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HEALTH & BEAUTY

TRANSFORMATIONS
From Head to Toe

BY LALAINE ESTELLA RICARDO

LOCAL SPECIALISTS OFFER WIDE RANGE OF COSMETIC TREATMENTS

When it comes to looking and feeling your best, you can eat healthy food, exercise regularly and take care of yourself in all the right ways, but still need a little extra help in reaching your personal goals. Whether you want to smooth out a few wrinkles, tighten up the skin, trim excess fat or reshape a troublesome area, there are specialists in the area who can help achieve your desired look.

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There are dozens of providers in Loudoun County and its surrounding areas that offer an array of facial rejuvenation and body contouring treatments.

As a consumer, you would be wise to do some research and ask questions before choosing the right professional for your needs. Word-of-mouth, advertisements and websites may give you only some information from which to base a decision. Medical training, surgical experience and board certification are important indicators of a doctor's qualifications. We spoke with several clinics in the area to see what types of procedures, both surgical and noninvasive, are available.

THE EYES HAVE IT

Known for using the SmartLipo technique, a laser liposuction that allows for permanent removal of unwanted, exercise-resistant fat in the abdomen, inner and outer thighs, neck, chin and upper arms, Chrysalis Plastic Surgery in Sterling offers up-to-date procedures in both cosmetic surgery and laser technology.

Although the clinic offers an array of services for the face and body, one of the most popular facial procedures the clinic performs is eyelid surgery. Often, the eyelids show the first signs of aging, says Dr. Peter Klainer, who opened the clinic in 2000. An eyelid lift on the upper lid can treat loose or sagging skin or eliminate excess fatty tissue. On the lower lid, surgery can eliminate bags under the eyes, excess skin and droopiness.

"These are very popular because there's very little pain involved," Klainer says. His youngest eyelid lift patient was 23 and the oldest was 82. "There's quite a range of people who are interested in this procedure."

THE NOSE KNOWS

While Botox, Restylane, Juvederm and other injectibles have increased dramatically in popularity over the years, facial surgery remains a mainstay at Institute of Cosmetic and Facial Surgery in Lansdowne. And rhinoplasty is one of the most common plastic surgery procedures performed to enhance a person's look. A nose job can reshape, reduce or augment a person's nose, remove a bump, narrow the nostril, correct an injury or other problems that affect breathing, according Sophia Ashby, office manager of the clinic. The institute's two founding doctors, David K. Moose and Suketu I. Patel, perform surgery. The institute's aesthetician is Gaynor Kelly.

THAT HOLLYWOOD SMILE

If you're looking to enhance your smile in almost any way, Esthetique Dentistry in Ashburn offers a wide range of options, from minor brightening to perio-plastic surgery. The team of specialists at this clinic believes that enhancing a smile can have positive effects on overall health. The five components of a smile enhancement, according to Dr. Sanjeev Bhatia are: brightening, changing the shape of teeth or gums with minor plastic procedures, changing position of the teeth with braces, changing the shape of teeth with veneers or crowns, and replacing missing teeth with implants.

When a patient comes in for a consultation, the staff will take photos and begin the process of "smile

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designing" to show the patient what the final outcome may look like. "This we call a smile simulation," Bhatia says. "Our patients have an opportunity to see how the smile simulation could assist in their smile enhancement and beautification." With a tangible photo, patients can decide how simple or complex a smile makeover they are willing to undergo. "Sometimes it's a life-changing experience for patients," says Bhatia, an oral surgeon. "A change in your smile can give you a sense of youthfulness and self-confidence you never had before.

CHIN UP

It is said that the aging face has three parts that should be in proportion: the eye area to the forehead, the eye to the jaw line and the neck area. When Dr. Michael J. Brown of The Loudoun Center for Plastic Surgery looks at a patient, he will look to see that the three parts are in proper proportion. "You want to assess what area seems to have aged before the others," he says. "With weight fluctuation, the neck can show aging faster than the other areas."

When loose skin extends to the face and jowl, or the lines of the corners of the mouth to the nose deepen, Brown says there are several interventions that can be applied. His no-scar neck lift is just one of several facial rejuvenation surgeries he performs at the Loudoun Center for Plastic Surgery.

He uses a cutting edge technique developed in Beverly Hills that allows him to get under the skin using a special instrument that doesn't leave a scar, then do the liposuction. "The day after this surgery it doesn't even look like there was any surgery done," he says. "This techniques offers an extra layer of refinement, it helps to chisel the underside of the neck."

CHEST

While the national trend shows surgical procedures on the decline, Dr. Timothy Mountcastle of Mountcastle Plastic & Reconstructive Surgery hasn't noticed that trend applying to the northern Virginia area. His two offices in Ashburn and Leesburg keep up with the demand for skin, face and body work. He especially performs a lot of surgery on the breast.

"Of all the plastic surgery we do, breast augmentation, reconstruction, lift and secondary breast surgery are very popular," Mountcastle says. With the return of silicone implants back on the market, and now being widely used, he is able to offer his patients an alternative to saline. "Most people know a little something about the difference between the two, but we still go through the options when they come in," he says.

