closet last summer, looking for that perfect short dress or skirt to wear, only to shy away at the last minute because of unsightly veins that seem to have appeared overnight on your legs? Perhaps you have more than once begged off the scheduled trip to the beach simply because you no longer feel comfortable in your bathing suit. Do not fret, because you are not alone. Millions suffer from unsightly veins that have them confined to long pants in the summer, long sleeves in eighty-degree weather, and in the beach chair on the sidelines of the pool.

The venous disorders that are wreaking such havoc are known as spider veins and varicose veins. Varicose veins are blood vessels that literally stand out. Quite often they appear to have a rope-like quality to them. They may appear as dark blue bulges under the skin, and may also cause some pain. Spider veins, on the other hand, do not stand out like the varicose veins, yet they are unsightly groupings of bluish, reddish, or even purplish veins that are close to the skin's surface and discolor portions of the limb. Yet weathering your veins is entirely possible, especially with the latest in cosmetic surgery treatments.

A procedure referred to as sclerotherapy, for example, will provide much welcome relief for those suffering from these unsightly varicose veins. The procedure actually sounds worse than it is. An irritant is injected directly into the unsightly vein. Its purpose is to cause the vein to shut down from the inside and then be absorbed into the tissue that surrounds it. Upon injection of the irritant, a compressed bandage or stocking is applied to further aid the substance in causing the vein to collapse. For those patients with extremely large varicose veins, another possible treatment option is veins stripping; this process, however, is riskier than the above mentioned therapy and it also requires a hospital stay and general anesthesia.

Spider veins are a lot easier to treat, and do not require any recovery time at all. As a matter of fact, they can be treated non-invasively with a laser that simply penetrates the top layer of skin and removes them once and for all. Should the spider veins be of larger size, sclerotherapy may have to be employed to do away with them. For the smaller ones, laser therapy will usually do the trick. It is important to note that spider vein treatments do not guarantee immediate results but instead warn the prospective patient that two or perhaps three sessions will be required until a noticeable lightening of the veins is achieved. Of course, it is important to remember that even though these veins will be collapsed and absorbed by the surrounding tissue, the formation of new spider veins is entirely possible and perhaps even likely.

Like all medical procedures, these treatments do provide some risk to the patient, and it is imperative to discuss them with your physician prior to committing to treatment. Short-term effects, such as swelling or pronounced redness, are only cosmetic in nature and will disappear given some time. Long-term side effects, however, may be incurred due to the use of anesthesia, or even the use of a skin irritant that may cause allergic reactions in some people. Another side effect to carefully consider is the possibility of pigment irregularities, leaving the treated area to be more visible than its surrounding flesh, even though the unsightly veins

themselves have disappeared.

In order to avoid any far-reaching dangers or even side effects, you must discuss your medical conditions, if you have any, with your doctor. This is especially important for those who suffer from kidney diseases and also diabetes, as both illnesses may cause adverse reactions to the treatment with irritants. Yet these unwanted effects are few and far between, and many potential patients feel that the lure of healthy, young-looking skin far outweighs the risk the treatments may hold. Thus, if you and your physician agree that you are a good candidate for the treatment, this opportunity may well allow you to open up the forgotten drawers of your wardrobe again and unpack the shorts, swimsuit, and short skirts that so far you have kept in mothballs.

Liposuction After Pregnancy -What the Surgery Does for Moms

Becoming a mother is a joy for most women but many are distressed by the physical changes that alter their bodies when they are pregnant. And the more pregnancies a woman has the greater the distress becomes. Liposuction is a surgical procedure that gets rid of fatty deposits under the skin that exercise and diet refuse to improve. This surgery is often preferable to a tummy tuck for post partum women because there is no removal of skin, just a removal of fat, there is less physical discomfort afterwards, it is a safer procedure and there are less health risks involved. As well scars are less evident on the body and the recovery time period is much shorter than it is for a tummy tuck.

Liposuction is often referred to as "spot fat reduction" and is one of the most commonly requested types of cosmetic surgery. After having a child (or children) many women find themselves so busy that fitting exercise into their daily routines is not easy, and sometimes near impossible. Adding to that is the fact that a lot of women have a slower metabolic rate after giving birth. Whatever the reason is, the reality is that losing fat in specific areas of the body such as the buttocks, thighs, abdomen area and upper arms becomes increasingly difficult and many women feel discouraged at the appearance and shape their bodies are in.

