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# Fountainhead

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## Preventive facial rejuvenation: *A little nip and tuck... now and then*

**T**oday's state of the art approach to facial cosmetic surgery is at a level that allows maintaining a youthful appearance for many years without the sense that aging is occurring.

Over the last 30 years, women waited until their 50s or 60s and then requested facelifts to correct the ravages of aging. But today's 20- and 30-somethings are already beginning to make minor changes that ward off the aging process. This paradigm shift has been fueled by the precision that is now applied to the facelift procedure. Formerly, the operation was not much more than a strong pull of the loose skin of the cheeks and neck to a point behind the

ears, allowing the excess skin to be trimmed off. The philosophy of that operation is history in 2003. The ideal way to view facial cosmetic surgery is to think of it as a minimally invasive, unobtrusive continual process that begins before there are visible signs of aging.

It is very much like the aging process itself. Aging begins even before growth ceases at the end of adolescence, however the visible signs are not usually significant until the fourth decade of life. Aging is a relentless process, never stopping, slowing down for periods but always returning to build upon its prior effects. In past times when a hair fell out or a wrinkle developed, the result

was lasting. The only solution was to cover it up with make-up or a wig.

The early surgical procedures were very crude by current standards. Sagging skin was corrected by tugging and pulling the skin until it looked like the nylon-covered face of a bank robber or a television reporter's face filmed live during a coastal hurricane. Skin roughness was limited to either grinding away at the surface with a spinning wire brush or searing the surface with chemicals that left a permanent chalky white tone.

Today, we can reverse the signs of aging with more sophisticated methods, but the much-preferred course of action

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## Georgia Plastic Surgery Opens New North Atlanta Office

Georgia Plastic Surgery recently moved into a new office in North Atlanta located in the One Glenlake Building at the corner of GA 400 and Abernathy Road. We're on the ninth floor, looking out over the downtown Atlanta skyline. Our new office was built to incorporate many features for patient comfort. We look forward to having our patients see our beautiful new offices. Easily accessible, the building features covered parking and walkways.

### Cosmetic Surgery Seminars

Georgia Plastic Surgery will host evening seminars in our new office building on November 20, January 22 and February 17.

**Call our office at 404 292-5600 for details.**



# Preventive facial rejuvenation: *A little nip and tuck. . .now and then*

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is to prevent these from developing in the first place. We can keep skin healthy with a medicine chest of topical drugs. Little tucks and nips are considered at an appropriate time, based on personalized aging patterns that are mapped out like a satellite scanning the Earth's contours.

The last 30 years of performing facelifts has given us many valuable advances. The entire face has been studied by separating it into small finite areas and evaluating how each of these areas shows patterns of aging. During the initial consultation, your plastic surgeon is looking at the patterns that exist on your face and designing a treatment plan accordingly.

The patient who comes in at a relatively young age will have subtle changes in some areas and no signs of aging in other areas.

Therefore, recommendations for the younger patient include much less involved, highly focused surgical techniques. Recovery is always quicker and the degree of bruising, swelling and pain are always much less.

Conversely, there are still many patients that did not think to begin the process of "prejuvenation" during young adulthood. These patients are now in their 50s or older and they are finally serious about facial cosmetic surgery. More often than not, the ravages of

time have taken their toll on the forehead, eyelids, cheeks, lips and neck. At this point, surgical rejuvenation is a more extensive undertaking, sometimes even requiring a pair of surgeries.

Many patients who come in on a regular basis for skin treatments stay up-to-date on the latest surgical techniques. When they feel ready for a rejuvenating procedure, they are already informed and can plan their schedules to minimize the impact on their busy lives. Some patients talk with me about a procedure for several years before they actually plan to have it. This preparation brings a strong sense of security and confidence in the results of the surgery.

Let's look at a scenario of a patient who took this approach. Let's call her Jane. In her 20s, Jane sought out a plastic surgeon for a nose job. She had wanted one ever since her nose became too big during adolescence, but she was afraid to ask her parents for the surgery. Now that she was earning a good living, she decided that it was the right time. The surgery went well. Several years later, she returned to that surgeon for liposuction to the small areas on the side of her hips. Her health and fitness were good, but the little humps of fat were developing despite maintaining a healthy diet and exercise routine. Late in her 30s, Jane began to notice that her eyes were beginning to look tired, her co-workers were casually mentioning this to her, and she did not feel tired at all. A consultation with her plastic surgeon led to an effective, yet subtle correction of this problem with a browlift and a plan for Botox injections. She only took three days off of work.

