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Rejuvenating Times

THE ZWEIG CENTER
FACIAL PLASTIC SURGERY
404-252-9991

A note from *Arnold Zweig, MD*

Not a day passes that our staff doesn't get calls inquiring about a miracle procedure or product to make us more youthful. Television, radio, and magazines love to expound about something new on the market. It makes the public buy their magazines or view their TV shows. Examples are "weekend face lifts", permanent wrinkle fillers, rapid healing laser resurfacing, and, of course, the magic creams and facial exercises that cure sagging and wrinkles. These claim to get faster, better results, be less expensive and heal immediately.

I have been in practice for many years and am constantly honing my skills as well as modifying my techniques to obtain better results. I read all current medical literature and attend meetings where I hear about what is new and not yet even published. Over the years, I have seen new techniques and trends come and go. Often what seemed to be a promising and exciting idea turns out to have problems or an unacceptable complication rate. My philosophy is not to use experimental products or adopt so called "newer" techniques until I am reasonably convinced that the safety record is there and the results justify change. I feel it is better to get an 80% improvement with a less than 1% complication rate than a possible 95% improvement with a 5% complication rate. I aim to get the best results, using the most reliable and time-tested techniques.

Let me share with you, however, some new variations of proven techniques as well as interesting products you may have heard about on the horizon.

The Mid-Face. As we age, the face and neck tissue and skin loses its elasticity, and pulled by gravity, begins to sag. Skin texture and elasticity changes and wrinkles form. Skincare and laser or chemical resurfacing helps the wrinkles, while a face-neck lift helps the sagging. One of the signs of youth we also lose is fullness in the mid-face due to fat absorption. Children have a "cherubic" face or roundness that goes away as we age and can even become a hollow area. These areas in the cheek can be improved by filling them with either a special implant or by a fat transfer for even better results.

A fat transfer also works to fill in sunken areas in the lower eyelid area. For this technique, a patient's own fat is harvested from a distant location and injected into the places in the face where it has been lost. A high percentage of this fat remains permanently. Fat transfer or implants can be done along with a face lift or as an isolated simple office procedure instead of a face lift.

Wrinkle fillers-new products undergoing testing compared to Collagen

- 1.) Hyaluronic Acid derivatives – (Restalyne, Perlene, etc.) All absorb in time but last longer than Collagen. It is more painful than Collagen to inject and may cost more.
- 2.) Articol – "A Collagen-like" substance that contains small amounts of synthetic material that is more permanent.
- 3.) Radiance – a gel like substance that contains significant amounts of calcium

hydroxylappetite (synthetic hard bone-like particles). Supposedly permanent but reportedly may be lumpy too.

Although these sound very promising and I look forward to using them, at the time of this article they have not been F.D.A. approved and cannot be legally used in this country except in experimental trials. There are some downsides to each and my colleagues in Europe and Canada keep me abreast of them.

A New Type Of Botox

Myobloc, a product similar to Botox, has recently been FDA approved. It works faster than Botox but doesn't last as long. It is a substitute for patients who have immunity to Botox and for whom Botox doesn't work.

In summary, we have not yet found the fountain of youth, but when we do, I will try it on myself first, and if it works, share it with you.

Arnold Zweig, M.D.