



Going through the stages of Facial Rejuvenation

A VIEW FROM BOTH SIDES OF THE LASER

Long Island Image's co-publisher **undergoes** her own facial rejuvenation

BY DR. WAYNE WERTHEIM AND DONNA HALPERIN

ALL OF MY SWELLING HAD DISAPPEARED, AND MY SKIN WAS GLOWING

Donna: Almost three years ago, I had decided that I was ready for a facelift. I was very unhappy with my sagging jowls and my heavy eyes. It was an exciting but frightening choice, especially since I was then 45 years old, which some said was too young. But like many people, especially women, I looked in my 10x magnifying mirror and saw things that could not be seen by the average human eye.

I was supposed to have my surgery on July 16, days after visiting my children at sleep-away camp; this way, I would be healed by the time they returned home. But something unplanned-for happened exactly one week before I was scheduled for my surgery and five days before visiting my children at camp: I developed appendicitis that Monday and had to have an appendectomy. I was in the hospital for five days, getting out just in time for visiting day.

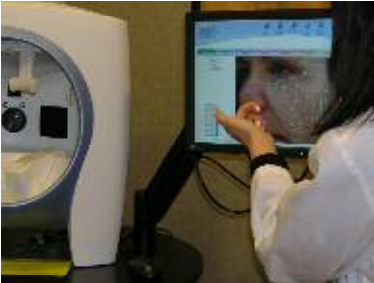
That first night, right after the appendix surgery, my husband had to call my plastic surgeon and cancel my facelift. I was disappointed, but friends and family said that the timing was an act of God. Who knows why I got the appendicitis when I did...but it was eerie.

Fast-forward three years. I still hadn't rescheduled my facelift. Don't get me wrong—I still was unhappy with my sagging jowls and tired eyes—but other things had begun to take priority. Then I was given a second chance by Dr. Wayne Wertheim of Advanced Laser in Roslyn.

I had gone to see Dr. Wertheim, an advertiser in Long Island Image, to deliver the spring issue. But when I met with him, we began to talk. It didn't take long before I started telling him all of the concerns I had with my face. (Naturally, it's hard not to "talk shop" when you visit a cosmetic enhancement professional.) Dr. Wertheim explained to me that there are now non-invasive ways to achieve the goals I had and to hold me over until I was ready to take the big plunge of a facelift. I put my face and my trust in his hands, and he gave me a full consultation.



My Initial Consultation



Visia Digital Skin Analysis



Lisa is applying the topical anesthetic



MetroLite Laser procedure



Skin tightening around the eyes



Dr. Wertheim is injecting the Radiesse

Dr. Wertheim: When Donna was seen in consultation, she identified several concerns that she was having. These included development of dark spots around the perimeter of her face, the development of fine lines and wrinkles, and some jowling in the jaw area. After discussing these concerns, she underwent a thorough evaluation including the VISIA digital skin analysis. Subsequent to reviewing the results, we decided to additionally address non-visible sun damage, complexion irregularities including capillaries, loss of collagen, loss of facial volume, correction of nasolabial folds (the line between the nose and corner of the mouth), skin tightening, and general facial skin rejuvenation.

This may sound like it would be a lot of work for an attractive woman, but in actuality almost all of it can be handled through the use of three procedures that can overlap the treatment of these issues.

I must point out that additional concerns of Donna's (as is the case with most patients) included the fact that she wanted minimal downtime, a low discomfort level, and also wanted the treatment to be consistent with the budget of someone who was cost-conscious.

The proposed treatment plan included the use of Botox, dermal fillers, IPL (intense pulsed light), and advanced laser therapies. Therapies can be carried out based on the client's schedule and budgeting, and we designed a program for Donna that was to be completed over the next 10 days.

