

Freshen Up

Dr. Robert Guida shares his knowledge on how to keep looking and feeling your best



Dr. Robert Guida

If a patient doesn't want a drastic change, but simply wants to "freshen" his or her look, should they consult a plastic surgeon?

Absolutely. My patients all want to look younger and refreshed without looking like they've had "work" done. When someone says, "I look as though I've had a restful vacation," I know I've done a great job, whether I've simply administered injectables or done a full facelift.

What's the quickest way to freshen your look?

The quickest way to refresh your look non-surgically is with a combination of injectables that eliminate or minimize facial lines and wrinkles. These injectables include either Botox or Dysport to relax the muscles that cause deep lines, or a variety of fillers, such as Restylane or Juvaderm, which can fill in deep lines and wrinkles. These injectable treatments, of course, are temporary and won't last as long as a surgical procedure.

After injectables, what procedures do you offer as quick and easy ways to look younger?

Many of my patients choose a blepharoplasty—cosmetic eye surgery—since the eye area is the first part of the face to show signs of aging. Whether the problem includes puffiness and wrinkling the lower eyelid or hanging, hooded skin on the upper eyelid, blepharoplasty can resolve the issue. The incisions can be done internally or hidden in the natural eyelid crease, the recovery time less than a week and it can give the most significant, long-lasting refreshed, more youthful look in the shortest amount of time. Liposuction of the neck and arms is also a very quick way to look younger and fitter. I'm using a combination of Aqua Lipo and Smart Lipo (laser assisted body sculpting) to ensure the best result. My patients experience very little bruising, and the Smart Lipo leaves skin looking tighter and more toned. Once again, the recovery time is about a week and the difference can be quite remarkable.

Your specialty is noses. How would you address aging in this area?

Noses do show significant signs of aging, since they can droop and become more bulbous. And, some of my patients have found that summer is a good time of year to have a surgical procedure on the nose since the warmer weather can make breathing more comfortable. For a patient looking to rejuvenate their look, I can do a minimally invasive rhinoplasty to lift the tip, reduce the bulbous look and remove a prominent bump. This will make the nose look perkier and more youthful. No nasal packing is needed and the bandage is off in 4-5 days, often with minimal bruising.

Are there some procedures that shouldn't be done in the summer?

I think the fractional laser treatments are enormously effective, and I use them in conjunction with surgical procedures like facelifts and blepharoplasties for truly amazing results. However, having a laser treatment is a commitment to steering clear of the sun. While some standards indicate that you can be out with a hat and sunscreen after a week, I believe that 3-4 weeks out of the sun is far better, so that's what I advise my patients.

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