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Feel Good
in 2010**

**Kicking Up
Your Defenses**

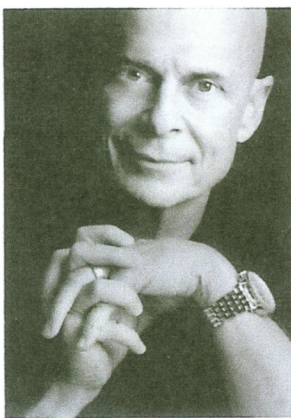
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2010 WEDDING GUIDE





Rejuvenate Your Eyes

Dr. Joe Niamtu

Did you know that the upper face ages faster than

the lower face? Many people in their late 30's and early 40's begin to develop aging changes around their eyes that make them look old and tired. Common aging changes include droopy skin on the upper lid that makes it difficult for females to apply makeup and sometimes blocks vision in men and women. In the lower eyelid, fat bags and crinkly skin are the biggest problems. As a result, some of the most popular cosmetic facial procedures done today are on the eye area.

Dr. Joe Niamtu specializes in cosmetic surgery of the face and neck and has done hundreds of upper and lower eye procedures. They are performed in his fully accredited office surgery center with light IV or local anesthesia. Dr. Niamtu uses the newest technologies of laser and radio-wave surgery for eyelid surgery. This produces less bleeding and tissue damage which means less bruising, faster healing and less post operative pain. This surgery takes about 15 minutes per eyelid and the recovery time is usually about a week. Most patients that have eyelid surgery on Thursday or Friday can recover over the weekend and "pop on a pair of shades and sneak to the mall by Monday or Tuesday."

Dr. Niamtu frequently treats the area around the eyes with laser resurfacing as well. This produces a more dramatic reduction in wrinkles and crow's feet. After laser resurfacing, the patient will be red for a week and then pink for another week. Makeup can be used to cover the pinkness until it resolves. For minor to moderate lower eyelid wrinkling, a chemical skin peel can be performed and heals in about a week. The results are not quite as dramat-

ic as the laser treatment, but the recovery is faster.

"Many patients mistake a droopy brow for

eyelids problems. Some patients actually need a brow lift instead of or along with upper eyelid surgery," notes Dr. Niamtu. "It's important to choose an experienced doctor who can recognize the subtle differences that indicate each specific procedure."

The above patient underwent blepharoplasty by Dr. Niamtu with CO2 laser resurfacing of the lower eyelids. The improvement with the non-surgical laser procedure is dramatic and does not require an incision scar of the lower lids.

"Many people watch what they eat, they exercise and they pay attention to their appearance. Although they feel young, they complain that when they look in the mirror they see a person that looks much older than they feel," says Niamtu. "By rejuvenating the eyelids, patients look more alert, awake and refreshed. They say people often ask if they've taken a vacation."

Dr. Niamtu is well known in international cosmetic surgery circles as an surgeon, author and lecturer. He teaches courses in eyelid and brow lift techniques to surgeons from all cosmetic specialties. To find out if any cosmetic facial procedure is right for you, visit his informative website at www.lovetheface.com and see real examples of all the techniques he can perform. Dr. Niamtu also offers complimentary consultations to discuss your individual needs. To schedule your consult, call Dr. Niamtu at 934-FACE (3223). ■

