

# Facial *Change*

## *Steps to a More Refreshed You!*

**A**larming is a good word to use when television programs feature patients who have had major problems with cosmetic surgery. But what we don't hear are the large number of dissatisfied people not only with plastic surgery but also with two more areas that help improve facial esthetics: cosmetic dentistry and hairstyling. No question botched surgery, cosmetic dentistry and incompetent cosmetologists and hairstylists contribute greatly to the problem. But another common error is failure to have sufficient and objective consultations to make you aware of all your possibilities.

When planning a facial makeover, consider the different areas that you feel need improving. Then, make multiple consultations with leading therapists to also get their opinions. Those of us who devote our time to helping patients look their best never mind having you get a second, third, or more consultations before making your final decision. I have seen too many patients who have had excellent plastic surgery only to look into the mirror and then see what else is lacking... their smile. There are some cosmetic surgeons who will not proceed with your surgery unless the smile is improved first. They don't want you or your dentist tugging on your lips and cheeks after they have spent a lot of time tightening the facial muscles and skin. It is much better to coordinate a timing plan with all the various areas to achieve your best result.

### **FACIAL MAKEOVER: DOES IT ALWAYS HAVE TO INCLUDE SURGERY?**

There comes a time when both men and women begin to wonder, when is the right time for a facelift? According to Dr. John Connors of The Plastic Surgery Group of Atlanta, the good news is there are numerous aesthetic innovations

available today that allow patients to look and feel rejuvenated prior to having to go under the knife. Injectable fillers can help add volume, which provides a more youthful appearance to the overall shape of the face. Nonsurgical skin treatments, such as Ultherapy™, are great at providing patients with a small lift and a rejuvenated appearance to the face. Patients who experience more severe gravity issues will eventually require a surgical facelift to remove and tighten the excess facial skin.

Dr. Connors also likes some of latest innovations in nonsurgical facial rejuvenation. He advises, "Wrinkle reducers, such as Botox™ Cosmetic, Dysport™ and Xeomin™, remain some of the most popular facial antiaging treatments. Wrinkle reducers are relatively inexpensive and have become a staple in the maintenance and prevention routines of men and women of all ages. That being said, the world of injectable fillers is constantly expanding. One of the most recent fillers to enter the market is Juvederm™ Voluma. Although Voluma is slightly more costly than the other dermal fillers, it is indicated to last longer – up to two years."

When it comes to nasal surgery, Dr. Connors suggests 3D imaging to provide a realistic forecast as to what you can expect. For neck/chin liposuction, he is using laser-assisted technology, which he says can be performed under local anesthesia in about 30 minutes. The recovery is typically quite quick (3-5 days) and the results are dramatic! By removing excess fat under the chin, and tightening the skin with laser assistance, patients look more thin, toned and youthful.

Achieving a more youthful look also means eliminating tired looking eyes. Dr. Connors says, "Tired looking eyes can be a result of excess skin on the upper or lower eyelids as well as dark circles beneath the eyes. These problems typically result from either genetics or a loss of laxity due to aging. Patients,

**This photo illustrates how plastic surgery, an improved smile and new hair color combine to create a much younger look.**

as young as in their twenties, can suffer from tired eyes. Fortunately, there are a number of surgical and non-surgical treatments that can help rejuvenate tired eyes.

“For dark circles or slightly loose bags under the eyes, dermal fillers such as Belotero™ are effective in temporarily adding volume to facial tissue and restoring a smoother appearance to the face. For patients with more severe skin laxity either on the upper or lower eyelids, a blepharoplasty, or eyelid lift surgery, may be necessary to remove the excess fat and/or skin.”

### **DON'T FORGET ABOUT YOUR SMILE**

During your planning stage, one of the first questions you need to ask yourself is, “Is your smile a definite asset to your face?” Are your teeth pretty and white enough for you? If not, then your first step is to have a consultation with a dentist who spends most of his or her time devoted to cosmetic dentistry. Make sure you learn how both ideal and/or compromised procedures can accomplish your goal. But don't forget to ask what limitations, longevity and maintenance may also be required.

