



Joe Niamtu III, DMD,  
of Cosmetic Facial  
Surgery in Midlothian



Richmond plastic surgeon  
Michael Godin, MD



Plastic surgeon  
Alan Burke, MD of Richmond



Ruth Hillelson, MD of  
American Self in Richmond

## For those considering cosmetic procedures in hopes of looking younger, the number one question is: *How long do the results last?*

While modern science can turn back the clock, the clock still keeps ticking. *Our Health* asked some prominent Richmond plastic surgeons to share the average staying power of the most popular procedures.

**BOTOX®: FOUR MONTHS.** Richmond plastic surgeon Michael Godin, MD, says that he prefers BOTOX®. “Not only does it make patients look better almost immediately, it also prevents lines from forming or deepening by stopping repetitive movements. It gives the skin a break.” For several years, BOTOX® has been the most popular cosmetic procedure, which is a testament to its effectiveness.

**Dermal Fillers (Restylane®, JUVÉDERM®, RADIESSE®, and Perlane): FOUR TO NINE MONTHS, depending on the filler and where it is applied.** Fillers are designed to help restore the contours of the face by padding folds and wrinkles and replacing lost volume, contributing to a younger, more well-rested appearance.

**Sculptra® Aesthetic: UP TO TWO YEARS.** This product does not provide the kind of instant plumping that other fillers do. Instead, it gradually stimulates the body to regenerate its own collagen. Sculptra® Aesthetic is done in a series of three to six injection sessions about a month apart.

**Profractional Laser: TWO-PLUS YEARS.** Ruth Hillelson, MD, of American Self in Richmond says this laser has more technological capabilities for improving skin texture and rejuvenation than any medical laser developed to date. “I’m incredibly excited about this new technology,” she says, “because now we can treat targeted areas that were previously unresponsive, such as those tiny wrinkles that appear around the mouth as we age, as well as full face, with wonderful results.”

**Facelift: TEN YEARS.** Plastic surgeon Alan Burke, MD, of Richmond says, “For the best facelift surgical outcome, the procedure must fit the patient’s anatomy. There’s no cookie-cutter approach. Every individual facial detail must be studied to produce the best possible and longest-lasting results.” He adds that a facelift goes hand in hand with other facial rejuvenation techniques such as a brow, eye or forehead lift, and they should be done in tandem to achieve superior results.

**Rhinoplasty (nose surgery): LIFETIME RESULTS.** In addition to improving the appearance and proportion of your nose, surgery of the nose may correct impaired breathing caused by structural abnormalities. “Although the nose undergoes changes with age, any differences post-surgery are very subtle,” says Dr. Godin. “While rhinoplasty is a difficult procedure to perform, noses are the most prominent feature on the face, and proper attention to support as well as aesthetics is paramount.”

## The second-most-asked question: *Will people know I had “something” done?*

In most cases, people will notice a change but usually cannot pinpoint what is different. You might hear, “Did you just return from vacation?” or “You look great!” or “Have you lost weight?” Whether others notice will depend on what type of facial rejuvenation procedure you’ve had and the perceptiveness of the observer.

The most important thing to remember is that cosmetic procedures are medical procedures. Your physician should answer any questions you have regarding your situation. Research all that you can before the treatment to be sure that your mirror will show your best reflection.

Editor’s Note: Susie Galvez is a Richmond-based beauty, image, and wellness writer, speaker, and author of nine books. To learn more, go to [www.SusieGalvez.com](http://www.SusieGalvez.com)