



Face Up

Quest to look younger is easier than ever

By Karen Shideler
Knight Ridder Newspapers

In days past, a woman who wanted to wipe away the lines got a face-lift. Then, in the late 1980s, came Retin-A, a prescription cream that was developed as an acne medication but that also smoothed away wrinkles and removed sun-damaged spots. Suddenly, anti-aging help was affordable for the masses. And since then, a whole industry has developed to help people turn back the hands of time — or at least look as if they had.

Now, you can find a way to fight time at your favorite discount store, your favorite plastic surgeon and a whole lot of places in between.

Prevention remains the best medicine, of course.

Wichita, Kan., dermatologist Chris Moeller says that staying out of the sun and away from cigarettes goes a long way toward heading off wrinkles. Eating the way you should also makes a difference.

Even so, you might eventually decide it's time to do more.

When it is time to act, remember this: Unless you're willing to do the things you need to do to take care of your skin, the results you get won't last, no matter how much you spend or what you have done.

PRESCRIPTION and O.T.C. CREAMS

Costs: Inexpensive to expensive

What you can expect: Some can be helpful in minimizing fine lines and wrinkles

Risks: Some people may have redness or other sensitivity

How long it lasts: Temporary

Who can do it: Anyone

MICRODERMABRASION

Costs: \$130 to \$160

What you can expect: Exfoliates outer layer of skin to diminish fine lines and reduce appearance of skin damage; can be repeated

Risks: Minor discomfort, temporary redness and flaking skin

How long it lasts: Permanent; aging continues

Who can do it: Physician or designee.

CHEMICAL PEELS

Costs: \$125 to \$1,500

What you can expect: Range from superficial to deep; can erase "mask of pregnancy," brown spots, fine lines, age spots

Risks: More aggressive peels may cause redness, increase recovery time, cause pigment changes

How long it lasts: Several years

Who can do it: Physician or designee

NONABLATIVE LASERS

Costs: \$150 to \$500 per treatment; requires two, three or more treatments

What you can expect: Results aren't as dramatic as with ablative lasers, may take six months to appear

Risks: Scarring, blistering, redness

How long it lasts: Permanent; aging continues

Who can do it: Physician or designee

BOTOX

Costs: \$200 to \$300

What you can expect: Erases frown lines between eyes, upper lip wrinkles, crow's feet, downturned mouths

Risks: Unintentional saggy eyelids or eyebrows, local pain, bruising and swelling

How long it lasts: Three to five months; can be repeated and subsequent treatments may last longer

Who can do it: Physician or designee

Average surgeon/physician fees, 2004

COSMETIC SURGICAL PROCEDURES

Breast augmentation (Augmentation mammoplasty)	\$3,373
Breast implant removals (Augmentation patients only)	\$2,211
Breast lift (Mastopexy)	\$3,718
Breast reduction in men (Gynecomastia)	\$2,812
Buttock lift	\$3,630
Cheek implant (Malar augmentation)	\$1,854
Chin augmentation (Mentoplasty)	\$1,512
Dermabrasion	\$866
Ear surgery (Otoplasty)	\$2,339
Eyelid surgery (Blepharoplasty)	\$2,523
Facelift (Rhytidectomy)	\$4,822
Forehead lift	\$2,400
Lip augmentation (other than injectable materials)	\$1,199
Liposuction	\$2,223
Lower body lift	\$6,425
Nose reshaping (Rhinoplasty)	\$3,332
Thigh lift	\$3,857
Tummy tuck (Abdominoplasty)	\$4,505
Upper arm lift	\$3,106

COSMETIC MINIMALLY-INVASIVE PROCEDURES

Botox®	\$376
Cellulite treatment	\$127
Chemical peel	\$607
Laser hair removal	\$428
Laser skin resurfacing	\$2,117
Laser treatment of leg veins	\$346
Microdermabrasion	\$173
Sclerotherapy	\$322
Soft Tissue Fillers	
Calcium hydroxylapatite (Radiesse™, formerly Radianse™)	\$901
Collagen	\$368
Fat	\$1,226
Hyaluronic acid (Hylaform®, Hylaform Plus®, Restylane®)	\$539

Source: American Society of Plastic Surgeons



Cladia Cammarata of Philadelphia, 37, is among the growing number of younger women starting treatments early to prevent wrinkles.

