

Chat with

Charlie

Charlie Sheridan is a plastic surgery consultant in Los Angeles



Dear **Charlie:**

What is your opinion on the new Thermage wrinkle tone treatment? How expensive is it?

Please share some secrets,
Sharon

Dear **Sharon:**

I am a huge fan of the Thermage ThermoCool non-surgical facelift! Here's to 'Sharon' a little secret with you... I have had this done and love it! It works using radio frequency energy to gently heat the deep surface of the skin, causing it to contract and tighten. Results are expected to last about two years. ThermoCool can be used to lift the face, forehead and neck. It is an affordable option for patients, which is safe and requires less than an hour of your time. It's important to keep in mind that results vary from patient to patient. One must be a suitable candidate, as it is not a replacement for traditional face-lifts or neck-lifts. It is targeted to patients who have minor loosening of the skin, those who simply choose not to undergo surgery, or patients who have already had a face-lift or neck-lift and wish to maintain and refresh postoperative results. Best of all, it's non-surgical and therefore requires no recovery period or anesthesia – truly making it a "lunchtime facelift." And because it's affordable, you'll still have time and money left over to dine before going back to work. Fees vary from office to office, but know that you'll be paying a fraction of the price of a surgical procedure. Another benefit is that it can be combined with other treatments, such as N-Lite, Photofacials or even Botox®; all non-ablative procedures that make you look younger, relaxed and more confident. Nothing is more attractive than confidence. And, since appearance is everything these days, now and then we must take advantage of what medicine has to offer. Being cool never looked so good. How cool is that?

Dear **Charlie:**

I am about three stones overweight. I am trying to eat sensibly to lose this but I am finding it really hard. Does it get harder as we age or is this just an excuse to give up? I really would like to lose some at least.

Margaret, Ireland

Dear **Maggie ... from Mayo?**

Yes, it does get harder to lose weight as we age. Our metabolism tends to slow, making even the smallest of weight loss feel as insurmountable as moving a mountain. Here's an idea: while most people advise the standard, "eat well, exercise regularly" routine I would suggest the same-- but remember to indulge yourself as well! No, not on a delicious dessert, but rather on something to make you feel better about your looks. Have you considered Botox? Or an injectable filler to plump up wrinkles? Perhaps even a series of facials might be in order. Ever consider permanent make-up?

I have personally witnessed hundreds of people in your position, and once they invest in themselves, that positive energy catapults them into becoming their very best. It can be incentive to "keep going," and to attain the reasonable goals you've set. So there. You have my permission to treat yourself to something aesthetic that will make you feel more attractive now. I assure you, it will create inner beauty that you will want to further enhance, soon your weight loss will be conquered. Keep moving...remember a rolling stone gathers no moss!

Dear Charlie:

I am in my twenties, and want to know what you feel is the premier skin care line available today.

Staying young by the skin of my teeth,
Sam

Dear Sam-the-Man

(hope that wasn't short for Samantha),

I am so happy that a male is asking this question! A good skin care regimen is not just for women! In fact we find that today's youth is quite concerned about general skin care, and is certainly much more diligent than ever before.

This is such an important question; adults often overlook skin quality and focus simply on lifting, saggy skin. However, without healthy skin, even the finest plastic surgery will look incomplete. That is why I am such a big fan of all the adjunct procedures available today. There are many non-ablative options that improve skin quality. Good looking skin goes hand in hand with youthful looks.

To address your specific question, I must say that I do have a personal favorite. In my (almost twenty) years in aesthetic medicine, I am the most impressed by a line called Innovative Skincare. Their products were selected as "Best Skin Care Line" by Harper's Bazaar, 2003--and I'm not alone. Their fans include many celebs like Gwyneth Paltrow, Kirsten Dunst, Paul Walker, and Sharon Osborne. What sets them apart? Results. This stuff really works! Every skin care company make claims, and unfortunately many fail to deliver. Innovative Skincare, based in Los

Angeles, has developed Clinical, for men and women, and really does deliver as promised. Skin texture, appearance and overall health is restored while promoting and accelerating the natural process of exfoliation, circulation and cellular regeneration.

Founders Bryan Johns and Alec Call have enlisted a group of experts including Dr. Mostafa Omar and Dr. Charlene DeHaven to launch this line, which has garnered

accolades from both the medical and aesthetic communities. Of note, they began a philanthropic program at the Washington Cancer Institute in January of this year. After studying the effects of their products on cancer patients who have undergone chemotherapy and/or radiation therapy, they have been endorsed by WCI for the Images Program.

Whether your concern is anti-acne, anti-aging or healing, this skin line will work wonders. IS Clinical products are available at exclusive medical facilities across the US. To learn more visit their website at www.isclinical.com.



Dear Charlie:

I am a 38-year-old mother of three children. I have always been slightly underweight and maintained a 25" waist until about three years ago when I began gaining weight without lifestyle changes. I am 5'6" tall and weigh 134 lbs. I would love to have a breast lift and augmentation, but would also want a mini-tummy tuck and liposuction. Is this safe or even feasible to have all procedures done at once? Should I consider dropping any weight first?

Mom in need of repairs,
Debra

Dear Debra:

Your body is your temple, or in this case, your house. If you were to redecorate your home, wouldn't you want to do it all at once, rather than room by room? Combining surgical procedures is not only common, but also often desired by many patients. They prefer to undergo anesthesia only once, and especially enjoy having only one recovery period. If your surgeon feels that it's a safe option for you, I would encourage you to do it all simultaneously. The key is to stay within safe boundaries of anesthesia and surgery time, which depends upon the technique and speed of your surgeon. Yet another benefit is the sizable financial savings offered by many offices for multiple-procedures. The breast lift (mastopexy) and augmentation would, of course, be done concurrently. The question is whether or not your physician feels it is in your best interest to add the tummy-tuck (abdominoplasty) at the same time. It sounds as though you might benefit from some liposuction, to give you back that itty-bitty waist. Don't despair. It's not at all uncommon for our bodies to change once we reach our late thirties or forties. As far as weight loss, it doesn't sound as though it is necessary for you. We usually recommend weight loss in people who are at least thirty to forty pounds over their ideal weight. In fact, at 134 lbs and after having three kids, it sounds as though you should be celebrating! So here's my suggestion: I say dip into the household maintenance and repair fund, and make the most out of your temple. This should put a new spin on the meaning of home improvements.



Editor's Note: Charlie welcomes questions on all topics of cosmetic surgery procedures and skin care. If you have questions you would like Charlie to answer, log on to our [website](#). J.B.