

BEAUTY ADVICE FROM AN EXPERT – C.B. BOSWELL, MD

By Sheila Frayne Rhoades

Dr. C.B. Boswell is a partner in St. Louis BodyAesthetic Plastic Surgery and Skin Care Center. He is a member of the American Society of Plastic Surgeons (ASPS) and American Society for Aesthetic Plastic Surgery (ASAPS) and is board-certified by the American Board of Plastic Surgery. Dr. Boswell is listed in St. Louis Magazine's 2013 "St. Louis Best Doctors" selection. He is a National Trainer for Botox and Juvederm and was awarded Allergan's Expert Injector. Dr. Boswell was named to the Botox Cosmetic National Educational Faculty. He is the previous president of the St. Louis Area Plastic Surgery Society and the previous president of the Missouri Association of Plastic and Reconstructive Surgeons. **UPTOWN** recently asked Dr. Boswell about various procedures for enhancing the beauty of face, neck and décolleté.

Q What can improve the appearance of eyes?

A When the eye opening becomes smaller it gives the appearance of being more tired or angry. This can be due to excess skin of the upper eyelids or it can be due to ptosis (drooping) of the eyebrow. A blepharoplasty, also known as an "eyelid lift" will remove the extra skin of the upper eyelids and give a more refreshed and alert

appearance. A browlift will elevate the eyebrow and this will help open up the eyes and relieve that tired look.

Q What is **Latisse** and how does it affect lash growth.

A **Latisse** is the first and only FDA approved ophthalmic prescription used to grow eyelashes and eyebrows, making them longer, thicker, and darker. It works by keeping the hair follicles in the growth phase for a longer period of time. The solution is applied to the base of eyelashes or eyebrows on a daily basis. Most people see improvement within 2 months, but it takes 4 months to see your maximal improvement.

Q Can facials alone improve complexion?

A Facials improve skin texture allowing smoother application of makeup and improved penetration of skin care products. Facial usually are not deep enough to improve fine lines or hyperpigmentation (dark spots).

Q What are the different advantages between skin resurfacing procedures – dermabrasion, chemical peels and lasers?

A All resurfacing procedures are similar in that they remove the outer layers of the skin, bringing fresh skin cells to the surface, minimizing wrinkles and giving skin a more youthful appearance. Dermabrasion uses

mechanical abrasion to remove the outer skin cells, chemical peels use an acid to “melt away” the outer skin cells, and the laser uses heat energy to “vaporize” the skin cells. The deeper the treatment penetrates, the greater the results in terms of wrinkle reduction, evening of skin tone and improvement of texture. Also the deeper or more intense the treatment, the longer a patient’s recovery will be.

Microdermabrasion uses a pressurized stream of fine crystals to loosen the skin’s top layer of dead skin cells. It immediately makes the skin feel smoother and look healthier. It is especially effective for unclogging pores and smoothing out rough textures. It may have some effect on shrinking the pore’s size. This treatment takes less than an hour and produces immediate results and doesn’t have any significant down time.

Chemical micro-peels usually contain prescription-strength natural alpha-hydroxy-acids which exfoliate the skin. These peels tend to be more effective on patients with oily skin types by removing the debris that clogs pores and by helping to exfoliate the epidermis. These don’t have any significant downtime for recovery and improved skin texture is evident immediately.

Medium depth peels, such as, Trichloroacetic acid (TCA peels) are deeper peels that penetrate down into the dermis. These peels can help with fine to moderate lines, decrease hyperpigmentation and improve texture. These peels do have downtime associated with them and

patients need place an ointment like aquaphor on their face for 3-4 days after the treatment. The deeper the peel, the greater the result, but the longer the downtime a patient will have.

A **MicroLaserPeel** uses an erbium or carbon dioxide laser that penetrates deeper into the dermal layers of the skin and is similar to the deeper chemical peels in that the deeper the laser peel, the greater the results. It is effective for treating fine to moderate wrinkles, scars, and age spots, and texture.

Clear + Brilliant is a fractionated laser treatment, meaning that it affects about 10% of the total surface area that is treated. This means there is less downtime (patients usually look like they have a sunburn for 6 hours and can go to work the next day), but they need 4-6 treatments to see the optimal results. It is clinically proven to fight the effects of aging skin by smoothing texture, reducing pore size and improving hyperpigmentation (even skin tone).

Q What is the difference between **Botox** and **Juvederm**, and what areas do they affect?

A Botox relaxes muscles and reduces facial lines in the forehead and around the eyes. When these muscles stay relaxed, crow's feet (or smile lines), vertical lines between the eye brows (frown lines), and forehead lines smooth out. Improvement occurs in about a week, and full

effectiveness takes two weeks. It lasts for approximately four months.

Juvederm is a tissue filler for deeper lines. Areas of the face that benefit from filler injections include lip augmentation, cheeks, the fold between the nose and corners of the mouth, marionette lines from the corners of the mouth, frown lines, and some recessed acne scars. The process takes 15 to 30 minutes. Results are immediate and last up to a year. Patients will have some bruising that requires coverage 10-20% of the time, so we like to schedule fillers when you don't have an important event coming up in the next couple of days.

Q How does **Botox** help with excessive perspiration?

A **Botox** is effective in treating hyperhidrosis, or excessive perspiration. Sweating of the forehead, armpits, palms of hands, or soles of feet is a common problem. **Botox** injections stop the sweating. The armpits are the most commonly treated area. Depending on units used in treatment, Botox reduces perspiration for approximately six months to 1 ½ years.

Q Are these procedures safe?

A Every procedure carries risks – safety depends on skill of the doctor. Side effects of Botox are redness and swelling for about 30 minutes, occasional headache or GI upset, and drooping of the eyelids in about 1% of patients. The most common side effects of fillers are bruising and

swelling. Other possible risks of fillers include over-correction of an area, too superficial correction of an area which creates lines and bumps, and vascular compromise.

Q What are chances of bruising after treatments?

A With Botox the bruising is fairly minimal and easy to cover up with makeup. If someone has bruising, it is usually at the lateral corner of the eye from injecting the crow's feet. With fillers, the greater the amount of product injected, the greater the risk for bruising. Probably 10-20% of patients will have some bruising that can last up to a week. Significant bruising is difficult to cover with makeup, so I always advise patients to plan procedures around social activities.

Q What procedures can be done to improve appearance of neck and décolleté?

A For younger people with excess fat below the chin and good skin elasticity, liposuction may be sufficient for improvement. Older patients may have loose neck skin and a neck lift is the best way to remove the loose skin and recreate the angle under the chin. Botox can be used to decrease the "platysmal bands" which are the vertical bands underneath neck that can be confused with loose skin. Hyperpigmentation, or age spots, can be improved with "medical grade" skin care or light based therapies like Intense Pulsed Light (IPL or BBL) or the Clear and Brilliant Laser. By "medical grade" skin care, I mean using ingredients that require a prescription, such as, Retin-A,

hydroquinone, a topical 10-20% Vitamin C serum, and an alpha-hydroxy-acid of at least 8-12% strength.

Q When would you recommend Face Lift, Eye Lift, Rhinoplasty (nose surgery), or Chin Implant?

A Of course, that depends on each patient. There are three groups of patients. Those patients who opt for a non-surgical approach utilizing skin care, injectables, and lasers/chemical peels. Then there are those patients who want a surgical approach that requires no ongoing maintenance. Maximum improvement comes from a combination of surgical and non-surgical treatments.

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