

Style MD • Beauty Buzz

YOUR GUIDE TO HEALTH AND BEAUTY

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Botox Cosmetic®... Who is doing yours and does it really matter?

> The answer is, yes, it does matter. In my own experience and in speaking with experts, the sophistication of Botox Cosmetic® has evolved from simply smoothing lines on the forehead, between the brows and wrinkles around the eyes. Your injector's ability to create lift, arch, symmetry and enhanced contour aimed at looking younger while remaining natural, will require real skills. When it comes to reshaping or "lifting" your facial features, additional knowledge goes a long way.

The depth of dramatic results that you see from your Botox Cosmetic® injection will depend on the expertise, extensive training and artistic ability of the person administering your injections. Yes, even the most minimally trained individual can relax those muscles causing the frown lines and those laugh lines to disappear. I will remind you, to get results that rival those of a brow-lift, eyelid surgery, or even some neck surgery – making an informed selection about the person you choose to administer your Botox Cosmetic® – will result in a significant difference!

Other extraordinary uses of Botox Cosmetic® you should know about:

1. Rejuvenation of the neck
2. Raising the eyebrows for a more awake look
3. Opening the eyes for a brighter appearance
4. Changing the angle of the smile
5. Useful in the management of scars on the forehead, between the brows, or around the eyes.
6. Prolonging the lifetime of injectable fillers. The effect is thought to be due to less activity and muscle force exerted in the area of the filler.

There is a treasure trove of benefits that await you when you carefully select your injector. When you make that choice entirely on the basis of the criteria I have mentioned, you create an advantage for yourself and will gain access to the aesthetic benefits of that treasure trove. You deserve it!

In our next issue learn of the remarkable benefits of facial fillers and how best to prepare for yours. <

Ask Dr. Clark



Email your health questions or concerns to Orlando Plastic Surgeon Dr. Clifford Clark: info@orlandoai.com

> **Q: I have been working hard to get my body back after having children, but I just can't seem to get my flat stomach back. What do I need to do?**

Pregnancy is an amazing physiological event. Some bodies bounce back no worse for the wear. Not everybody is so lucky – the vertical muscles spread apart to create a

bulge, redundant skin, stretch marks and stubborn fat can accumulate. The place to start is certainly diet and exercise. Getting rid of the baby weight is key to getting back on track. However, the thing that I too frequently see is patients who can't make much of a change after a pregnancy and unfairly beat themselves up about it.

Age and genetics can often determine your post-baby body, no matter how hard you work. That's where plastic surgery can help. Surgically tightening the muscles, removing damaged skin and getting a tummy tight enough to bounce a dime off of is what we achieve with a tummy tuck or an abdominoplasty. If you can't get your body back – see a board certified plastic surgeon for good advice.

Q: What's the best way to cleanse the skin? I have heard about an ultrasonic brush?

Cleansing, moisturizing and protecting the skin are the basics to achieving healthy, radiant skin. Cleansing the skin is best achieved without harsh soaps, and many soap-free cleansers and synthetic detergent cleansers are on the market. These products work well for many skin types, but are not great for oily skin, acne and make-up removal. Abrasive beads and cloths are more effective for deeper cleansing but can be irritating. The Clarisonic Brush has been shown to be most effective at deep skin cleansing without being too irritating. Many of my patients love the device and wouldn't leave home without it. <