



Face Time

How long will the procedure last?
Will people know?

Have you ever looked in the mirror and felt like you look older than you feel? Even if you take care of yourself, eat right and exercise, you can never “lifestyle away” wrinkles.

Fortunately, many excellent facial rejuvenation options are available in Richmond for those seeking a younger appearance. These range from noninvasive and minimally invasive injectables such as Botox, Restylane, Juvederm and Radiesse to help lessen wrinkles, fill in lines or restore facial fullness, to cosmetic facial techniques such as Thermage and laser technology that tighten or resurface the skin with minimal downtime, to plastic surgery procedures that require some recovery time.

“Thirty years ago, a simple facelift required a four-day hospital stay with many weeks of recovery time. With today’s modern cosmetic facial surgeries, patients are back home the same day, with the recovery time greatly reduced,” Dr. Joe Niamtu III says.

“Whereas in the past, patients waited until they looked old to have cosmetic facial surgery, baby boomers and contemporary patients are having smaller procedures at a younger age to avoid the ‘overhaul’ the previous generation experienced,” he says.

For those considering cosmetic procedures in hopes of looking younger, the No. 1 question is: How long do the results last? While modern science can turn back the clock, the clock still keeps ticking. I asked some prominent Richmond plastic surgeons to share the average staying power of the most popular procedures. (*see list >*)

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 have had and the perceptiveness of the observer.

Most important is to remember 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 ensure that your mirror will show your best reflection. 

Botox:

Four months. Dr. Michael Godin says, “I like Botox because not only does it make patients look better almost immediately, but it also prevents lines from forming or deepening by stopping repetitive movements. It gives the skin a break. Botox for several years has been the most popular cosmetic procedure, which is a testament to its effectiveness.

“Profractional” laser:

Two-plus years. Dr. Ruth Hillelson 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, 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,” she says.

Facelift:

Ten years. Dr. Alan Burke says, “For the best facelift surgical outcome, the procedure must fit the patient’s anatomy. No cookie-cutter approach. Every individual facial detail must be studied in order 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 should be done in tandem to achieve superior results.

Rhinoplasty:

Lifetime. 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. Michael 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.”



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