



In

n a a d e MATTERS

Cosmetic treatments help turn back the hands of time.

By Rebecca Fast

While aging gracefully sounds poetic, the reality is that many of us would like to keep or regain our youthful glow for as long as possible. Fortunately, with the latest advancements in nonsurgical and surgical cosmetic treatments, there are a variety of ways to achieve a younger-looking you.

According to Dr. Jaun Brou, a plastic surgeon with Premier Plastic Surgery and Aesthetics in Oklahoma City, one of the most common noninvasive procedures is the injection of neuromodulators such as Botox, Dysport and Xeomin.

"Neuromodulators act by blocking the muscles that produce wrinkles such as the frown lines, forehead lines and crow's feet," he says. "Their effect is temporary, lasting three to

four months on average."

He says the next most common injectables are fillers.

"Fillers are most commonly made out of hyaluronic acid, which is a natural component of the connective tissue of the body," Brou says. "When injected on the face, they fill out wrinkles or restore volume lost in the aging process. There are many kinds of fillers available now, and each is created for specific uses. Some are better for fine wrinkles, and others are better for restoring volume. They have different durations as well, but on average, the results should last a year."

Brou offers a new filler called Volbella. It's another version of a hyaluronic acid filler, but it works better for the correction of superficial wrinkle lines because it's made lighter.

ackling trouble spots, Kybella helps take away a double chin.

“Kybella is deoxicholic acid, a bile salt, that when injected into the fatty tissue of the chin, dissolves the fat of that area and reduces the double chin without surgery,” Brou says. “Some results are amazing!”

However, he emphasizes that results will vary according to the severity of the condition and the laxity of the skin in that area. He also adds that results can be seen after a month from the application, and multiple treatments are sometimes required, with some skin retraction being expected.

“Another nonsurgical fat reducer is CoolSculpting,” Brou says. “Although CoolSculpting is not that new, there have been several innovations lately that improved upon the original technology. There are new applicators that fit different areas of the body previously not accessible and there are new applicators that reduce treatment time almost in half.”

Dr. Tim R. Love, a plastic surgeon and owner of Tim R. Love Plastic and Reconstructive Surgery in Oklahoma



City, offers the Profound system, the latest radio-frequency device for lifting and tightening.

“We are all affected by both environment and genetics, and Profound can help reverse and restore a more youthful appearance,” Love says. “As our body ages, we begin to make less collagen, elastin and hyaluronic acid. Profound is the only radio-frequency fractional microneedling device proven to

create elastin.”

Profound claims a 100 percent response rate for wrinkles and a 95 percent rate for skin laxity.

“The dermis begins remodeling and accelerating during the first couple of months and continues over the next six to twelve months,” Love says. “Profound is often paired with our Fraxel Dual in what we call a ‘ProFrax Package,’ which consists

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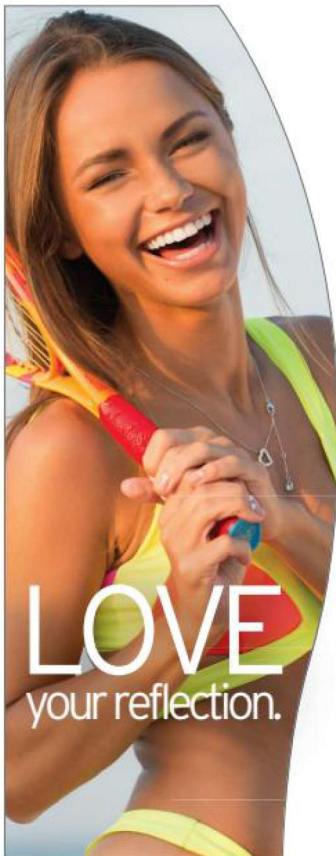
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of one Profound treatment followed by four Fraxel Dual treatments. Fraxel Dual offers the gold standard of resurfacing to greatly improve wrinkles, acne scarring and hyperpigmentation.”

Dr. Angelo Cuzalina, a cosmetic surgeon and owner of Tulsa Surgical Arts, shares that the ThermiVa treatment for women is becoming increasingly popular, especially after childbirth.

“ThermiVa uses radio frequency to tighten the labia and vagina with no pain and no downtime,” Cuzalina says. “It’s also great for somewhat older women after menopause to increase lubrication that normally decreases with age and help improve symptoms of urinary leakage.”

One of the top noninvasive procedures for men is laser hair removal.

“Men are big users of laser hair removal, especially to reduce hair on backs, chest or tenacious beards,” Brou says. “Male necks often develop shaving rashes that respond very well to hair reduction.”

He explains that the laser targets the melanin pigment that accumulates in the hair follicle and then heats and destroys it.

“Since hair follicles are constantly cycling, a few treatments are recommended, spacing them six weeks apart to ensure satisfactory results,” Brou says. “Once these are achieved, yearly touch ups are sometimes necessary.”

He adds that men tend to do more neuromodulators such as Botox.

“They are also interested in skin care, particularly the treatment of acne scars with peels, microneedling or laser resurfacing,” he says.



Surgical Procedures

For individuals interested in surgical treatments, there are several new and popular procedures available.

“The newest surgical breakthrough I’ve come across is HydraSolve,” Brou says. “It is the newest form of liposuction that harvests fat very efficiently. Fat grafting, nowadays, enjoys multiple applications such as restoration of facial volume in rejuvenation, buttock augmentation and even corrective and reconstructive breast surgery, to name a few. The great thing about HydraSolve is that it does liposuction efficiently with minimal damage to the surrounding connective tissue, thereby eliminating irregularities and other scar deformities common in other modalities of liposuction, even with aggressive treatment. It also prepares the fat extracted for use as fat grafting, particularly when large volumes are needed, and this fat has the greatest viability ensuring good results. I’m really impressed with this technology.”

Cuzalina shares that the Brazilian butt lift has spiked in popularity over the last two years, noting that celebrities such as the Kardashians and Beyonce have helped make a rounder, fuller buttock more desirable. He explains that anyone with enough fat elsewhere on the body that can be used to augment the buttocks is a good candidate for this surgery.

“Ideally there is excess hip and waist fat, which, when removed, enhances the result even more than just fat added to the buttock,” Cuzalina says.

He is sculpting three different buttocks out of clay to help patients see options and assist them in determining what they want. He also says that he performs more gluteal implants than ever before.

“I use gluteal implants for two reasons,” he says. “First, if a patient has a small buttock and not enough fat elsewhere to do a Brazilian butt lift and, second, if the patient wants a very large and very rounded buttock that could not be achieved with fat even if plenty were present.”

He adds that implants are more costly than using fat and that patients are usually sore for the first week following surgery.

He has also recently added platelet-rich plasma procedures, a new technology, to his service list.

“Platelet-rich plasma is taken from the patient’s own blood and used for multiple purposes, such as during micro-needling of the face during a special facial or after laser skin resurfacing, or mixed with fat for better fat grafting outcomes,” Cuzalina says.

For Love, popular surgical procedures include breast enhancement such as augmentation, lift and reduction, male breast reduction (gynecomastia), liposuction, tummy tucks and hair transplantation.

“Mommy makeovers have become increasingly popular for moms out there wishing to regain their pre-pregnancy bodies,” Love says. “Each patient is unique but this can include breast augmentation, a tummy tuck and liposuction.”

Before choosing a physician and undergoing any procedure, Brou encourages individuals to research providers to ensure that they have the highest credentials in the specialty. He also encourages patients to read online reviews in order to gain an idea of the kind of treatment they may receive and to be sure to ask several friends and acquaintances for their opinions – and to not base your decision upon the recommendation of one person. ■

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