—Sheldon M. Lincenberg, MD



# Complexion Imaging and Analysis: *A New Service Available at GPS*

*Our new office at One Glenlake Parkway will feature several advanced technologies that are state-of-the-art methods for preserving and restoring youth to our bodies and faces. One of the first innovations that we will introduce at the new office is a revolutionary way to evaluate the health of the facial skin.*

Your complexion is the window through which your image is projected to the world. VISIA Complexion Analysis provides the information necessary to truly individualize facial rejuvenation and skin care regimens to match your unique complexion profile.

With increased demand for anti-aging and lifestyle-driven procedures, VISIA Complexion Analysis is an effective visual communication tool for skin rejuvenation patients. The system cap-

tures digital photos of the face and measures wrinkles, texture, pores and pigmentation. The patient's skin features are graded relative to others of the same sex, age and ethnicity.

The VISIA system was developed by Procter & Gamble to scientifically analyze multiple skin features. Procter & Gamble scientists visited eight locales around the globe, imaging over 3500 women. Using software tools to quantify topical skin features, P & G created a statistical model (and associated database) to quantitatively evaluate and compare women's skin. By plugging in age and race, this statistical model provided scientists with the expected range for wrinkles.

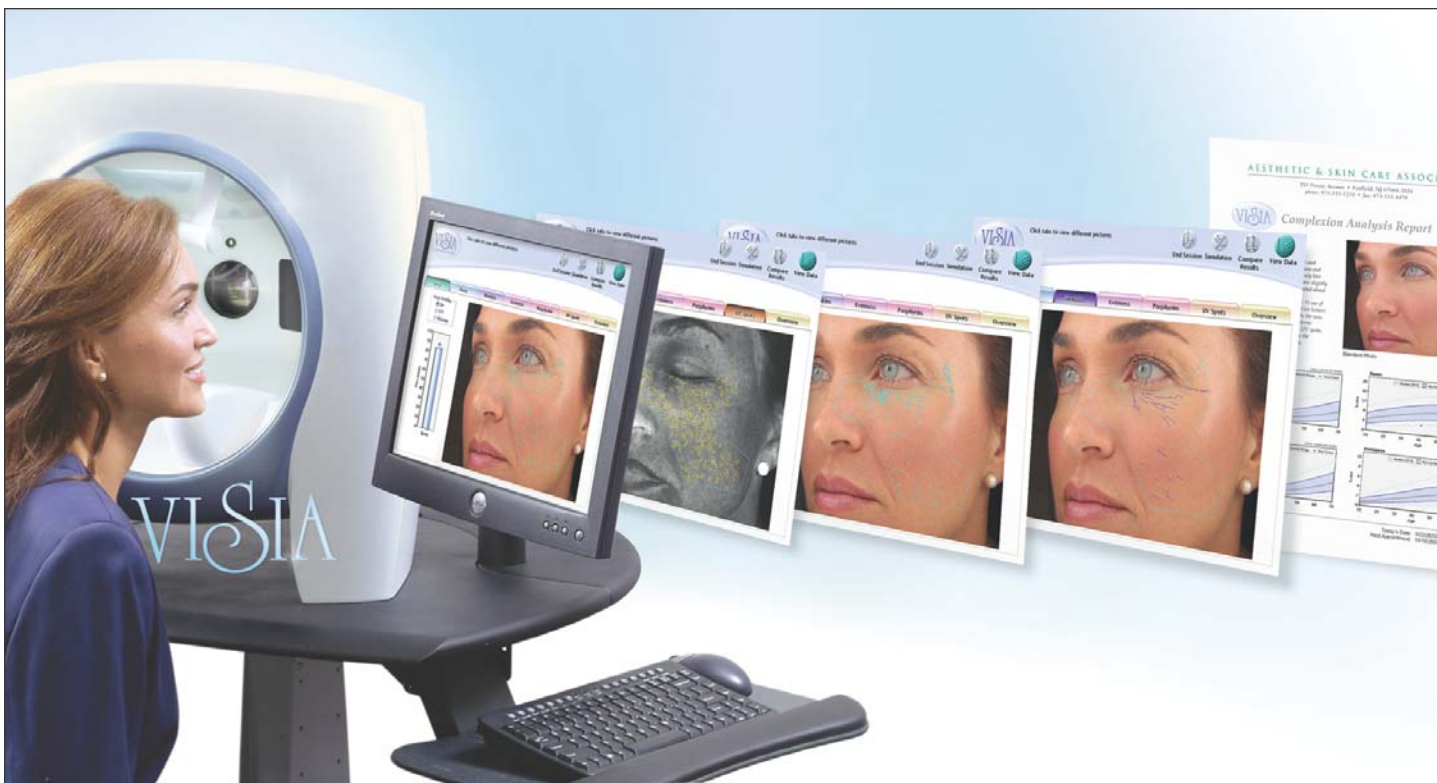
VISIA evaluates wrinkles, spots, pores, evenness (color variation in the skin tone), porphyrins (evidence of bacteria lodged in pores, which can lead to acne) and UV spots (characteristic of photodamage, typically from overexposure to sun). Each of the six skin feature