But it is not necessary to have to accept the "post partum" look of one's body. Liposuction (also called lipoplasty), which is done on an outpatient basis and generally is done under local anesthetic, can help restore a woman's figure by getting rid of unsightly fatty deposits and giving her a boost psychologically. Many women report higher levels of self-esteem and self-confidence after undergoing liposuction.

According to the American Society of Plastic Surgeons, the request for liposuction surgery has increased tremendously from year to year, and keeps on increasing. In the United States there were 320,022 liposuctions performed in 2003. This saw a jump of 13 percent from 2002 when 282,876 reported surgeries were performed.

Abdominal liposuction is by far what most women after pregnancy are after. At the initial consultation the plastic surgeon will take down the patient's medical history, will examine the skin at the site where liposuction is to be done and will explain the procedure to the patient. Some plastic surgeons prefer to put their patients out with general anesthetics while others

prefer to use a local anesthetic accompanied by a sedative to encourage the patient to be drowsy but relaxed.

To begin the procedure the plastic surgeon makes a small incision either just beneath the bikini line or in the belly button and then inserts into the area of the fatty deposits, a thin tube known as a cannula. By applying a certain degree of force to the area in question using the cannula, the plastic surgeon is able to loosen the fat and then redesign the area to look more appealing and more balanced. The fatty tissue is then taken out of the body by way of a strong vacuum like machine that is connected to the cannula. Liposuction takes out the fat in a specific area but does not affect the blood vessels, skin, nerves or muscles.

The four most popular techniques used for abdominal liposuction include super-wet liposuction, tumescent liposuction, ultrasound-assisted liposuction (or UAL) and dry liposuction. Super-wet liposuction involves the injecting of a solution made of saline in combination with the anesthetic and adrenaline into the abdomen to help with the loosening and removal of the fatty deposits. It also reduces the amount of trauma done to the area, and lessens swelling and physical discomfort after the surgery is finished.

Tumescent liposuction is the same as the super-wet method except for the fact that greater amounts of the saline solution are used. UAL is the newest development in liposuction and makes use of sound waves to loosen fatty deposits. This method greatly reduces blood loss and bruising. The final method, dry liposuction is an early method of this procedure and is rarely used today. Dry liposuction is just that, it does not make use of any liquid solutions for the loosening and removal of unwanted fat.

Liposuction Let Down- Who Makes a Bad Candidate for It?

Contrary to popular belief, liposuction is not an effective method of weight loss but instead allows for the removal of superficial fat that cannot be done away with by either exercising on a regular basis or dieting. Liposuction (also called lipoplasty) can be done on a number of areas of the body including the abdomen, hips, thighs, arms, buttocks and even the face and neck area. Both women and men choose to have liposuction although they don't necessarily have it done on the same parts of the body. For women it is most often performed on the arms, abdomen, hips, thighs, and under the chin. Men most often request it on their flanks (fondly referred to as love handles) and their abdomen.

Not everyone however is a good candidate for liposuction surgery. First of all if you are not a reasonably healthy human being you may be at a much higher risk for complications resulting from the surgery. If you're past medical history is grave and consists of cardiac arrhythmias, excessive bleeding, disorders involving seizures, a tendency towards deep vein thrombosis (otherwise known as blood clot formation in the legs), pulmonary emboli (or blood clots in the lungs) and immunodeficiency disorders.

Specific drugs such as aspirins, non-steroidal anti-inflammatory drugs (abbreviated to NSAIDs), or Coumadin (also called warfarin which is a drug used for thinning the blood) increase the chance of bleeding during surgery so anyone currently taking any one of these drugs would be

a very bad candidate for liposuction. Drugs that inhibit the metabolism of lidocaine can interfere with the local anesthetic used in the liposuction surgery and this interaction of drugs can cause any number of health concerns in the patient. The only way the individual could contemplate liposuction is to cease taking any of these medications for a period of at least two weeks before the surgery.

Those are not the only health considerations that would render a person a bad candidate for liposuction. Anyone who has edema, heart disease, hypertension, past heart problems, diabetes or an infection of any kind should avoid the liposuction procedure.

Not all individuals' skin is very elastic and has the ability to sufficiently "bounce back" after surgery. This is definitely a deciding factor in the decision of whether to have liposuction or not. The plastic surgeon will be able to determine by examining the area of your skin where you wish to have the procedure whether or not it has enough elasticity in it to shrink well after liposuction. Lack of elasticity equals baggy skin afterwards, which would not make for a very happy or satisfied patient in the end.

Generally age is not a serious consideration with liposuction but patients who are 40 years and over, do not have the tightness or elasticity of younger patients and loose skin might likely be the end result. Patients who have stretch marks (from multiple pregnancies or excessive weight loss) and/or a fair amount of cellulite also do not make good candidates.

