

MAGICAL MEDICAL MAKEOVERS

~ in minutes By Ruth J. Katz



Ever since the advent of so-called lunchtime surgeries ("Get that arthroscopic surgery on your knee at lunchtime and be on the tennis court at 5 p.m."—well, OK, that is pushing it a bit), we've all heard about some pretty fantastic—perhaps improbable—medical-marvels-in-minutes. But in the fields of aesthetic dermatology and plastic surgery, there have truly been remarkable advances in both techniques and machinery that contribute to the delivery of faster and better procedures that produce pretty, well, astonishing results—sometimes, truly in less than an hour.

The dermatologists and plastic surgeons we talked to offered up some of the best minimally invasive procedures—or most common practices, like the use of fillers—that have been refined to perfection and that have been embraced by not only baby boomers, but also (and even) thirty-somethings. These eager patients have all loaded up their beauty arsenals with the newest fillers (like the permanent ArteFill and the temporary Prevelle and Eleves), or the latest generation of lipo or the state-of-the-art laser, in search of that no-longer-elusive fountain of youth.

These four highly esteemed Manhattan medical practitioners are performing some cutting-edge treatments that will take a few years off your face...in one short visit.

Dr. Paul J. Frank Melting Away the Pounds

"Mother Nature isn't always fair: Too much fat in some places and not enough in others," wryly observes Dr. Paul J. Frank, a board-certified dermatologist and dermatologic surgeon and author of *Turning Back the Clock Without Losing Time: A Complete Guide to Quick and Easy Cosmetic Rejuvenation* (Random House, 2002). "Liposuction can be a great equalizer," he adds, "and in fact, it's the number one cosmetic surgery in the country. The basic underlying principles for lipo are maybe 20 years old, but technology has gotten increasingly sophisticated," he continues, "and I use a process that is a true breakthrough: VASER Liposculpting."

Frank, a Clinical Assistant Professor at New York University Elaine A. and Kenneth G. Langone Medical Center, is also the director of a cosmetic surgical clinic for training dermatologists there and has been "vacuuming" fat away for 10 years (and has performed some 2,000 lipo procedures). "While traditional lipo requires a lot of probing and jabbing with a cannula that almost always leaves the targeted areas sore and bruised, the VASER process works with Ultrasound to virtually melt fat, all types of fat...and fat is not created equal. Working through soft hip fat is like cutting butter with a knife. Neck fat is hard and fibrous and getting at it is like poking a pitchfork through straw."

Just how does this magic work? The patient receives a local anesthetic and mild sedation. The VASER machinery has three different sizes of cannulas and therefore, for delicate work, Frank uses one that is very tiny, about the size of a pencil, permitting minuscule incisions. The subject area is injected with a saline solution that aids in numbing and helps to shrink blood vessels. The area becomes very wet and full—tumescent, if you will, which is why this process is often referred to as tumescent liposuction. With the area engorged, it's easier for the sound energy to liquefy the fat.

Dr. Frank notes that on average, he removes anywhere from 1 to 2.5 liters of fat and works on every body area, from the chin to thighs. Costs could range anywhere from \$4,000 to \$10,000.

Dr. Paul Jarrod Frank (opposite page)
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