Risks: Low risk but it does hurt; chance of burn, blister or scarring

How long it lasts: Permanent; aging continues

Who can do it: Physician or midlevel provider such as nurse practitioner

ABLATIVE LASERS

Costs: \$5,000

What you can expect: Burns outer layers of skin; takes off 20 years

Risks: Requires general anesthesia, two weeks of downtime; may result in sun sensitivity and redness; may leave scarring

How long it lasts: Permanent; aging continues

Who can do it: Physician

BLEPHAROPLASTY

Costs: \$1,000 to \$2,000

What you can expect: Eyelid surgery, done under conscious sedation, to remove excess skin and fat around eye

Risks: May cause bruising for a week or longer, risk of infection, risks of surgery

How long it lasts: Permanent; aging continues

Who can do it: Physician

BROWLIFT

Costs: \$3,500 to \$4,500

What you can expect: Surgery, under general anesthesia, to lift forehead to correct drooping brows, minimize frown lines and smooth the forehead

Risks: Risks of surgery, infection and anesthesia plus bruising, swelling, discomfort for up to three months

How long it lasts: Permanent; aging continues

Who can do it: Physician

RHYTIDECTOMY (FACE-LIFT)

Costs: \$5,500 and up

What you can expect: Surgery, under general anesthesia, to remove excess fat, tighten underlying muscles and redrape the skin on your face and neck

Risks: Risks of surgery, infection and anesthesia, risk of nerve injury, plus bruising, swelling, discomfort

How long it lasts: Permanent; aging continues

Who can do it: Physician ■

Cosmetic dental-treatment options

■ **Whitening:** The most commonly prescribed cosmetic dental procedure, many whitening options are available in a wide range of prices. Dentist-supervised treatments remain the recommendation as a means to lighten discolored teeth.

■ **Bonding:** An option for chipped or cracked teeth, bonding is a process in which an enamel-like material is applied to a tooth's surface, sculpted into shape, hardened, and then polished for an ideal smile.

■ **Implants:** A replacement for dentures, implants are a stronger, more attractive option for replacing missing or lost teeth. An anchor is placed in the patient's jaw, and a lifelike ceramic restoration is built around it and matched to the original tooth color.

■ **Veneers:** Veneers are thin, custom-made laminates that are affixed directly to the teeth. They are a great option for closing gaps or disguising discolored teeth that did not respond well to whitening procedures.

Something to smile about

By Kristi Elliott
Tribune Media Services

Here's news that will turn that frown upside down: Achieving a more youthful appearance is easier than ever, and without plastic surgery.

Many Baby Boomers striving to maintain their fresh-faced looks are turning to cosmetic dentists instead of surgeons. Cosmetic dentists can work minor miracles to help a smile stay young for life without the healing time involved with cosmetic surgery.

Gravity takes a toll on a face over time, explains Ken Hilsen, a prosthodontist in Ridgewood, N.J.

"As the jaw collapses, as the teeth shorten from wear, you develop creases in the face, the lips become shorter — let's say thinner; they're not as full — the corners of the mouth turn down instead of up, and you start getting the tissue collapsing together, so you get additional wrinkles, sometimes spreading up into the eyes," Hilsen says. "All these things lead to an older appearance."

Rebuilding a collapsing jaw is an important step in helping a person keep or regain a more youthful appearance.

"You need to see 75-100 percent of the tooth to look youthful," Hilsen says, explaining that one result of the aging process of the face is the focus of your smile shifts from your upper teeth to your lower teeth. "By building up the jaw, by building up the smile, you take away these wrinkles, you take away that compression. It's really like an instant face-lift."

Using procedures such as dental implants to keep the jaw from collapsing makes sense, because the main function of several of the bones and muscles in your face is to support your teeth.

"What a dental implant will do is actually preserve the bone that is actually there to support teeth," says Steven Spitz, a Boston-based prosthodontist. "We can either prevent that aging process or prevent that drooping process, we can get some more muscle tone into that area and get rid of that sunken feeling."

Beverly Hills, Calif.-based plastic surgeon Anthony Griffin, who appears on ABC's "Extreme Makeover," has seen again and again the miracles a cosmetic dentist can perform.

"I learned the importance of cosmetic dentistry when I did my residency when we were working with cleft palate cases," Griffin says. "As a plastic surgeon, we only deal with the soft tissues."

Overall impact on health

One advantage of seeing a cosmetic dentist to freshen appearance is that the dental procedures are not surgical. Healing time is greatly reduced as opposed to plastic surgery, with no fear of excessive swelling or hospital stays.

