The Comfort of Beauty

When it comes to self-improvement, the saying “no pain, no gain” has been ingrained in our minds. We all know that the secret to looking fit and young is to exercise and eat right. Of course with the help of modern medicine, cosmetic procedures like fillers, facelifts and liposuction can smooth out and tone up our bodies and skin for an even more polished appearance. Although these procedures are effective, they can be painful. Now there are cosmetic procedures that can make us look more trim and youthful with little to no discomfort. New products on the market are starting to focus on patient comfort and offer little to no recovery time.

Fillers are a minimally invasive way to erase fine lines and even deeper set wrinkles, but the injections can hurt. Restylane and Perlane two of the world’s best selling fillers that help fill in deep set wrinkles and folds from the nose to the corner of the mouth. These fillers give amazing lasting results, but the injections can be somewhat painful. Now these products contain lidocaine, a local anesthetic that can give a more comfortable experience to the treatment.

Fillers are great for isolated wrinkles and folds, but when the elasticity of the skin has given into gravity, patients start looking into more drastic procedures like facelifts. Surgical facelifts are very invasive and come with the risk of the skin being pulled too tight or have an uneven look. Now with the use of ultrasound, the procedure Ultherapy is a non-invasive procedure that also lifts and tightens the skin and is less painful than surgery with little to no recovery time.

The beauty of this procedure is that it only takes 30-minutes and uses the body’s own natural healing response to gently, gradually—and reliably—restore volume to the skin and its underlying tissue. Patients experience a significant lifting of the brow line. Often, whatever appeared to be excess skin on the upper lids was actually hooding that was caused by a drooping brow. By simply raising the brow, patients reported a more “open” eye, and a more rested, refreshed look overall. Clinical experience has shown dramatic improvement in the jowl and neck area and patients report firmer, more toned skin in other areas as well.

One of the most invasive cosmetic procedures on the market is liposuction. Using a vacuum to suck out fat while poking and pulling using a stainless steel rod (called a cannula), liposuction is extremely painful and can puncture organs causing death. A new device called Zeltiq utilizes a patented method called Cryolipolysis (the use of precisely controlled cooling to remove fat) that is designed to only kill fat cells and not harm the skin or other tissue. The Zeltiq procedure is painless and involves just one to two treatment sessions. Studies have shown a significant reduction in love handles, back and abdominal fat. There is no recovery time.

The Center for Cosmetic Enhancement offers these and other more comfortable alternatives in cosmetic procedures, such as thermal tissue tightening, a non-surgical facelift using radio waves or intense pulse light, facial rejuvenation including photorejuvenation to reduce the appearance of sun damage, birthmarks, and facial skin imperfections:

The practice also provides numerous specific laser treatments for spider veins, vascular resurfacing and pigmented lesions, photodynamic and photodynamic acne procedures. Smartlipo, tattoo removal, scar revision, as well as fillers such as Evolence, Juvederm, Prevail Silk, Restylane, and now Dysport. SA

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