

It's all about May-ntenance

Presented by River Region Facial Plastics



Dr. Michael Bowman

Hello, this is Dr. Michael Bowman with River Region Facial Plastics. This month I'd like to talk about beauty maintenance. As you may know, your first visit to

River Region Facial Plastics involves a consultation where together we review your medical and surgical history and discuss your goals for facial rejuvenation. After a painless physical examination, we will create a roadmap for your rejuvenation that we call your Beauty Plan. I like to divide the Beauty Plan into two phases, the rejuvenation phase and the maintenance phase. The rejuvenation phase is more active, as you would expect, when we are trying to turn back the clock and make more dramatic progress. For many clients, this involves a surgical procedure like the QuickLift®, blepharoplasty (eyelid rejuvenation), or Rhinoplasty (nose reshaping). However, sometimes we can accomplish our rejuvenation results with just office treatments like Voluma®, Juvederm®, Restylane®, and/or Sculptra®. After you have reached your rejuvenation goals, the pace slows down a little bit and we shift our focus towards the maintenance of your beautiful results.

For some of our clients, we actually start off in the "maintenance" side of things to help make sure they get comfortable with my techniques and recommendations before we try something else.

Maintenance is something that we take for granted in many areas of our lives, and it is often overlooked in the face as well. For example, no one would recommend waiting until shingles have blown off and water is dripping into the attic before maintaining your roof. In the same way, a little preventative maintenance over time add up to prevent much larger problems

down the road. This type of ongoing intervention is all the more important for our clients who have chosen to undergo some procedures. It's important to protect your investment in yourself!

So what are the three main things you can start doing this May to help slow down that aging clock?

1. Skin Care: Good skin is the single best thing you can do on a daily basis to help prevent future damage and maintain the quality of skin that you have. You will get a customized recommendation for skin care after your consultation; for most people, this will be a regimen that includes Growth Factors, Retinols, Antioxidants, and Sunscreen (we use the mnemonic G.R.A.S.S.). We offer only SkinMedica®, which is the premier medical grade skin care line, and can only be purchased from a licensed physician. The quality of products and results from the SkinMedica® line is far superior from retail grade products sold at drug stores, department stores, or by non-physicians.

2. Wrinkle Relaxers: Botox Cosmetic® and Dysport® are ideal beauty maintenance treatments. Your treatment will only take two or three minutes and will last about four months. These treatments work by relaxing the muscles that cause dynamic wrinkles. When done properly, you will look softer, fresher, and rejuvenated... but so natural that no one will be able to tell why you look so much better!

3. Volume Replacement: Volume loss is a major component of the aging process and thankfully it can be easily improved with office treatments like Voluma® and

Sculptra®. Look at a picture of yourself from a few years ago. It is obvious to see the new things that have appeared, but if you look carefully, you can start to notice all of the volume that we lose with time. This hits especially hard in the temples, cheeks, and around the mouth. It only takes a few minutes to create a more youthful cheek contour or plump up some of the areas of volume loss around the mouth or lips. I use cannulas in most areas of the face for my volumizing agents, which dramatically reduce bruising, swelling and the discomfort associated with the treatment.



4. Putting it all together: Many clients who have shifted from the rejuvenation phase over into their maintenance phase like to visit us about four times a year. Their Botox® Cosmetic treatment takes just a few minutes, and then we

can assess their face and can add in a little touch up of Voluma® or Restylane®, if necessary. Everyone seems to enjoy leaving the office with a refreshed, natural look that is even better than when they came in.

So whether you feel you are in need of some maintenance to help slow down the aging clock, or if you want to have a more dramatic (yet natural) rejuvenation, I hope you'll call and set up an appointment to create your own personalized Beauty Plan. When you call, mention this article for your free consultation!

Yours in good health,
Dr. Michael Bowman
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20 Units of Free Botox® Cosmetic!

when you submit a question for our column and we answer it (One treatment area only)

Submit your question today to RiverRegionFacialPlastics@gmail.com