After obtaining a complete set of medical photographs, treatment began first with IPL therapy. During this procedure, the entire face is covered by the application of a specific wavelength of light that will help reduce brown discolorations (sun damage), even out skin discolorations (browns and reds), and create some collagen stimulation to help with fine lines. This procedure takes about 20 minutes; there is minimal if any discomfort and no down time. The results are seen within two weeks or sooner, with additional results relating to collagen production somewhat later. Although one procedure may be sufficient in many people, multiple treatments may be indicated for some patients, based on the severity of the problem.

Donna: *I was a bit nervous, but those who know me know that when I want something badly enough, I fight my fears and forge forward. It was amazing to see the*

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sun damage on my face that had accumulated through the years. After my consultation, Dr. Wertheim and I decided that it would be a great idea to take photos and document every step of the way, starting with my procedures and continuing along the road to recovery and the final reveal, so our readers can learn what it is like from a patient's point of view. In Long Island Image, we usually read everything there is to know about all the available procedures, but we hear it from the practitioner's point of view, rather than from the patient's. What a great chance this was to take our readership inside my facial rejuvenation procedure. The photos aren't beautiful, but they are real and untouched.

Immediately after my consultation, I was given the IPL treatment, which was not uncomfortable at all, and I went off to see other clients directly after the treatment. Now, that was my kind of treatment: no down time, no pain...perfect.

Dr. Wertheim: The next procedure that was scheduled for Donna was a proprietary treatment of Advanced Laser known as a MetroLite. This is a combination of several advanced therapy lasers that are somewhat aggressive but created to give the most benefits with the least discomfort and shortest recovery time. We use an erbium laser in various configurations to achieve results. A topical anesthetic agent is placed on the face prior to starting.

There are two basic parts to this procedure. During the first part, the laser is adjusted to remove or "peel" a certain amount of the upper layer of skin. The depth of this is dependent on how aggressive we want to be, based on the condition we are treating and the amount of time the patient can allow for recovery.

During the second phase of the procedure, the laser is set to "fractionally" treat the skin. The laser produces small pinpoint holes through the skin (a fraction of it, leaving lots of surrounding healthy tissue), causing controlled "thermal injury zones" (heat damage). These injuries cause the skin to repair itself from the inside out, helping with collagen stimulation for reduction of fine lines and wrinkles,

sun damage, dyschromia (skin color irregularities), and general skin rejuvenation.

A different modality is used on the laser to specifically treat around the eyes and mouth to tighten the skin and further reduce fine lines and wrinkles. This procedure takes about 30 minutes, and has some minimal discomfort (only during the actual procedure). Typically the downtime (when you may feel self-conscious about being seen) is around three or four days. The results are apparent to some degree relatively soon, but the "wow" effect may take a couple of months, till the stimulated collagen appears.

Donna: *It was a few days after the initial treatment that I went in for the more intensive procedures, which would give me time to heal over the Passover/Easter weekend. Dr. Wertheim said that my face would heal within a week, so the timing was perfect. The only people who would see me at my worst were my family, and I was okay with that. Whether or not they would be okay was yet to be seen*

I arrived at Advanced Laser an hour in advance of my scheduled micro-peel and Fraxel treatment. This was necessary so that the laser technician could apply numbing cream to my face. I stayed in a very comfortable, quiet room with a flat screen TV and was able to sit up in bed to answer emails and make phone calls. I was able to get my work done in peace till Dr. Wertheim came into the room to begin. He tried to explain everything that he was about to do, but I preferred him to just do it and get it over with. He put my bed down flat, placed cups over my eyes, and began the micro-peel. The sounds I heard reminded me of a jackhammer, and the sensation on my face was strange, but since my face had been numbed, there was no pain. The disconcerting noise was actually worse than the sensation.

I say the same thing when I am at the dentist's. You would think, by now, the medical equipment manufacturers would find a way to conceal the sounds that make us shriek.

It was only a matter of minutes until that particular procedure was

complete. The next procedure was not quite as painless. Yet, though it was definitely less comfortable, I kept telling myself, "It's worth it. No pain, no gain." I was just happy that I have only one face, so I knew that it wouldn't take long until it was over. I knew that what Dr. Wertheim was doing to my face would address my concerns, though, so I was a trouper. Besides, I have always said, "If I made it through childbirth, I can make it through anything."

