

# Facial Rejuvenation Without Surgery

By: Jeffrey S. Poulter, M.D., FACS

Non-surgical facial rejuvenation is the most common plastic surgery procedure done in the world today. According to the American Society for Aesthetic Plastic Surgery statistical data, in the United States, over 9.6 million nonsurgical cosmetic procedures were performed in 2007. The population is accepting their advancing age by taking better care of themselves – living longer and healthier lives. They do, however, want to look as good on the outside as they feel on the inside.

The best recommendation for looking your best is good skin care. Applying a good sunscreen with UV-A and UV-B protection every day is essential. This will help prevent many of the fine lines and wrinkles sun damage and aging can create. Some patients will require topical treatment to correct the damage the sun and sands of time have made. Combining glycolic acids, bleaching agents, and retin-A under the care of your plastic surgeon can provide significant improvement in the texture of your skin, remove unwanted age spots, and firm up the fine lines that prevent aging from looking graceful. Obagi® CRX and Nuderm® products combine these prescription medications in a convenient form. Even more aggressive treatments can include chemical peels and laser treatments.

By now, everyone has heard of Botox®. It's so topical that comedians are impersonating the frozen face that won't move and can't talk. While Botox injections do limit muscle action, in well-trained hands it is done in a very limited area of treatment, being able to fine-tune the results to the patient's desires. The results in alleviating eyelid wrinkles and frown lines are impressive. Foreheads filled with worry are made smooth. Newer uses include very small doses to the upper lip to battle lip lines, injections to the sides of the nose to prevent the bunny lines and even treatment of the vertical bands of the neck to make the "turkey gobbler" smaller. A

few units of Botox near the corner of the mouth can help raise the drooping corners.

When a patient has deep lines and wrinkles, filler may be needed to soften those lines and smooth the deeper wrinkles. What is even more exciting is the combination of Botox with the filler Juvederm® Ultra can prolong the effect beyond the anticipated 8-9 months. The newest Hyaluronic acid filler Juvederm® Ultra Plus has been given FDA approval for clinical indications lasting 12 months. The most promising new, nonsurgical use of filler is injection of the tear trough, that indentation between the lower eyelid and cheek. Small amounts, placed at the right level, provide significant improvement in the appearance of the eyes many times making surgery unnecessary. The future holds methods to increase the facial volume, improvements in anesthesia and continued advancements in nonsurgical facial rejuvenation.

Dr. Poulter is member of the Botox Cosmetic National Educator Faculty, training physicians in techniques for botox injections and was a clinical investigator in the Juvederm Experience Trials prior to FDA approval of its release.

*For more information you may contact Dr. Jeffrey Poulter at 309 663 1222 (Bloomington), 309 692 6869 (Peoria) or call toll free 888-841-4108. You may prefer to email [info@bodycontouringexperts.com](mailto:info@bodycontouringexperts.com). Visit [www.bodycontouringexperts.com](http://www.bodycontouringexperts.com) for additional information, before and after photos and videos of various procedures.*

Resources for this article:  
The American Society for Aesthetic Plastic Surgery ([www.surgery.org](http://www.surgery.org))  
American Society for Aesthetic Plastic Surgery, Cosmetic Surgery National Data Bank Statistics 2007  
Technique Issues in Nonsurgical Filling of the Periorbital Hollows. Klein AW, Aesthetic Surgery Journal May/June 2007  
[www.InjectableSafety.org](http://www.InjectableSafety.org)