



Looking Younger

By Dr. Dennis Schimpf

It seems that every day there is a new fix to facial aging. There are various products promising to make you look younger and more vibrant. It is a difficult and at times confusing area for patients to understand.

The most famous of the commercial products is Botox. This paralytic drug is injected into the subcutaneous tissue in areas around the eyes (crows feet) and forehead. The drug prevents superficial muscle contraction in the injection site and reduces wrinkling for 90 days. The primary target for Botox is fine facial wrinkles and wrinkles associated with facial animation. It was also recently approved by the FDA

as a treatment option for migraine headaches. The effectiveness of Botox in decreasing or alleviating migraines is quite impressive and offers patients an alternative to daily migraine medication.

Botox is vastly different in mechanism of action and applicability than the numerous injectable fillers now on the market. There is a full range of these products based on naturally occurring substances in the body such as collagen or hyaluronic acid. These products are designed to fill deeper grooves or lines which develop with the normal process of facial aging. Most commonly, the nasolabial folds (NLF) or marionette lines of the face are effectively treated with fillers such as Juvaderm. Fill-

ers are becoming more widely used for improving the hollowing of the mid-face which occurs with aging. Voluma, the newest product to the injectable market, was recently approved by the FDA for improvement of midface contour and is the longest lasting injectable at two years. The product is injected into the deeper tissues of the cheek region and gives the patient's face a more full and youthful appearance, reversing the hollowing that occurs with the progression of facial aging.

This is an exciting time in the area of plastic surgery. Technology continues to advance in both the areas of injectables and lasers. These advancements allow for patients to obtain better results with less recovery time and at less of a cost. What makes plastic surgery unique is that we have the ability to offer all forms of both surgical and non-surgical treatment options, ranging from injectable and laser therapy to more dramatic surgical procedures.

While we certainly can't stop you from getting older, we have various options available which can certainly help keep you looking younger.

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