

AGE ERASERS *for* Women

Cosmetic surgery: A high-tech answer to aging

Is it still a secret rite of the beautiful people? Hardly. Any woman may consider a surgical solution to the unwanted signs of aging, and a lot of them are at earlier ages than you might expect. Many women are fascinated by the idea of turning back the clock surgically. Anyone who's ever looked in the mirror and been concerned about getting older will consider it at some point.

If you're more than just curious it's important to recognize first what cosmetic surgery will not do. It won't turn you into a supermodel or make you the life of the party. It will make you look younger, prettier and softer looking but you'll need realistic expectations of the outcome.

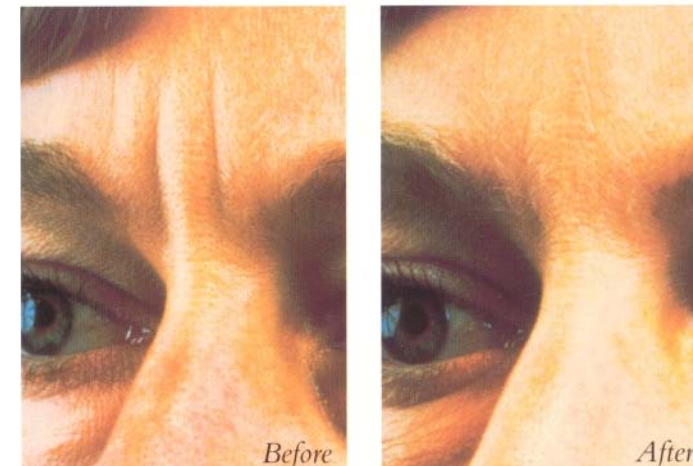
Surgical techniques have been refined and simplified over the years, and most cosmetic procedures involve a lot less trauma than they used to. Most, if not all of the time, a local anaesthetic combined with gentle tranquilizers is all that's needed to put you in "twilight sleep" – a sort of dozy fog you hardly remember afterwards, but which is so safe that you can be aroused by a shake of the shoulder.

Actions
You Can Take
Right Now
to Look
Younger
and Feel Great

By the Editors of **PREVENTION** Magazine Health Books
and the Rodale Center for Women's Health

What can be done:

Lift a weary brow... (forehead/eyebrow lift). When your forehead muscles slump you can look tired all over. From tiny incisions behind the hairline, using telescopic instruments attached to small lighted rods (endoscopes), deep creases in the forehead and frown lines can be eliminated as skin is adjusted upward. By removing portions of the muscles that create lines, the whole area is smoothed and tightened permanently and the eyebrow itself is restored to a more youthful higher position. A brow lift may also accomplish much in the way of diminishing *Baggy lids* - a fold of excess skin on the upper lids may merely be the result of a drooping browline.



Endoscopic Forehead/Brow lifts can safely and rapidly remove frown lines permanently

Lift the face and neck ... (face and neck lift). Ever tugged your facial skin up and back and see what a face-lift might do? You look younger in the mirror but also sort of stiff. A stretched looking face lift used to be the norm, but techniques have changed with gratifying natural results. In the past five years, many surgeons have endorsed the extended "SMAS" procedure, which corrects facial structures that underline the skin, including the muscle that wraps around the front of the throat, beneath the chin and into the cheeks. The tight mask that resulted from simply stretching the skin taut is avoided, as the muscular layer responsible for the mobility and expression of the face

(the superficial muscular aponeurotic system) is elevated as well. From an incision behind the hairline at the temples, around the earlobe and into the nape of the neck and back, tissue is lifted, layer by layer, and excess skin is trimmed away as sagging muscles and connective tissues are tightened.

Laser Resurfacing... (Laserabrasion). Ultra-sophisticated; Ultra safe. Computer Controlled carbon dioxide lasers can make miraculous changes in one's appearance.



Dr. Sachs changed this patients entire face & neck profile by using his advanced face lifting technique.