

THE *New You*

November 2019 - Holiday Edition

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Aging Gracefully - It really starts in your late 20's and 30's!

It is hard to believe, but we actually start aging in our 20's and 30's. As we age, the natural volume of our skin diminishes, leaving the first traces of wrinkles and folds. Many individuals want to reverse these changes and prevent permanent wrinkles. Last year, more than 2.7 million patients had fillers and 7.4 million had Botox type toxins to slow down and reverse the signs of aging. The major advantages are that the treatments are non-operative, have little downtime, and are cost-effective.

Fillers are used to soften fine lines of the face and augment areas that might be smaller than desired. Most of the fillers are composed of hyaluronic acid that is already found naturally in your skin. The hyaluronic acid in the skin functions to keep the skin plump and hydrated.

Although there are many indications for fillers, the most common are to improve the shape and size of your lips, diminish the vertical "lip lines" around the mouth, fill in the deeper folds in the nasal labial areas and below the mouth, and to build up the cheek bone area to help lift the loose skin of the face.

In our practice, our plastic surgeons personally inject the fillers with an artistic approach. Patients will have minimal swelling that usually allows them to return to work on the next day. Most fillers last between 6-12 months. Subtle and imperceptible but real changes are made that enhance and not disrupt your natural beauty.



Before and After Fillers to the Nasolabial Folds and the Marionette Lines



Before and After Lip Filler Injection



Before and After Lip Filler Injection Plus Botox

(continued on page 2)

Aging Gracefully - Toxins

Over the last 20 years, millions of patients have used Botox to soften fine lines. It is the most popular cosmetic procedure in the United States. Botox is an easy way to soften fine lines of expression. The injection takes a few minutes and does not require anesthesia. There is no down time after Botox injection. One can resume normal activities almost immediately. It relaxes the muscles and creates a smoother, more refreshed appearance within one week. The effects usually last 3-4 months.

Botox is beneficial in treating the following areas:

1. Crows feet (lines around the eyes).
2. Frown lines between the eyebrows
3. Forehead lines
4. "Bunny lines" along the side of the upper, lateral nose.
5. Lip lines for those who purse their lips.



Before and After Botox to the Corrugator Muscles



Before and After Toxins in the Crows Feet

Facelift / Browlift / Lower Lids

At times, skin needs to be surgically repositioned and removed to achieve one's goals for facial improvement. This is where facelifts, browlifts, and eyelid surgery is beneficial. It tightens loose hanging skin around the jawline, commonly referred to as "jowls". Browlifts gently raise and reposition the brows helping to restore a more rested appearance to your eyes.

Removal of excess skin and fat from the upper and lower eyelids are commonly performed at the same time as facial surgery. Our surgeons perform these procedures with a return to social interaction and work after 10-14 days. Surprisingly, there is not a lot of pain after the surgery.



Before and After a Brow Lift, Facelift, and Lower Lid Surgery



Before and After Central Necklift

Central Neck Lift: *especially for males*

For many men, extra skin can accumulate in the central neck over time. Patients desire a more simple option other than a complete necklift. This is where a central necklift works like a charm. The skin from the center of the neck is removed and the resulting scar fades beautifully over time. The procedure is done with light anesthesia as an outpatient. There is minimal pain with a return to social interaction after 10 days.

LIPOSUCTION of the NECK: *with or without a chin implant*

For many individuals in their 20's to 50's, excess fat in the central neck can be easily liposuctioned with minimal pain and without the need for general anesthesia. Several of our patients relate how this excess deposit of fat is "hereditary" or that they have a "double chin" despite being at a healthy weight. The procedure accentuates the jawline and creates a smooth, graceful neck. The liposuction is performed as an outpatient and takes less than an



Before and After Liposuction of the Neck and Chin Implant



Before and After Liposuction of the Neck

hour. One can recover over the weekend and return to work that doesn't require heavy lifting on the following Monday.

At times, adding a chin implant at the same time improves the results. If you choose to do a chin implant, light general anesthesia is required. When you come in for your evaluation, we can "image you" and see if liposuction alone will help you or whether a chin implant at the same time is best.

Quick Stitch: *Come see us for finger, hand and wrist injuries*

Our Quick Stitch program is widely known as being an efficient means of having all of your accidental cuts repaired from 8 am-5 pm Monday-Friday. At The Georgia Institute For Plastic Surgery, we are now offering this system to include all hand and finger injuries, including:

- Skin injuries
- Tendon injuries
- Nerve injuries

Accidentally cut yourself while preparing dinner? Get your finger caught in the saw while on the job or performing home improvements? Injury any of the above listed structures? Come see us at during the hours of 8 am-5 pm Monday-Friday and avoid those long wait times in the urgent care clinic or Emergency Department.



Wrist Laceration

LASER HANDS: *Sciton Laser BBL for the hands*

BBL corrective phototherapy treatment uses Broadband Light (BBL) to target signs of aging, sun damage, brown spots and other skin conditions. This process restores your skin to its natural beauty, making it clearer, smoother, and more vibrant. BBL works great for the back of hands due to exposure to UV rays and brown spots. The development of brown spots (known as age or liver spots) often does not respond to topical bleaching creams. This is where the Sciton BBL laser treatments really help. After two-three laser treatments, the back of the hands have a smoother and healthier look with a diminished number of brown spots.



This patient had 3 BBL Laser treatments for her hands

Chemical Peels: *with Botox and Fillers!*

Now is the time to do away with summertime sun damage and prepare for the upcoming Holiday Season! The dark spots and sun damage changes increase with each passing year and it's not until we're dressing for something special that we notice negative changes to the skin on your face, neck, chest, arms and hands. Rather than losing confidence or changing your plans, let this



Before and five days after a light chemical peel, Botox, and fillers in her cheekbones, nasolabial folds and lips. There was no surgery performed.

be the year you dare to be bare with a light chemical peel from Jocelyn or Wanda. These peels are much lighter than the peels performed by our physicians under general anesthesia. Peels aren't just for faces; they can be helpful for virtually any area of the body that needs improvement from sun exposure. Call today for more information or to schedule a consultation.

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Thank you to everyone for their donations
and those that came out to our events during
the month! Visit turnitpink.org to see photos
from our events as well as listen to interviews
with our physicians and patients on their
reconstruction journeys.

FREE SEMINAR

*“Aging Gracefully -
Starting in your
late 20’s”*

Presented by

Richard J. Greco, M.D.

Location:

The Georgia Institute
For Plastic Surgery
5361 Reynolds Street,
Savannah, Georgia 31405

**Thursday,
January 16th, 6pm**

Seating is limited!

Call now to make your
reservations!

912-355-8000
or 800-260-7135

One Day Holiday Extravaganza!

Begin your holiday shopping with The Georgia Institute For Plastic Surgery!
Specials you won't want to miss! One night only!

Wednesday | December 11, 2019 | 4pm to 7pm

Join us as we partner with Kendra Scott for special savings on all things that sparkle!

10% OFF all OBAGI products

+ use your OBAGI premier points for even more savings!

Special Package savings on Botox, Juvederm, Dysport,
Restylane Fillers & BBL Laser packages!

Need a gift idea? Gift Certificates for Injectables,
Facials even Surgery will be available!

**Watch your email to RSVP for this special event
or follow us on Facebook and Instagram!**

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