

Retaining A Youthful Healthy Look

(NAPSA)—Don't furrow your brow wondering how to keep yourself looking young. Small cosmetic plastic surgery procedures can help turn back the clock and delay or prevent the need for surgery later.

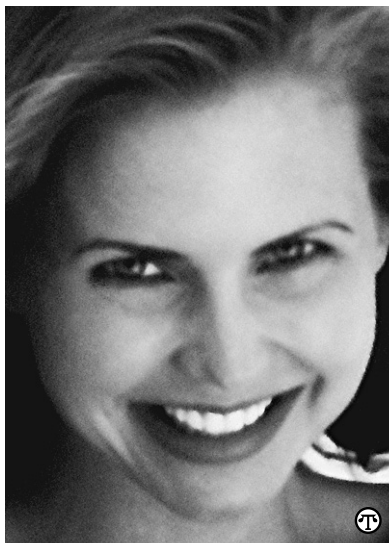
Many people are seeing plastic surgeons as early as their 20s. According to James Wells, MD, president, American Society of Plastic Surgeons (ASPS), "these are patients who are proactive about their health and appearance. They start early in order to retain their healthy look."

ASPS reports that non-surgical procedures have become more popular than ever with women and men in their 20s, 30s, and 40s. The popularity of chemical peels has increased 25 percent since 2000 in these age groups and collagen injections have increased 48 percent.

"Younger patients often want to eliminate or diminish a wrinkle or remove acne scars," said Dr. Wells. "People in their 30s and 40s may come with the intention of a brow or facelift, but may only need laser resurfacing, minor liposuction of the jowls or a fat injection around the mouth to remove lines. In the past, patients would wait until they were 50 to visit a plastic surgeon to reduce the normal signs of aging as well as skin damage from smoking and the sun. This typically required a full facelift."

Plastic surgeons are also combining small procedures to attain large results, resulting in quicker recovery and fewer risks. Facial techniques that can be combined to give a healthier look include facial contouring with chin and cheek implants, gentle liposuction done on the neck to eliminate sagging and a chemical peel around the eyes to remove crow's-feet.

A visit to a plastic surgeon's office begins with a realistic discussion of a patient's desired outcome and a thorough review of treatment options. In addition,



More and more people in their 20s and 30s are choosing plastic surgery.

plastic surgeons agree that exercise and a balanced diet are essential to looking and feeling young before and after plastic surgery.

"Eating right and regular exercise empowers patients to take control of how they feel," said Dr. Wells. "These factors can also aid in the success of the plastic surgery procedures patients are requesting."

Do your homework before choosing any procedure. Once you've decided to have cosmetic plastic surgery, seek an ASPS member, which verifies their certification by The American Board of Plastic Surgery.

These plastic surgeons have graduated from an accredited medical school, completed at least five years of residency—a minimum of three years of general surgery and at least two years of plastic surgery. In addition, they have passed rigid oral and written exams and abide by a strict code of ethics.

To find an ASPS member in your area and for more information on plastic surgery, call 1-888-4-PLASTIC or log on to www.plastic-surgery.org.