After Dr. Wertheim was finished, Lisa explained how I was to take care of my face through the healing process. She gave me a bag with skin care products that I needed to use twice a day. I also had to sleep on my back, since a heavy layer of Aquafor had to stay on my face to keep it moist. So I placed a towel on my pillow and slept on my back for several nights. Not quite my best nights, but again, I must stress that there was no pain.

I will tell you that it was pretty painful for my son to look at me, but I assured him that I was fine and would be better than before in a matter of days. Three days after the procedure, the skin had already peeled off my face and the swelling was almost gone. My skin looked smooth, and most of my brown spots were completely gone, so I was happy already.

Dr. Wertheim: After about 10 days we scheduled Donna for a touch-up of any remaining facial discoloration that might exist, such as capillaries. This procedure uses what is known as a YAG laser. There is minimal, if any, discomfort, which may last only seconds. The procedure takes only a few minutes, and there is no downtime.

Donna: *Ten days later I was back at Advanced Laser for the final tweaking before the ultimate results. All of my swelling had disappeared, and my skin was glowing. Dr. Wertheim completed my facial rejuvenation procedure by using a YAG laser to touch up any facial discoloration that still remained, and he used facial fillers to combat my jowl issues and fine lines. I was able to go right out and continue working after these final treatments, since there is no downtime.*

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Dr. Wertheim: Finally, the icing on the cake: dermal fillers and Botox. Botox is injected into the muscles responsible for causing certain lines and wrinkles generally caused by expressions of the face. Typically there are three main areas that are treated with Botox. The glabella is the area between the eyes that creates the frown or "11" lines, the horizontal forehead lines, and the crow's feet in the corner of the eyes. Properly injected, Botox will relax the treated muscles yet leave some ability to animate the face to avoid the plastic, frozen look. It will create a more rested, relaxed, more youthful appearance to the upper face. Botox application should be non-traumatic, with minimal discomfort and virtually no downtime. The results are apparent after a few days and last from three to four months, depending on the patient.

There are many types of dermal fillers used today. At Advanced Laser we usually use Juvederm and/or Radiesse. Patients are given either topical anesthesia or a local nerve block using a common anesthetic agent prior to treatment. Juvederm is

a hyaluronic acid-based product (biologically the same as naturally occurring components of skin), so no allergy testing is necessary. In Donna's case, Juvederm injections were given to correct (plump up) the nasolabial folds and the corners of the mouth.

Juvederm results are seen immediately and last about eight to 10 months. Radiesse is a calcium-based product composed of similar components to that found in teeth and bone. Again, no allergy testing is necessary. Radiesse is somewhat thicker than Juvederm and lasts a bit longer, 10-12 months on average. Radiesse is great for correction of deeper wrinkles or folds. For Donna, injections were given to restore volume to her chin area and jaw line and to disguise jowling. Radiesse results are visible immediately.

With both fillers there can be some redness and swelling. Downtime is generally just overnight, though occasionally some bruising may occur.

Donna: Overall, this was a very positive experience. I love the way my new skin looks, and I hardly need founda-

tion anymore. My face feels soft and smooth and looks young and glowing. In order to get the most out of this treatment, you must allow yourself to accept the slight discomfort that occurs during the process. Understand that you will look scary for several days, and you will not want to be seen at the supermarket. So prepare in advance and do your food shopping beforehand. Have big sunglasses on hand, so you can still tend to your car-pools, and prepare your family for the worst but assure them you will look better in a couple of days; most important, assure them that you are not in pain! I feel that I look so much better in my photos. My tired eyes are gone, and my skin looks healthier overall. I recommend this treatment for anyone who wants to refresh their appearance but is not quite ready for a facelift.

I thank Dr. Wertheim and Lisa for all their handholding and supreme work. Please feel free to contact me at Donna@LlImagemag.com if you have any other questions regarding my facial rejuvenation. I will ease your concerns woman to woman.

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