Reflections

Center for Cosmetic and Laser Surgery Newsletter

Fall/Winter 2007

A Year of Beauty

Once summer is over and the cooler weather hits, people tend to abandon skin care regimens and worry less about appearances. Instead of making that mistake, consider the following advice on how to maintain healthy skin throughout the fall and winter and plan ahead for spring and summer.

Adapt your skin care regimen to the season.
Some aspects of skin care—such as using sunscreen—apply year round, but others change along with the season. "As the air gets cooler it contains less moisture, so it's even more important to take care of your skin," explains Lahey Clinic cosmetic dermatologist Mollie MacCormack, MD. "Chemical peels and microdermabrasion treatments are excellent ways to keep skin looking fresh and bright during harsh, colder weather. And, to protect the body from head to toe, I recommend using an emollient daily to lock in moisture."

Get rejuvenated for the holidays.
With gifts to buy, parties to attend and family to see, it is easy to become tired and stressed as the holidays approach. Avoid those feelings by rewarding yourself with something to rejuvenate your spirit and your skin. Non-surgical treatments—such as Botox® Cosmetic or injectable fillers—and skin care services—including microdermabrasion and chemical peels—can help restore the younger, more vibrant you. "With any of these services, it's best to begin treatment in early to mid-November to ensure you look rested and refreshed by the time holiday parties roll around," says MacCormack.

Think spring (and summer).
Shorts, swimsuits and summer vacations may not come to mind when snow is on the ground, but sometimes it's best to plan ahead. "Certain cosmetic services such as laser treatments require multiple sessions spaced out over a period of weeks in order to achieve desired results," says MacCormack. "If you're considering laser services for hair removal or to treat facial or leg veins, or age or brown spots, winter is a great time to begin treatment."

For more information or to schedule your next appointment at the Lahey Center for Cosmetic and Laser Surgery, please call us toll-free at 1-877-867-0707.

Check Out Our Web Site

For more information, including seasonal coupon offers, go to www.lahey.org/cosmetics.

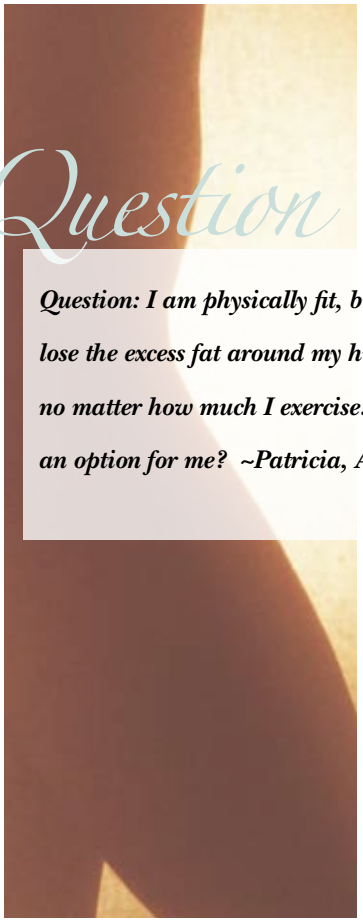
Taking a Collaborative Approach

Recently, Lahey Clinic's departments of Plastic and Reconstructive Surgery and Dermatology have combined forces to provide a full range of cosmetic care, including surgical, nonsurgical and laser services. Through this multidisciplinary venture, board-certified cosmetic dermatologists have joined the Center for Cosmetic and Laser Surgery at Lahey Medical Center, Lexington, where plastic surgeons have traditionally practiced.

"Having both plastic surgeons and dermatologists available on a full-time basis for appointments is certainly advantageous to patients," said Janice Iannone, operations manager, Center for Cosmetic and Laser Surgery. "Access to care has improved, and patients benefit from the physicians' ability to discuss challenging cases and make collaborative treatment recommendations right on the spot."

To learn more about our multidisciplinary team, call 1-877-867-0707 or visit us online at www.lahey.org/cosmetics.

Ask the Doctor



Question

Question: I am physically fit, but can't seem to lose the excess fat around my hips and thighs no matter how much I exercise. Is liposuction an option for me? ~Patricia, Arlington, Mass.

Answer

Answer: Liposuction is a commonly performed surgical procedure that removes excess deposits of fat from areas of the body that don't respond to traditional weight loss methods. This procedure can improve the contour of desired areas and create a smoother and more proportioned appearance. Specific areas of the body that can be treated include the abdomen, hips, buttocks, thighs, knees, upper arms and neck.

However, it is important to realize that liposuction is not a substitute for dieting and exercise, nor is it a treatment for obesity. It cannot improve cellulite or stretch marks and is not used as an alternative to weight loss.

The best candidates for liposuction are normal weight people with firm, elastic skin who have pockets of excess fat in certain areas. Age is not a major consideration; however, older patients may have diminished skin elasticity and may not achieve the same results as younger patients with tighter skin.

Liposuction is performed through a tiny, strategically placed incision, which results in small scars that are not obviously visible. Although much depends on individual circumstances and expectations, this is an excellent procedure for the right candidate. A consultation will help you make a well-informed decision as to whether this is the right treatment for you.

~ Lahey Clinic plastic surgeon Sonal Pandya, MD
Co-director, Center for Cosmetic and Laser Surgery

Lahey CLINIC

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