

# The kindest cut is No cut at all

*Not so long ago, “going under the knife” was the only real option in the world of cosmetic enhancement. Thankfully, times and techniques have changed.*



By Valerie Gibson

*U*plifting though it may be, traditional cosmetic surgery, with its attendant risks and long recovery times, is not for everyone. And as much as we'd like to believe that expensive creams and lotions will turn back the clock, deep down we know that they can only do so much to reverse the aging process. It's no wonder, then, that the big trend in cosmetic enhancement today is the development of procedures that offer maximum results with minimal downtime. In fact, minimally invasive techniques now far outweigh traditional methods – a perfect match for the hectic pace of contemporary life.

## *Best Face Forward*

As we age, our faces undergo inevitable changes as the skin thins, loses fat, and begins to sag. But recent developments in what are known as needle-based facial rejuvenation therapies, or injectables, mean that excellent results can be achieved very quickly with minimal trauma.

The first and most famous injectable of all, Botox (botulinum toxin), smoothes wrinkles by temporarily

rendering immobile the muscles that cause them. Although there has been some concern about its use by unqualified practitioners, in the hands of qualified cosmetic plastic surgeons, it's used to great effect to soften facial animations such as frown lines and give lift to the brow and cheeks.

At one time, Botox was the only injectable approved and readily available for use in cosmetic procedures, but now there's a plethora of others that produce a wide range of results. Among them, hyaluronic acid-based soft-tissue fillers like Restylane and Juvéderm are used to bring back volume and improve the look of tear troughs, brow rolls, smile lines, and lip lines, among other things, while another of the injectables, Sculptra (poly-L-lactic acid), stimulates the body to produce its own collagen and is commonly used to thicken skin on the face as well as on the neck and hands.

According to Dr. Stephen Mulholland, a Toronto-based cosmetic plastic surgeon, facial aging is often addressed through the bundling together of various services. So the

use of Botox and other injectables, for example, is often combined with popular skin resurfacing techniques like mechanical and chemical peels, which remove the thin top layer of skin in order to reach the fresh skin beneath. And it doesn't stop there. Other popular therapies use intense pulsed light (IPL), laser, radio frequency, and infrared devices to improve pigmentation (red and brown discoloration), texture, and fine wrinkles, as well as tighten the skin.

All told, a combination of these procedures can reverse facial aging by several years, and with one or two repeat treatments per year, the effect can be maintained indefinitely.

### *Body Beautiful*

Just as our faces change with the years, so too do our bodies. Muscle tone decreases and we often experience the unwanted appearance of fat, cellulite, spider veins, and hair.

Those of us who have more inches and pounds than we want or need are constantly reminded by the media and weight-loss gurus that the only sure and permanent way to reduce is through diet and exercise. There's no denying the importance of a healthy lifestyle. Still, everyone secretly dreams of finding a silver bullet, a way to get rid of that last bit of obstinate fat that is non-invasive, fast, painless, and best of all, permanent. We want something that works instantly so that we can walk away and immediately return to our busy lives.

Too good to be true? Perhaps not, thanks to the newest advancements in cosmetic enhancement technology, highly sophisticated devices with names like UltraShape, VelaSmooth,

and Accent that dissolve pockets of fat non-invasively.

Dr. William Middleton, another Toronto-based cosmetic plastic surgeon, says that many patients notice results immediately after the first treatment. "I've seen some patients lose up to two inches from the first time," he says. "But it will obviously vary from patient to patient and requires three to four treatments for great results."

Dr. Middleton was the first surgeon in Canada to introduce UltraShape technology into his practice. He explains that the scientifically proven technology for removing

In many cases, you can go back to your daily routine with little or no discomfort.



## aging gracefully

Treatments are carried out in the surgeon's clinic, with the patient lying on a treatment bed. Pads are placed on targeted areas, and as a hand-held device is gently passed over these, ultrasound energy is delivered. It's totally computerized, takes very little time, and is painless. As soon as it's over, the patient can resume a normal routine.

Most adult women have cellulite somewhere, but despite repeated attempts by most of them to resolve the problem, there hasn't been an absolutely certain solution. Not until now.

New radio frequency devices are the latest advancement. One such example is Accent. With this treatment, a hand-held device is used to apply deep dermal heating to fat bundles. It not only brings about new collagen formation but also helps to drain trapped fatty deposits and toxins. The

thermal activity shrinks the fat cells and remodels the skin.

Following a treatment, the patient can immediately go back to the routine of daily life, having experienced little or no discomfort. Some redness may occur but will fade quickly.

Another new technology that provides permanent liposuction-like results is SmartLipo, which employs tiny fibre optic lasers that are minimally invasive. These also melt unwanted fat with little downtime.

Lasers are already much in evidence in cosmetic plastic surgeons' clinics and can be used to target or effectively reduce or remove age spots, unwanted body hair, and spider veins on the legs. Still other lasers and energy systems can be utilized to tighten loose skin on the stomach and breasts after pregnancy and breastfeeding or improve the appearance of stretch marks.

## CONSULTANTS


Dr. Stephen Mulholland  
SpaMedica  
66 Avenue Road, Toronto  
416.922.2868  
spamedica.com

Dr. William Middleton  
Advanced Laser and  
Cosmetic Centre  
120 Spadina Road, Toronto  
416.966.3223  
middletoncosmetic.com

Just as with the latest facial rejuvenation therapies, a number of these treatments can be bundled together to successfully address a whole range of problems with little or no discomfort and downtime.

So go ahead and breathe a sigh of relief. In today's world of cosmetic enhancement, minimally invasive techniques are often just what the doctor orders. Finally, fantasy has become reality. ■

# we build memories



At 1867 Confederation Log Homes we combine innovative engineering and attention to detail to create custom designs. Live energy efficiently and in healthy harmony with the natural environment: our logs are sustainable forested, interior log finish is low VOC, window and HRV systems are Energy Star compliant and floorplans optimize passive solar features. We're a family owned company located in vacation country and we understand your cottage dreams. Enjoy the small town benefits of personal service, with the quality product of an internationally recognized manufacturer.

## 1867 Confederation Log Homes

[www.confederationloghomes.com](http://www.confederationloghomes.com)

Georgian Bay Log Homes Lakes of Muskoka Log Homes

Parry Sound

1-705-746-5556

Bala

1-705-762-0622

Nor-Scott Construction

Grey & Bruce

519-794-4502

Head Office

Bobcaygeon

1-877-GO-2-LOGS

[info@georgianbayloghomes.ca](mailto:info@georgianbayloghomes.ca) [lakesofmuskokaloghomes@bellnet.ca](mailto:lakesofmuskokaloghomes@bellnet.ca)

[NorScott@Log.on.ca](mailto:NorScott@Log.on.ca)

[info@confederationloghomes.com](mailto:info@confederationloghomes.com)