Griffin counsels his patients on the emotional impact of plastic surgery as well, and, in some cases, has recommended his patients make less invasive changes, such as seeing a cosmetic dentist about brightening or straightening their smile and

Cosmetic dentists step up to help patients avoid plastic surgery

Peroxide for whiter teeth
A mild, well-known chemical bleach, hydrogen peroxide, is the active ingredient in most tooth whiteners. Hydrogen peroxide is water with an extra hydrogen atom.

Tooth whitening methods compared

- Plastic strip:** Lightens teeth up to six shades. Slick strip as thin as plastic wrap put on teeth. Worn twice daily for 30 min. for 2 weeks. Lasts 6 mon. Hydrogen peroxide.
- Tray:** Lightens teeth two to four shades. Plastic tray hold on teeth. Worn 1 to 3 hrs. a day or overnight for 2 weeks. Lasts 6 mon. Carbamide peroxide.
- Brush:** Lightens teeth four shades in 2 weeks. Brushed on whitener. Thick solution is brushed onto dry teeth. Dries in 30 sec.; wait 30 min. before drinking, eating; done for 2 weeks. Lasts 6 mon. Carbamide peroxide.
- Custom tray with gel:** Lightens teeth up to eight shades. Done at home or by dentist. Wear tray 1 to 3 hrs. a day or overnight, for 7 to 14 days. Lasts 6 mon. Hydrogen peroxide.
- Treatment in dentist's office:** Bleach applied to teeth; stain-bleaching light sometimes used. 1-hour session. Lasts 6-12 mon. Strong hydrogen peroxide.

Lightens teeth eight shades or more



Colleen Nihill, of Philadelphia, looks at the results of her teeth-whitening procedure.

updating their eyeglasses, instead of going all in with plastic surgery.

Making a few smaller changes before settling on plastic surgery can help people gauge how they will react emotionally to making a bigger change, and, perhaps, how other people will react to them.

"I've seen that, with patients who are not confident with their smiles, with orthodontics, their confidence changes dramatically," Spitz says. "They'll go home and they'll change their hairstyle, they'll get new clothes, they'll lose some weight. It sends off a whole cascade of making themselves look healthier."

Hilsen says many patients bring in pictures of smiles they would like to mirror.

"Very often it's pictures of themselves, when they were younger," he says. "These people had good-looking smiles at one time, and they can see the changes."

Both Hilsen and Spitz say clients do bring in pictures of famous people or models to show a smile they'd be happy to sport, but many times the pictures are unrealistic and won't work with that particular client's face.

"What's nice to see is what are you attracted to," Spitz says. Some people prefer smiles with the two front teeth more prominent; others want all the teeth to be more similar in size.

Options for everyone

Young or old, male or female, cosmetic dentists have seen it all.

"I think that there's a big misnomer that cosmetic dentistry is only for women and that more women come in for treatment," Spitz

says. "It is a statistical fact that women are behind making the appointments for a lot of the men. Women may be pushing their husbands or boyfriends into going to a particular dentist and having the work done."

Hilsen says about 70 percent of his patients are women — perhaps women of a certain age.

Baby Boomers are driving the cosmetic dentistry trend, partly because of a desire to reverse or slow the affects of aging, and partly because they are at a point in their lives when they can afford such procedures.

"Face-lifts are quite expensive," Hilsen says. "Dentistry is certainly expensive also. I would say it generally runs in the neighborhood of \$15,000; could be more, could be less. It depends on the exact problem of the person. But I think it's manageable by the general population."

Financing can help more people attain the smiles they want, which might be the case for younger clients who are just beginning their careers.

"Not only does confidence begin with a great smile, but your smile is the first thing people notice," Spitz says. "When you're walking down the street or you meet somebody new, the first thing you're going to notice is their smile. When you see someone with a good smile who's confident, you want to do business with that person."

Hilsen acknowledges that younger people are becoming more savvy, having watched makeover shows and learning what options are available for them.

"I see every age, all the way up, even to older people," Spitz says.

Whatever your age, gender or beauty problem, even plastic surgeons admit that cosmetic dentistry is a completely viable alternative to their specialty.

"We're in the beauty business," says "Extreme Makeover's" Griffin. "We really want to make people look the best they can, and there are limitations to surgery, there are limitations to what we do. There are so many technical advances in everybody's specialty, you have to work with other practitioners if that's your goal." ■