Ask your dentist if a trial smile is possible to see if you will like what your dentist proposes. In one instance you can actually “wear” your newly designed smile, frequently called a “Snap-On Smile.” Other times a proposed new look can be fitted over your natural teeth so you can see how you will look with spaces closed, a fuller smile, or different tooth shapes or lengths creating a younger look.

This is the first step to getting what you want so it is well worth the expense. And, again, do not hesitate to get multiple opinions until you feel confident with the advice and the dentist best suited to help transform your smile before plastic surgery is contemplated. Most any dentist skilled in cosmetic

dentistry will be happy to show you his/her results. Look at arrangement, tooth shapes, color and the smile, and decide if you really like what you see. If not, get a second opinion. When it comes to creating a younger looking smile, the main consideration is color. Most patients want whiter teeth that show off a younger look. And there are three basic ways of accomplishing that task. The simplest is bleaching, and if you are a good candidate, that's great. But most older looking smiles are the result of wear and possible neglect, which can better be treated with porcelain veneers or all-ceramic crowns.

Patients who have had considerable wear over the years may need the restoration of the lost tooth structure. This can be accomplished with full or partial all-ceramic crowns. If there are missing teeth, dental implants are usually the best choice. The most important consideration is to always take care of these procedures before any plastic surgery is done. Reason? After the dentist rebuilds your bite, facial tissue tends to tighten so the patients' amount of plastic surgery may be reduced.

Over the years I have seen many women who have had plastic surgery to give them a much younger look, but kept their worn and dreary grey or brown looking smile. Such was





AT 60 YEARS OLD, INTERNATIONALLY-KNOWN COMEDIENNE PHYLLIS DILLER HAD DR. GOLDSTEIN CREATE HER YOUNGER LOOKING SMILE, WHICH SHE ENJOYED FOR OVER 35 YEARS.

the case the first time I met the great comedienne, artist and concert pianist Phyllis Diller. She became a spokesperson for plastic surgery, and when I met her on the Concord after we both had speaking engagements in France, I could not help but notice how beautiful she looked with the exception of her aging smile. I was so curious that I asked her why she had not also updated her smile since it was still aging her. She became so interested in having it corrected, I referred her to cosmetic dental friends in Los Angeles, but she asked if I would do it for her. So she came to Atlanta, and the result took place in one very long appointment in 1980. I even created a PD White (Phyllis Diller) shade to provide her younger look, which she kept until her death in 2012 at the age of 95. She was 60 when I created her young look and she enjoyed it for 35 years.

The goal of creating a younger looking smile is to match the new look to your face. This is why I like to see younger photos of the patients to be able to incorporate the good parts of his or her younger look. The point is to create the best look of the smile to both match the patient's desire and to flatter his or her face.

## THE FINISHING TOUCH... A NEW HAIRSTYLE

For patients who don't want to advertise their new facial makeover, I have always advised them to consider a new hairstyle. Works most every time! One problem is, the basic question most hairstylists get is "Can you give me this model's hairstyle?" Usually the answer is "yes," but it might not look great on your face, so not the best question to ask. Instead, ask "What new style would look good with my facial shape?"

Carey Carter and Mitchell Barnes, stylists and owners of

Carter/Barnes Hair Artisans in Atlanta, suggest, "An ideal hairstyle starts with a great cut, a base style with simple lines, not fussy, and a great color that complements the face and complexion. It is one of the most important accessories a woman wears, if not the most important."

And since you have now achieved a much younger look, what about a more youthful hairstyle? Carter and Barnes feel there is not anything out of place wearing youthful hair, as long it is tasteful and not "too youthful." "Hairstyle should complement the total image of a woman, not be a focal point. Your body, skin, teeth, hair and over all general health should work in harmony in telling a total story."

