

# Faster Face-Lifts

## Look Great Without Going Under The Knife

By Tatiana Morales

(CBS) Technology in the field of cosmetic surgery is constantly evolving, and many procedures are becoming less and less invasive, thus making them akin to non-surgical plastic surgery.

Dr. Paul Jarrod Frank, a cosmetic dermatologist and author of the book "Turn Back The Clock Without Losing Time: A Complete Guide To Cosmetic Rejuvenation With Minimal Downtime," talks about the latest procedures for looking fabulous without having to go under the knife.

Dr. Frank says, Most of these procedures you can go back to work. You can space a few treatments out in monthly intervals, but you are doing a little at a time, which gives the patient the freedom to do things in the evening and not have to deal with a lot of post-operative care. The issue is that it's something that most people have to start early because if you wait too long, sometimes it necessitates basic procedures.

The following are some procedures Dr. Frank explained on *The Early Show*:

**Thermage** - It's the new technology called radio frequency. Instead of using laser, the radiofrequency penetrates deeper hitting the tissue and cause a lot of natural aspects of the skin, like collagen. It's a non-surgical face-lift. It's not for a lot of people with sagging, but people just starting to lose angularity of their jaw line, their eyelids starting to droop. This is common in the late 30s and 40s where people want to take that step of improvement without going under the knife, says Dr. Frank. He notes the cost ranges between, \$1500 to \$2500 per treatment.

**Medlite Laser Toning** - Medlite Laser is a non-cutting laser, Dr. Frank says. Without damaging the top layer of the skin we are able to heat up the undersurface of the skin and regenerate natural collagen and tighten the skin more subtly than the Thermage. She (client) complains about thinning or crinkling when she smiles. This is something you do about four to six treatments at a monthly interval and you can go right out to lunch afterwards.

He notes it can be done on all skin types, as opposed to previous treatments. As for the cost, he says, This is about \$300 per treatment, and you usually do about 4 treatments about 3-4 weeks apart. And because you're inducing a subtle wound in the skin (as with the above Thermage), you're noticing the main difference in about 2-3 months.

**Cosmoplast or Cosmoderm** - We've heard a lot about collagen that's caused severe allergic reactions. Now there's something new on the market. Dr. Franks explains Cosmoplast is bio-engineered human collagen produced in a lab. He says, The other one was cow collagen. 30 percent the human population was allergic to it. You'd have to get tested over a six-week time period before injecting it. This new one a patient could inject right away.

It takes about 10 minutes to do. There's local anesthesia in. It ranges anywhere from \$500 to \$1500, depending on how many syringes you need.

**Hand Rejuvenation** - Dr. Frank explains this is basically a three-part combination of treatments in order to make the hands look younger and smoother. This treatment involves fat transfer, microdermabrasion or a chemical peel, and then laser to make the hands look plumper and more youthful.