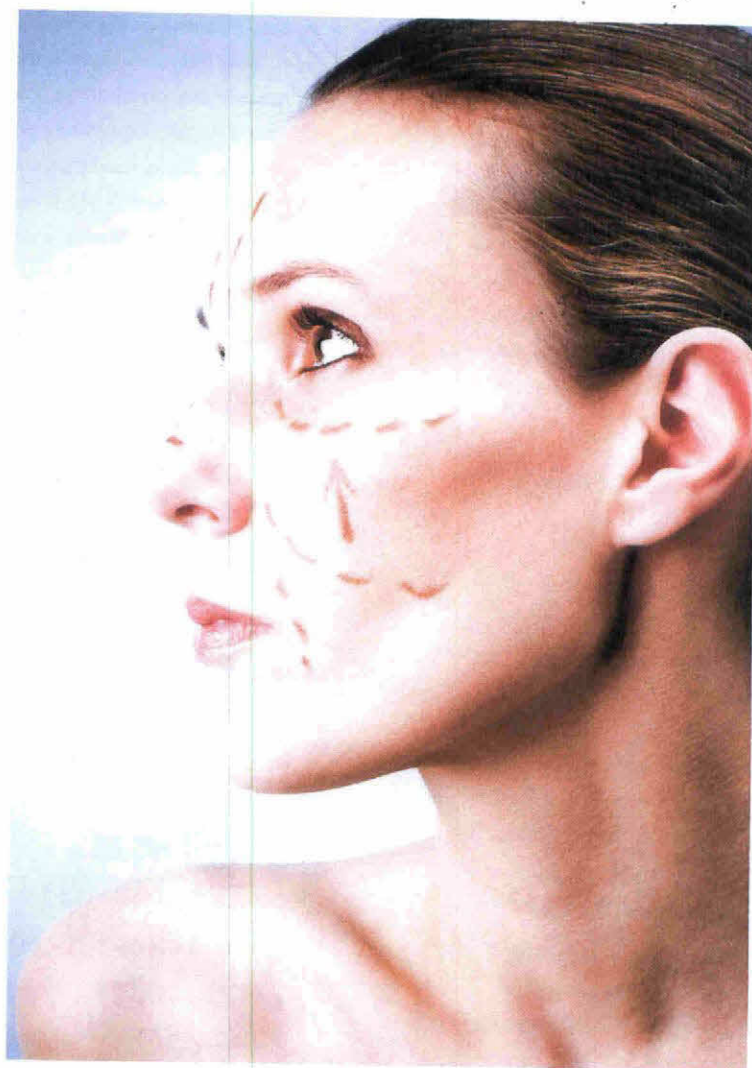


Facing the facts

Answers to frequently asked cosmetic surgery questions
by Dr. H. Christopher Coley



While there have been many advancements in cosmetic surgery over the past several years, there still are questions that need to be answered before any procedure is performed. Here are answers to the most commonly asked questions on the topic.

Q: What can be done about the hollowness and discoloration beneath my eyes, and the loose skin and wrinkles around my eyes?

A: Eye rejuvenation consists of common procedures such as eyelid lifts, or blepharoplasty, as well as Botox, injectable fillers, fat transfer, and chemical peels. During an eyelid lift, excess skin and tissue above and below the eyes is removed, giving a more rested, youthful appearance. Botox,

injectable fillers, fat transfer, and medium-depth chemical peels can be used around the eyes to create a more youthful appearance by eliminating hollowness, discoloration, loose skin, and wrinkles. These procedures can be performed in the office with little to no down time, and can make a dramatic difference in your appearance.

Q: Is there anything that can be done about my double chin?

A: Depending upon the degree of excess tissue present, neck liposuction or a neck lift can be performed with dramatic results. These procedures are performed through a small, inconspicuous incision beneath the chin. The results are immediate, and the procedure can be performed with minimal down time.

