

LOOKING YOUNGER PART 3  
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# Do You Look YOUR Age?

## One Patient's Perspective . . . A Sensible Esthetic Makeover

**I**t could take us 60 or 70 years to feel, through our appearance, almost always separate our actual years of age. As I've discussed in the first two parts of this three-part series, a multitude of treatment options are available to achieve a more youthful appearance. One realization in health care, life expectancy has steadily increased, with many living well into their 90s in relatively good health. Customized esthetic treatments coupled with solid goals and self-discipline can contribute to a rewarding and meaningful "extended life."

A 60th birthday can mark the beginning of "old age" or it can be viewed as the beginning of life's second half. One of the growing number who choose the latter perspective is former insurance Susan H. As part of her self-described "Project Me," Susan planned a series of treatments to look younger.

THINK PLAIN ACT  
Susan's decision to update herself after her 60th birthday was not taken lightly. "I took an inventory of my life, reviewed my goals, determined how I would like to live this new segment and what steps I would need to take to make it happen," she says. Reflective self-evaluation is important, explains Atlanta-based plastic surgeon and author of *The Art of Aesthetic Surgery*, Dr. Fred Nohr. "Patients often have a hidden agenda . . . it may include wanting the opposite sex, writing a promise or simply a life-changing event."

When Susan first sought my help with "Project Me," and we analyzed the signs and goals of her aging face, a clear set of customized plans and goals emerged. Susan and I agreed that the goal was a bright, attractive smile to boost confidence, clear, undecorated eyes to reflect inner beauty, smooth, supple skin to convey youth and vigor.

WHY ADMITRE YOUR AGING?  
The smile is one of the most important components of the face, and should be characterizing prior to change. Susan agreed,

"I chose to start with my smile because I knew how I want to smile" with the attractiveness or attractiveness of their smile. I also wanted to begin with the dental aspect, so that I could have a nice smile in place around which to design the other enhancements." Computer imaging helped Susan and I reach an agreement on the proposed changes.

As we begin, the edges of the lower teeth were making the smile appear overly wide. Consequently, the upper and lower lip line made sense. The upper lip may sag and cover most of the upper teeth. The lower lip may strain down, which exposes more of the lower teeth. Susan was experiencing these conditions, as well as teeth discoloration, signs of aging smile.

Treatment began with periodontal-prosthodontics Dr. David Galvin, who performed cosmetic gum sculpting. "I completed her smile makeover with bleaching, crown and veneer, all ceramic crown and a fixed bridge. My dull, discolored, overfilled and irregular teeth were transformed into bright, healthy-looking, beautiful-looking teeth."

As Susan learned, an attractive smile can make your face look one's appearance. By the end of the first stage of "Project Me," she was excited. "I knew I had started a process that would add precious happiness and opportunities to my life."

NEXT STEPS  
Susan began stage two, facial treatment, with eyelid blepharoplasty. Dr. Scott Lantz, who performed contact removal surgery and implantation of contact lenses in her eyes. This allowed her to live the experience that aged her appearance.

Her next step was facial plastic surgery. Dr. Thomas Jarman, the Atlanta plastic surgeon who treated her, explains, "An attractive face for a woman involves a large upper face, namely eyes and cheek bones, with a smaller lower face and jaw. As we age, fat redistribution and gravity cause our skin to sag and wrinkles at the jaw line and neck. This leads to opening of the jaw line and a heaviness in the lower face, which can be misleading for women." Susan's treatment plan called for a

facelift, laser eye, facial lift and breast surgery.

Dental treatment and plastic surgery do not always guarantee lasting change. Once the medical procedures are complete, she had work of maintaining the "new you" began. Susan explains, "I learned completely new methods of taking care of these changes, and then I also decided to lose weight. This last step I did on my own and eventually lost about 21 pounds." Susan's smile is under "Project Me" a custom drive-by-to design and maintain her own low-risk diet and to regularly practice yoga.

Dr. Jarman recommends that most patients seek out experts in weight loss. She manages consultation with a nutritionist in her domain and a physical trainer.

Milestones at any age also include psychological considerations. Says Dr. Jarman, "It is the responsibility of the physician to guide patients to what is in their best interests. Ethical physicians are aware of a patient's underlying psychological motivations for a procedure." It's essential to expect any treatment to completely change one's life. To avoid unrealistic expectations and help patients understand their motivations, many plans suggest emotional psychological counseling.

In addition to her previous dental regimen, Susan is dedicated to a facial maintenance schedule. Dr. Jarman explains, "Some of the most well-maintained and normally youthful-looking patients are those who visit the office regularly for maintenance visits, staying ahead of the aging process." Susan is so committed to her new way of life that she is planning additional treatments.

### WISE INVESTMENT

A well-planned approach to an esthetic makeover is not a frivolous self-indulgence. It is an investment in an enhanced



As Susan was approaching 60, she felt her appearance wasn't representing the sense of youth she felt and wanted to project. After a smile makeover, eye and facial plastic surgery, and a new healthy lifestyle, Susan finally looks as young as she feels.

quality of life that helps people more than later years with dignity and self-respect, prepared to compare to a peak-related money and increase life on their own terms.

"I cannot over estimate how many times people have commented on my beautiful smile or youthful appearance," concludes Susan. "People are amazed at my age and the fact that I am a grandmother. I feel more confident interacting with others and conducting new or uncomfortable situations. My appearance better matches how I feel inside. Quite simply, this is me!"



LOOKING YOUNGER - A 3 PART SERIES  
PART 1: PREHAB  
PART 2: COSMETO CHANGES  
PART 3: ONE PATIENT'S PERSPECTIVE

WITH A LIFELONG INTEREST IN VENUE, DR. RONALD DOLOSTON, DENTIST, CONDUCTS DENTISTRY THROUGHOUT THE PHYSICAL, ESTHETIC AND PERMANENT AND IT'S HIS FOCUS IN THE ACHIEVEMENT OF PERSONAL SUCCESS. HE OWNS A DENTAL PRACTICE AND THE FIRST TO MOVE BEYOND THE WALLS AND FLOOR OF DENTISTRY FROM HARVARD. HE SPENDS EXTENSIVELY FOR BOTH COLLEGE AND THE DENTAL PROFESSION IN HEALTH CARE, RESEARCH AND EDUCATION. HE HAS BEEN A MEMBER OF THE AMERICAN DENTAL ASSOCIATION, THE AMERICAN SOCIETY OF DENTISTRY AND HAS BEEN A MEMBER OF THE AMERICAN SOCIETY OF DENTISTRY. HE IS A MEMBER OF THE AMERICAN SOCIETY OF DENTISTRY AND HAS BEEN A MEMBER OF THE AMERICAN SOCIETY OF DENTISTRY. HE IS A MEMBER OF THE AMERICAN SOCIETY OF DENTISTRY AND HAS BEEN A MEMBER OF THE AMERICAN SOCIETY OF DENTISTRY.