



# It's a Beautiful Day

Refresh your look for summer  
with little to no downtime

BY LARUE GILLESPIE

It's summer! Yay! If you're going on vacation or have a special event to attend but want to freshen up your look before you go, there are plenty of options with minimal to zero downtime to get you looking great quick.

Want fuller, luscious lips? Have some stubborn creases or scars that need a little plumping? Or how about minimizing crow's feet or fine lines on your forehead? No problem.

"Patients can enjoy no downtime with injectable treatments all year long, including the summer months," said Deborah Yu, MD, a board certified plastic and reconstructive surgeon at The Plastic Surgery Center (LookNatural.com). "Botox treatments, or fillers like JUVÉDERM® or JUVÉDERM VOLUMA®, can be performed any time of year and produce the same results."

Been wanting breast implants for a while but keep putting it off? Tropical vacation coming up fast but the thought of wearing a bikini top bumming you out? Actually, you could undergo a breast augmentation and be ready to go before you know it.

"It may come as a surprise that breast augmentation can yield a quick recovery, though it depends on the surgical technique and type of implant used," said Peter Capizzi, MD, a double board certified cosmetic surgeon in North Carolina. "Some breast augmentation patients can resume their normal activity within 24 to 48 hours and be on the beach in two weeks."

Dealing with some stubborn fat pockets? Consider COOLSCULPTING® or SculpSure. One freezes fat cells and the other heats them up.

"Both of these procedures break down fat cells," said Stephen T. Greenberg, MD, a certified cosmetic surgeon in New York. "For patients who don't want to undergo a surgical procedure, these treatments are non-surgical and yield excellent results with minimal downtime."

Don't want to worry about shaving your armpits or applying deodorant this summer? Dr. Capizzi suggests undergoing miraDry, a non-surgical treatment that stops sweating, eliminates hair, and gets rid of the need to use deodorants. "It is a one-time, one hour treatment with immediate results," he said.

Keep in mind: "To get the best results, do your research when choosing a cosmetic surgery practice. Schedule a thorough consultation to discuss the issues you want to address," said Dr. Capizzi. "You should leave that meeting with a feeling of confidence that the practice is offering you the latest techniques performed by experienced medical professionals."