scores measured by VISIA tells a story. Every patient who is imaged with VISIA receives a printed report. Skin feature scores can be tracked to objectively document the obvious improvement that you will see on your skin.

Lower scores for spots or UV can be improved with light-based therapies, hydroquinones and cosmeceuticals as well as formulated sunscreens to minimize further UV damage.

When wrinkle scores are low, we might recommend light-based or RF therapies, chemical peels or Retinoids. High porphyrin loads, indicative of clogged pores, will respond to antibacterials, anti-inflammatory agents and cleansing facials. In this highly focused manner, customized treatments will be used to improve the health of the skin.

Your VISIA analysis is the first step toward achieving optimal skin renewal and the individualized care needed for your complexion's most radiant health.



*VISIA evaluates wrinkles, spots, pores, evenness, porphyrins, and UV spots*

# Update on Safe Tanning Techniques

*GPS remains committed to providing the best techniques and medications for achieving healthy, attractive, and youthful skin.*

The damaging effects of ultraviolet radiation are well known, taking their toll on the skin over many years of exposure. Remember the sun-worshipping '70s and the ritual of jump-starting a tan with a thick layer of baby oil? Those deep dark bronze tans gave off such a healthy glow. It is possible to have that tan, or even a lighter shade, without the risks of skin cancer, wrinkles, and leathery skin. No matter what your skin tone, you can glow from head to toe. This is the 21st century, and there is no need to bake in the sun.

The self-tanning methods currently available are much more advanced than the artificial appearing orange-tinted tubes of cream that comprised the first generation of products. Today's lotions give a rich, even, natural, shimmering look to the skin.

**GPS will be offering the most advanced of these methods in our new facility later this fall.** Until then, the off-the-shelf lotions will have to suffice. Here are some tips to a long-lasting streak-free tan.



*Even with self-tanning techniques, you must use a sunblock for sun protection.*

- In the shower, exfoliate from head to toe with a body scrub. Dry areas can soak up more color and leave you blotchy; so it is important to scrub well. Pay special attention to elbows, knees and heels.
- After you scrub, check skin to make sure it is silky smooth. If you feel any dry patches, apply moisturizer.
- Wear latex gloves to keep your hands from getting stained while applying self-tanner.
- Start at your feet and work the self-tanner all of the way up your body to your ears. Apply lightly and evenly. You can always reapply later if the result is too light.
- Avoid your lips, eyelids, brows and nails.

- Use a makeup sponge to apply tanner to the backs of your hands. Make sure you get color into all of the creases. Wear loose-fitting clothing while the tanner dries. It can take anywhere from 5 to 20 minutes to dry completely.

- To help your tan last, avoid scrubs or products containing alpha- or beta-hydroxy acids. They

are designed to remove the top layer of skin and may slough off your tan.

- To maintain your color, reapply every 5 to 7 days.

*A word of caution:* A natural tan is a protective mechanism. The melanin pigment in the skin protects the skin from sunburn. Self-tanning methods may look natural but they do not provide significant protection against sunburn. So if you are planning a tropical vacation and want to hide your pale skin from the other beach bums with a self-tanning method before you leave home, you must still apply sun block when you get on the beach!

## GEORGIA PLASTIC SURGERY

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### Sheldon M. Lincenberg, MD, FACS

- Mayo Clinic-trained, board certified plastic and reconstructive surgeon
- Facial cosmetic procedures (nose, eyes, facelift, browlift, Botox, fillers, energy-based therapies)
- Breast augmentation and breast lift
- Body contouring (tummy tuck, liposuction, skin reduction)

### Marion Bodner

- Licensed paramedical aesthetician
- Facials, Microdermabrasion, Micropigmentation
- Hair removal
- Non-UV Tanning