

You Don't Need To Look Tired Anymore!

Quickies for the Commitment-Phobe

By Sofia Rubbani, M.D., FACS, ASLMS, AACCS

In this fast paced world, women do not have the time or the luxury for surgical downtime. Advances in aesthetic medicine have made it easier and easier for women to get that "lunch time lift" without having to make a two week commitment for post op recovery.

As much as Dr. Rubbani loves performing surgical lid lifts, she understands and sees the need that a lot of women want that great "quick fix". Usually the eyes are the first to show signs of aging and project that "tired out" look. The non-surgical procedure of choice to rejuvenate those eyes is Thermage. It's a wonderful tool that can tighten skin that has become lax, by tightening the existing collagen and more importantly promoting new collagen growth. After the age of thirty we tend to lose 1% of collagen in our skin per year. So why not give the skin a boost by helping it produce more collagen? We have been getting great results in lid rejuvenation as well as that "facelift" in women who want that tightening and firmness that they had when they were younger, but do not want to go under the scalpel. Thermage results are technique dependant and Dr. Rubbani provides clinical instruction and training to many physicians on the Thermage procedure. Very often, she will combine the Thermage procedure with Botox injections to give women that beautiful coveted arch to their eyebrows.

At Glow Medi Spa, we like to offer patients the Hydra-Facelift or Liquid Facelift, for those who are looking for a gentle yet effective time reversal appearance. Unfortunately aging can lead to volume and collagen loss in the face. By using synthetic collagen/fillers we can actually add volume to areas of the face that have started to lose that fullness, making those areas



more plump and sublime. Some of the more common areas that Dr. Rubbani treats with these fillers are the nasolabial lines, marionette lines, lips, hollow appearing eyes, cheeks...any area, with long lasting temporary fillers.

Dr. Rubbani prefers not to use permanent fillers to enhance soft tissue volume because of the unpredictability of aging. If permanent filler is used and the face changes dramatically, the patient is not doing themselves any favors. The face can look different and the filler can stand out from surrounding tissues warranting surgical excision, the one thing that most

patients are trying to avoid. In this day and age where patients want to enhance their appearance but do not fit the criteria for a surgical lift, we have great resources to offer them. You can see Dr. Rubbani perform these procedures on an upcoming Montel Williams Show!

Both women and men alike should really think of these goodies as our maintenance regimes as provided by the cosmetic surgeon. In the past women would either go to the beauty salon or the operating room. There was nothing in between.

We all want to age gracefully and all of these procedures and treatments effectively postpone the need for surgical intervention. But when needed, Dr. Rubbani says, "I am here for you!" •

Dr. Rubbani will deliver a lecture at LONG ISLAND WOMAN's Free Seminar on Thursday, November 29th at 7 PM. Space is limited. Call 516-801-1106 for your reservation and more information.

Glow Aesthetics and Surgery & Glow MediSpa is located at One Expressway Plaza, Suite 115, Roslyn Heights, NY. 516-801-1106 or visit www.glowmedispa.com.

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