

Lunchtime Upgrades to Your Face and Body,

By Kenneth M. Rose M.D.

In less time than it takes to order and eat lunch, these lunchtime procedures can turn the clock back to a more youthful you.

The common workday question is what to do for lunch: run errands or eat?

Vending machine or leave the office?

Fast food or sit-down restaurant?

Sandwich or soup?

The options are endless when it comes to lunch time decisions.

Well, move over food choices because there is a new list of choices to agonize over for that midday break. No transfats, low in calories and completely feasible to complete within a lunch break time frame, here is a short menu of procedures that can upgrade your look.

While most procedures listed here require more than one treatment over a period of time, the actual time of the treatments are short in duration. They are non-invasive, feature nearly no downtime with little to no visible negative side effects...

So let's peruse the menu, shall we?

BOTOX

Regarded as the "gold standard" for temporary facial wrinkle reduction, BOTOX injections take just a few minutes. It can help alleviate forehead, frown line, crow's feet wrinkles as well as those on the neck.

BOTOX has also been used successfully to reduce excessive sweating on the palms and in the armpits.

Time of Application: 10-15 minutes

Facial Fillers

Restylane

Restylane is a naturally occurring, FDA approved, filler that can be injected into moderate to severe wrinkles or folds in the facial skin to help restore their original fullness. The laugh lines (nasolabial) folds are a prime area in which Restylane can help.

Another area in which Restylane excels is making the lips appear fuller and plumper to give a younger, sexier appearance.

Juvederm

An alternative to Restylane with similar properties and applications but is reported to last longer (almost one year). It also is natural and FDA approved.

Radiesse

Radiesse is another naturally occurring dermal filler for facial lines. It has received two FDA approvals and is mainly used for the deepest facial lines. It actually stimulates your body to create more collagen to help you look better. An added benefit is that Radiesse can last up to one year in some patients.

Time of Application: 10 minutes or less

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