Breast augmentations and lifts are especially requested by young Loudoun mothers after they've had a couple of children, Mountcastle says. His older patients generally come in for tummy tucks or face lifts.

BOTTOMS UP

Kim Marinetto, a registered nurse and co-owner of Avie MedSpa in Leesburg, says the ideal candidate for its laser liposuction procedure is someone who works out and eats well but might have a stubborn area they'd like to improve. Laser liposuction is a minimally invasive alternative to traditional lipo where a laser delivers heat directly to fat cells, causing them to rupture and drain away as liquid. Dr. Betsy Vasquez, Avie's medical director, performs the procedure.

"The heat of the laser stimulates the fibroblast cells that contribute to stimulation of elastic and collagen in the skin," Marinetto says. The result, she says, is a tightening of the skin in addition to fat removal. Some of the biggest benefits to the procedure are that no general anesthetic is involved, less recovery

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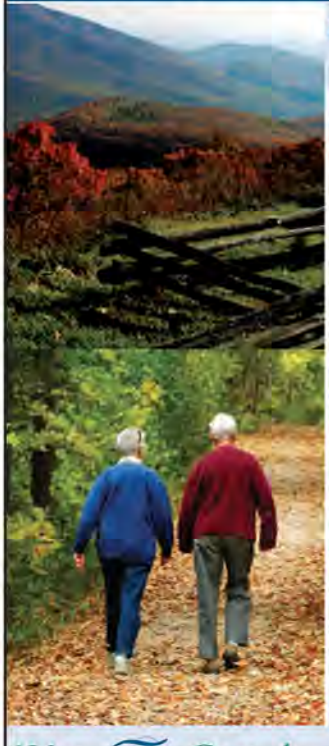

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time and fewer complications. "The drawback is that the procedure is meant for small areas," she adds. It has been performed on upper or lower abdominals, the flanks, just under the buttocks, and the area generally called "muffin top" around the belly.

"Because it's a relatively easy procedure, it's definitely becoming one of our most popular," Marinetto says.

THIGH MASTER

As people move toward healthier lifestyles and experience significant weight loss and reduction of fat, their skin may not be able to keep pace. These people may have deflated tissue and excess skin. In addition, gravity may contribute to the downward pull of skin. Dr. Behzad Parva of Parva Plastic Surgery in Leesburg says a lower body lift may be just the solution to this problem. "With a lift, you're removing as well as repositioning much of the excess skin (over the hips and thighs)," he says.

"Sometimes, no amount of exercise will do it; you won't get a response unless you have it surgically removed."

Although Parva's practice offers a range of services, he specializes in cosmetic and reconstructive breast surgery and body rejuvenation. "We use a broad approach to take care of the needs of our patients," he says.

GLAM THE GAMS

The centers' two vascular surgeons, Drs. Paul McNeill and Garth Rosenberg, perform surgeries using the most innovative and progressive techniques available. Their practice is equally divided between medical and cosmetic procedures that focus on varicose and spider veins, according to Tamara Wilkinson, clinical director of surgery center. While people may have cosmetic concerns with regard to varicose veins, those bulging veins under the skin of the thigh or calf that are characterized by twisting blue or purple patterns usually have some underlying medical reasons for concern.

"When gravity pulls blood down in the vein, that can put pressure on other veins and cause pain," Wilkinson says. VNUS Closure is a minimally invasive technique that treats varicose veins and their underlying cause.

For spider veins, which are smaller, twisted veins usually seen on the legs and face, there appears to be only cosmetic reasons their removal, Wilkinson says. In-office treatments such as sclerotherapy or the newer VeinWave, over a few visits can eliminate these unsightly vessels.

KNEES TO ANKLES

Although liposuction in the mid-section, thighs and arms are common procedures, liposuction in the knees, calves and ankles are less common, but still regularly requested at the Austin-Weston Center for Cosmetic Surgery in Reston. "When patients come in for that, they already know all about it and want it," says Dr. Robert K. Sigel, one of three doctors in the practice. "It's something they really want."

Perhaps if a person has always struggled with zipping a boot up or is generally unhappy with the shape or size of their calves, liposuction in the lower extremities might be the right procedure for them, Sigel says.

"From a technological standpoint, it's very straightforward," he says. "But what's keeping it from being more common is the time it takes to heal." For most liposuction procedures, healing takes a matter of days. For calves and ankles, it could take up to a week, he says.

Austin-Weston takes a comprehensive approach to cosmetic and plastic surgery, Sigel says. The clinic was established in 1978, and also is known in the DC area for its myriad rejuvenation techniques. LM

Resources

CLINIC DIRECTORY

Chrysalis Plastic Surgery
46396 Benedict Drive, Suite 330
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Institute of Cosmetic and Facial Surgery/Institute of Facial Surgery
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Rejuvenate You/The Loudoun Center for Plastic Surgery
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Mountcastle Plastic & Reconstructive Surgery
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Leesburg, VA 20176 (Mondays)
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Avie MedSpa
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