

NYCOSMETIC

WHEN LAUGH LINES AREN'T FUNNY...

"Baby boomers are fighting to keep young, and facelifts have become the No. 1 request," according to cosmetic surgery consultant **Denise Thomas**, who has more than 20 years' experience advising clients on ideal procedures and directing them to the right board-certified plastic surgeon. Safety and doctor's credentials are top of mind. "Just because a doctor has good PR, doesn't mean they're good," says Thomas. How do you find the best practitioner? Call Denise-she'll even help arrange financing.

Another concern, especially among New Yorkers, is when they can get back to work and the gym. "The hardest thing to tell people is have patience. The adage, 'no pain, no gain' holds true for plastic surgery," says **Dr. Elliot Jacobs, M.D., F.A.C.S.** "If you're willing to have a longer recoup time, you'll enjoy longer, lasting results." That said, for folks strapped for time, Dr. Jacobs performs procedures with speedy recovery periods that help revitalize what aging has made gaunt or saggy, whether it's a slimming tummy tuck, a rejuvenating mid-face lift, or quicker fixes like Botox and skin fillers, with virtually no downtime. Are people keeping these procedures a secret? "Not like they used to. Although I had one woman come for a breast enlargement without her husband knowing, and told me on a follow-up visit, he never even noticed."

Hot off the presses is FDA-approved Contour Threads™, a procedure that Dr. Vincent Giampapa, M.D. F.A.C.S., director of **The Plastic Surgery Center Internationale**, says "will revolutionize what we're doing in cosmetic surgery." Known for minimally invasive procedures like his suture suspension neck lift, which helps avoid a formal facelift, he has been working with Contour Threads for more than a year. He is one of the few doctors to teach fellow physicians in the Northeast region about the procedure, which is rapidly gaining attention in the industry. According to Dr. Giampapa, the threads, which require nothing more than a needle to "implant," have micro feather-like barbs that adhere to the underlying surface of the skin, following it to be lifted and tightened with results similar to those of a traditional facelift. This non-surgical procedure is performed in the doctor's office in less than an hour using local anesthesia, with a three- to five-day recovery time.

THROUGH WORD OF MOUTH

According to **Dr. Brandon Huang**, with reality TV shows like "Extreme Makeover" giving cosmetic dentistry a lot more exposure, more and more people are seeking out cosmetic dentists like himself for a total smile makeover. Smile faves: power whitening, changing silver fillings to white and porcelain veneers. Dr. Huang uses digital X-rays to reduce radiation by 90 percent, and before-and-after imaging to let you preview your new smile. ■

Visit www.ManhattanSmile.com for additional details on Dr. Brandon Huang and cosmetic dentistry.