These two masters at hairstyling also share good advice. "Be realistic and truthful to yourself. Know how youthful to go, so you don't look like a mature woman trying 'too hard' to be younger. Sandra Bullock, Sharon Stone, Katie Couric, Christie Brinkley and Ellen DeGeneres are all over 50. These fantastic looking women are maintaining youthful looks and youthful hair styles but know where to draw the line so not to appear as if they are trying too hard."

But what about women who are graying? Should they go blonde? Nope, they say. "Graying hair, not white hair, as it mixes with the natural hair color tends to drab the overall hair color. Everyone does not need to go blonde but going a little lighter and warmer will 'turn the lights back on' your hair and complexion."

And for those who are on a strict budget, where coloring every three or four weeks is not possible, the celebrity hairstylists say, "Blending a third tone into the gray and natural color will soften and 'camouflage.' The gray will be less obvious. Touch ups are usually every two months."

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What about if you are in your 30's, can hair extensions give you a more desirable look? Carter and Barnes answer, “Yes, but be very careful when choosing the person who will be attaching them to your hair. Clip on pieces are fun and harmless, but extensions that are sewn in or glued on are serious and require a highly-experienced professional who uses quality materials. Going the budget way can be disastrous and can compromise your hair.”

For women who have thin fine hair, they suggest two styles best for this hair texture: either very short or a short bob cut styled relatively close to the head to give an illusion of having more hair. Hair styled too far away from the scalp will reveal how thin the hair is.

And for women of any age who have nice hair but it is drab and lacks luster, they advise, “Try BALAYAGE, a technique of freehand painting light streaks throughout the front and top of the hair. The results show great dimension and incredible shine.”



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## **FINAL TIPS ON SELECTING YOUR DOCTOR OR STYLIST**

Be sure to ask for “before” and “after” photographs to see possible results. Look at websites, and if you don't like what you see, don't expect your result to look better because most every doctor places his or her best results on the sites. And one more suggestion: when choosing your doctor or stylist, make sure he or she will take the time to be a good listener! In summary, to get your very best new look, make sure you have both a short and long range plan to address all your facial concerns.



WITH A LIFELONG INTEREST IN BEAUTY, DR. RONALD GOLDSTEIN CONDUCTS ONGOING RESEARCH ON THE PHYSICAL ATTRACTIVENESS PHENOMENON AND ITS ROLE IN THE ACHIEVEMENT OF PERSONAL SUCCESS. HIS DENTAL PRACTICE WAS THE FIRST TO MOVE BEYOND THE SMILE AND FOCUS ON OVERALL FACIAL HARMONY. HE WRITES EXTENSIVELY FOR BOTH CONSUMERS AND THE DENTAL PROFESSION ON BEAUTY, ESTHETIC DENTISTRY AND RELATED TOPICS. DR. GOLDSTEIN IS THE AUTHOR OF THE 2-VOLUME TEXTBOOK, *ESTHETICS IN DENTISTRY* AND *CHANGE YOUR SMILE* (12 FOREIGN TRANSLATIONS), WHICH NOW IN ITS 4TH EDITION IS THE TOP-SELLING CONSUMER GUIDE TO COSMETIC DENTISTRY FOUND IN THOUSANDS OF DENTISTS' RECEPTION ROOMS AROUND THE WORLD. HE IS ON THE ADVISORY BOARD OF *NEW BEAUTY* MAGAZINE AND WRITES FOR IT AS WELL. HE IS THE FOUNDER OF TOMORROW'S SMILES, A NATIONAL NON-PROFIT FUND THAT HELPS DESERVING ADOLESCENTS RECEIVE LIFE-CHANGING SMILES THROUGH COSMETIC DENTISTRY. HIS MULTIDISCIPLINARY PRACTICE GOLDSTEIN, GARBER & SALAMA IS IN ATLANTA, GEORGIA.