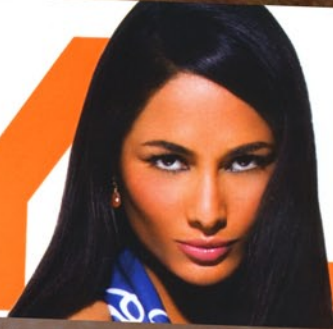


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3 THINGS TO HELP YOU PREP FOR PLASTIC SURGERY

from Dr. George Bitar of Bitar Cosmetic Surgery Institute

1. Find a surgeon certified by the American Board of Plastic Surgeons. There are many illegitimate groups with similar names.
2. Ask to talk to patients who have had the same surgery you want.
3. Have the operation done in an accredited facility, preferably a hospital. If a hospital won't give the surgeon permission to do the surgery, the surgeon is probably not reputable.

PROBLEM:
Furrow
SURGICAL SOLUTION:
Brow lift
LASER SOLUTION:
CO2 laser resurfacing
FILLER SOLUTION:
Botox

PROBLEM:
Acne scarring
SURGICAL SOLUTION:
Dermabrasion
LASER SOLUTION:
Smoothbeam laser
FILLER SOLUTION:
Zyderm or Zyplast

PROBLEM:
Corrugated forehead,
droopy brows or
forehead frown lines
SURGICAL SOLUTION:
Brow lift
LASER SOLUTION:
Laser toning
FILLER SOLUTION:
CosmoDerm or CosmoPlast

PROBLEM:
Crow's-feet
LASER SOLUTION:
Smoothbeam laser
FILLER SOLUTION:
Botox

PROBLEM:
Dull skin
and enlarged pores
SURGICAL SOLUTION:
Chemical peel
LASER SOLUTION:
Laser toning

PROBLEM:
Tired or sad eyes,
sagging lids or puffy bags
SURGICAL SOLUTION:
Blepharoplasty
(eyelid surgery)
LASER SOLUTION:
CO2 laser resurfacing

March/April 2006