

EXPERT ADVICE FROM A FACIAL PLASTIC SURGEON

The holiday months are filled with events that make us want to look our very best. In the October edition, we outlined some of the recovery times associated with various procedures to help with planning. However, not everyone can take time off for larger procedures or downtime. Here are some of Dr. Z's favorite options for smaller and quicker results with little to no downtime.

QUICK BUT SIGNIFICANT PRE-HOLIDAY PARTY PROCEDURES

- 1. BOTOX / Other modulators:** This is one of the most popular aesthetic procedures as it can be done quickly, has no downtime, and results are evident within a week. Popular areas and potential benefits include:
- Wrinkle reduction of the forehead, crow's feet (eyes), and glabella (btwn the eyes).
 - Brow lift and more "eye open" appearance
 - Reduction of platysmal lines in the neck
 - Jawline lift to reduce jowls (variable)
 - Reduction of enlarged masseter muscles (Caution: this can exaggerate jowls if done in the wrong patients)
 - Treatment of oral wrinkles, aka smoker lines (Caution: this can alter your smile and ability to purse your lips. Dr. Z generally recommends against this, esp before events).

- 2. MICRONEEDLING:** Although maximum results require a series of treatments, a single (well-done) session can enhance your skin's overall appearance with just a few days of redness and dryness.
Combine with exosomes, PRP, and/or carboxy mask for even better results and faster healing.

- 3. FILLERS:** Fillers have received some negative publicity lately, BUT when used properly, they are a wonderful tool for facial enhancement and rejuvenation.
Since bruising is very rare (esp with a cannula) and swelling is mild, the downtime is minimal, but the results are instant.
- Use someone with an aesthetic vision for your individual face and a comprehensive understanding of facial anatomy...not someone simply trained to place filler into specific areas, or fill wrinkles...that's not how you get beautiful and natural results
 - Do not overfill and use filler to "treat" laxity...a giant overfilled cheek is not worth the "lift"...tasteful sculpting and blending of the cheeks, jawline, chin, and temples can give you great results without over exaggeration.

- 4. HYDROFACIAL:** This leaves your skin fresh and can improve how your makeup applies, esp when combined with dermaplaning. No real downtime, just don't use make up the same day.



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