Q: How do I get rid of small lines and wrinkles around my mouth?

A: If you have only a few superficial lines, then a filler such as Restylane or Juvéderm might be a good option. If there are numerous deeper lines, then the best procedures are dermabrasion, deeper chemical peels and laser resurfacing, which can restore skin while eliminating lines and wrinkles.

Q: Can I just have breast implants, or do I need a breast lift as well?

A: This is a common question for new moms and requires a simple examination and measurements. Over time, the breast undergoes changes that commonly result in a loss of fullness and descent of the nipple and areola. The main determining factor for whether a lift

or implants is required is based upon the position of the nipple in relation to the natural breast crease beneath the breast. If the nipple is at or above this level, then implants alone can offer a more youthful look. Otherwise, a lift might be required with or without an implant.

Q: Do I need liposuction or a tummy tuck?

A: Liposuction reduces the thickness of the tissue beneath the skin and relies on the skin to contract. A tummy tuck, or abdominoplasty, removes excess skin and tissue and tightens the abdominal wall. If the skin does not have many stretch marks and there is not much excess that hangs down, then liposuction might be the better choice. If you have a larger lower abdominal area that you're unable to get rid of, then a tummy tuck might be the best option.

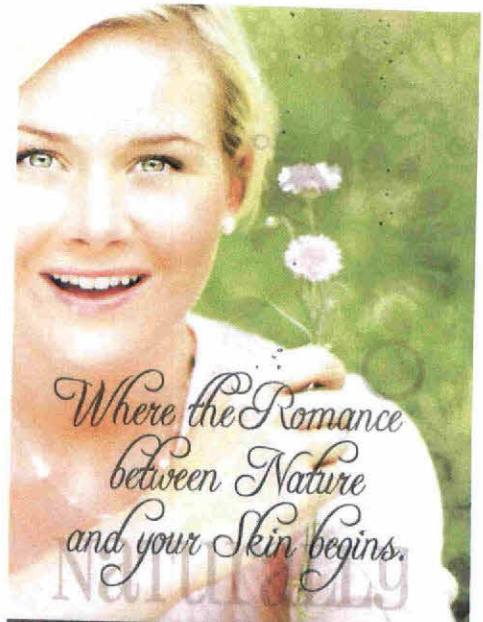
Q: What's the difference between the various types of liposuction?

A: There are many different ways

to remove fat cells during liposuction. The standard procedure uses a suction cannula, or small tube, that's attached to a suction device to remove the fat. Other methods use laser technology and water to disrupt fat cells prior to removing them with suction. While newer devices show some promising results, they're more expensive and require careful operation. The traditional method still gives excellent reproducible results in the right hands.

To answer your specific questions, schedule a private consultation with a cosmetic surgeon, where an individualized treatment plan can be created for you. ❁

Dr. H. Christopher Coley, board-certified and fellowship-trained in both cosmetic and hand surgery, is owner and chief surgeon of the Coley Cosmetic & Hand Surgery Center in Greensboro. To learn more, call (336) 617-8645 or visit www.coleycosmetic.com.



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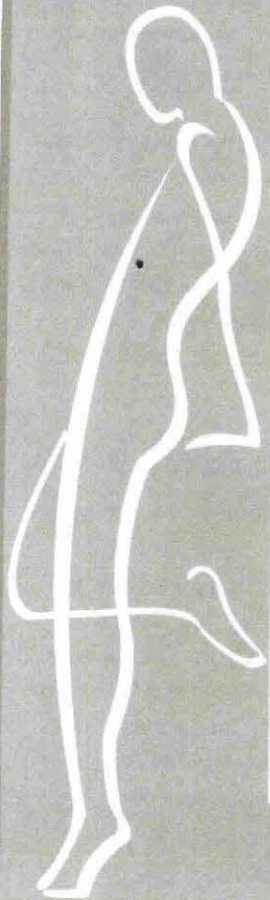
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