



# *from* NIP *to* TUCK

the new face, and body, of plastic surgery

**W**e never tire of talking about our flaws. Years past we may have judged others who went under the knife, vowing to let nature run its course and grow old gracefully. Fat chance of that now! With the stigma of getting work done so last decade, we covered cosmetic medicine in 2014. With so many improved options and new procedures available that restore a youthful appearance, often with little discomfort or downtime, we thought it was high time to visit the topic again. To that end, we consulted with experts in the field from Fairfield County and New York City. They filled us in on new treatments, enhanced techniques, the next generation of fillers, and any changes to tried-and-true procedures that might prompt you to consider an alteration. What a difference two years make: Whether you go big or small, there is bound to be something in our guide to beauty to fix what's bugging you.

BY **JAMIE MARSHALL**



# NEW and NOTEWORTHY

In the fast-changing landscape of cosmetic procedures, the options for lifting, toning and rejuvenating seem to multiply at a dizzying rate. Following are two of the hottest treatments to come to market in the past year.



## CELLFINA

**WHAT IT IS:** An FDA-approved, minimally invasive surgical procedure that addresses cellulite on the buttocks and posterior thighs.

**WHAT IT DOES:** A device releases the connective tissue bands—septae—that weave through fat and dimple the skin's surface. Each depression is treated individually, starting with an injection of lidocaine to numb the area. After the device is positioned, it sucks up a pinch

of tissue. A tiny needle automatically slides under the skin and cuts the band.

**WHAT TO EXPECT:** An in-office procedure that takes from forty-five minutes to an hour. There is some chance of bruising and minimal discomfort. You may return to normal exercise activity after three days; your physician may recommend wearing a Spanx-like compression garment. Results last up to two years, if not longer.

**COST:** From \$3,000 to \$5,000, depending on size of treated area.

## KYBELLA

**WHAT IT IS:** The first FDA-approved injectable designed to treat submental chin fat, or the "double chin," often a hereditary condition that has nothing to do with a person's fitness level.

**WHAT IT DOES:** Kybella is a synthetic form of deoxycholic acid that occurs naturally in the body and dissolves fat. The injection not only kills the fat in targeted areas but also the cell envelope containing the fat. Once destroyed, fat cells don't grow back.

**WHAT TO EXPECT:** A fifteen-minute, in-office procedure. Mild to moderate pain during the procedure; expect bruising, swelling, redness, numbness and hardness in the treatment area but not enough to interfere with daily life. Requires two to four treatments, each about a month apart. Will start to see fat reduction and skin tightening after a month.

**COST:** \$900 to \$1,800 per treatment.

## FUTURE FORECAST

Now in the pipeline from the folks at Ravence Therapeutics: RT001, a topical formulation of botulinum toxin (Botox) that is currently in phase 3 clinical development trials for the treatment of crow's feet. Imagine: Your doc simply rubs it on and removes it thirty minutes later. No muss, no fuss, and best of all, no needles!

## Expert Advice

Our thanks go to our panel of surgeons and dermatologists who contributed their time and knowledge to the production of this feature. For more information about their services, please call them or visit their websites.

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