Liposuction is geared towards shaping and resculpting the body (or at least select parts of it) and as previously mentioned, is not in any way meant for losing weight or to take the place of healthy eating and exercise habits. With that reason in mind it is best undertaken by those of a normal weight or those slightly overweight (as in 50 pounds above the person's ideal body weight). Liposuction is to get rid of localized fat but unlike a tummy tuck, no skin is removed during the procedure. Those who adhere to bad eating habits do not engage in regular exercise and those with unrealistic expectations of liposuction would not be good candidates at all for this kind of surgery.

If liposuction is done on a person who is deemed a bad candidate it can lead to serious and /or life threatening complications for the person. Some of these health risks include blood clots, damage to internal organs, heart failure, severe loss of blood, brain or nerve damage, hypothermia, infection or a seizure.

Plastic surgeons will not perform liposuction on patients any younger than 18 years of age and are required to take an extensive medical history from each potential patient before the decision to go ahead with the surgery is made. They do this to avoid putting the patient's health at risk. That is why being healthy for this procedure is so important.

Don't Pack Your Saddle Bags – Let Cosmetic Surgery Help

You have dieted, lost a lot of weight, and you feel great! Your clothes feel looser and more comfortable, and your friends compliment you every time they see you. You exercise religiously and you are proud of your toned body, except there is this one problem area that no amount of

dieting and exercise seems to be able to eradicate: your thighs. Known as "saddle bags," this area is most resistant to shed its extra fat and has become the bane of existence for beauty conscious women across the globe. Fortunately, there are procedures that can help shed the unwanted fat and shape the thighs to be as beautiful as the rest of you. The magic word is "liposuction" and it allows surgeons far and wide to allow cosmetic surgery to help those in need of that extra edge. Other terms used for this procedure are "lipoplasty" and "suction lipectomy."

Liposuction is not a new process, yet it has become widely improved. Essentially, the physician will insert a high-pressure vacuum nozzle and vacuum out the fat cells that leave those unsightly deposits. While vacuuming out these cells, lidocaine and epinephrine are injected to decrease bleeding, and increase the amount of fat cells that may safely be removed in one session. While removing fat cells, there is also the risk of removing too much naturally occurring fluids in the body, and therefore the physician will have you receive intravenous fluids during the surgery as well as immediately afterwards. The latter will also reduce the amount of bruising you will experience.

A new technique, commonly referred to as "Ultrasound-Assisted Lipoplasty" adds precision to the operation since the ultrasonic energy it utilizes serves to explode the fat cells and then liquefies the content which is then vacuumed up. This technique does require a longer time on the operating table, but it also offers an enhanced amount of precision which may be vital in fibrous areas of the body.

Since this surgery does require a long lasting anesthesia, it is desirable to not have to undergo another session any time soon. After the surgery, there may be some swelling and tenderness for a few days, but these symptoms usually subside quickly. To head off any potential disasters, it is imperative to only use a surgeon who has extensive surgical training as well as specialized training in the art of body contouring. The latter will guarantee even results and the avoidance of unsightly lumps or dents under your skin.

Additionally, although rarely discussed, specialized surgical training is needed since your surgeon will be removing more than five liters of fat, which may present risks if done by an untrained novice. You also need to remember that the more treatment sites you request to have done, the larger your risk of infection at any one of those sites. Other possible complications include the dreaded blood clots, or even fat clots, which may find their ways to the lungs and cause sudden death. Additionally, excessive fluid loss, if not properly monitored and replenished during surgery, may cause shock, while fluid accumulation may require drainage post-operatively.

Fortunately, these occurrences are rare and with proper post-operative care many risks can be minimized or even avoided. Bruises should disappear within the first two to three weeks, and swelling should have gone down in a similar amount of time. The stitches will have dissolved within the first two weeks, and any drainage that will need to happen will also occur in the first couple of weeks. As you can see, "saddle bags" and other hard to shed pounds no longer have to be the bane of your existence and preclude you from showing off your body you worked so hard to get.

While liposuction will never replace the benefits of diet and exercise, they can greatly help in the hard to reduce areas that no amount of exercise seems to be able to touch and that appear all but impervious to your dieting attempts. As a matter of fact, this surgery can go a long ways in not only improving your outlook on life, but also in helping you master the temptations that may assail you and almost tempt you to throw caution to the wind and jump off the diet plan you have followed for so long so faithfully. Don't let "saddle bags" rob you of your success!

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