

forever beautiful with rex

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Being forever beautiful involves much more than artful application of make-up, although that is Rex's area of expertise. We had to turn to many other experts in the beauty and health fields for the in-depth information that must accompany any study of the aging process.

beauty strategies for the rest of your life
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by the authors of MAKING UP

Plastic Surgery:

There may come a time when you are considering making corrections that go beyond base and blush. The decision to surgically alter your features is a choice only you can make.

There is no doubt about it, plastic surgery has come into the mainstream. Men and women no longer wait until nature has done its worst to seek plastic surgery. One begins earlier, viewing it as an anti-aging strategy, along with body toning and proper diet. As Dr. Michael Evan Sachs states, "You can't suddenly go into a gym at 65 and expect great results".

Dr. Sachs is among the surgeons who believe that a face lift done in the forties actually re-inforces the

tissues. With the newest procedures that lift the total structural foundation of the face, supporting ligaments become stronger and less apt to let gravity take its toll. Sachs states, "The proper time for a face-lift is when the effects of age are beginning to show, the skin still has its youthful resiliency and the results are excellent".



This woman's nasal profile was enhanced by Dr. Sachs Finesse Sculpting Rhinoplasty procedure

How to choose a surgeon:

Never choose a surgeon whose work you don't know - directly or indirectly. If you know of no other woman who has been a patient of your doctor of choice, ask if you may contact two or three previous patients. If you are not given any names, consider another doctor immediately.

You should have the opportunity to speak directly to other patients. This doesn't mean going to their homes to stare at their scars, a courteous, brief phone call will tell you all you need to know. Ask about the total experience, beyond the success of the surgery. Find out if the doctor was available to them after surgery, if he or she was helpful and understanding, what the post-operative treatment was like.

Present yourself as you would for any interview - job, college, club, etc. Don't be too casual, don't be too nervous. Your best approach: serious, relaxed and confident.

Do your homework first. Be as knowledgeable as you can about the procedure(s) you desire. A reasonable consultation time is 15 minutes, don't waste it by asking uninformed questions.

Look around you. Be aware of the aesthetics of the office. It must be more than clean and neat. Surroundings suggest artistic sensibilities, and you are choosing an artist.

Be as definitive as you can. Never give a doctor carte blanche. It only says you don't know what you want; you haven't given the matter proper consideration. Ask: "What would you suggest to improve my nose?" or "What do you feel is the best procedure for these bags under my eyes?" Never ask: "What could you do for my face?"

Bring pictures of features you like, if you wish, but make sure the surgeon knows you are using them only as a reference point. Pictures give the doctor something to go on, not a blueprint for your surgery.

Be honest if you've had cosmetic surgery before, admit it, discuss any problems that you feel occurred without being overly critical of previous experiences (unless they were obvious disasters!) The surgeon is going to be wary of "Doctor Hoppers".

Ask to see patient pre and post-surgery shots. These will give you both an overview of what the doctor can accomplish, as well as the type of work he or she most likes to do. Many surgeons show a definite preference of skill for one type of

procedure over another. Some superspecialists concentrate on one part of the body, (face/breasts/overall body sculpting).

Feel comfortable that the doctor understands what you want. Ask specific questions: "What about the hump on my nose? Will you take it off or just lower it a bit?"

Discuss long range aesthetic objectives. Don't feel pressured into doing "everything" all at once. Ask if the doctor can suggest a five year plan, a ten year plan. If a doctor steers you away from a moderate approach, steer away from the doctor!

Be frank about finances. Once the surgeon knows the extent of the procedures you are considering, he or she may give you a general "ballpark" cost during your initial interview. Follow up with the office or business manager to get the final amount, and make sure it includes any additional charges. It is a common practice for surgeons to require all fees be paid in full prior to the surgery, often one month in advance. Most insurance companies will not re-imburse you for cosmetic procedures.

Feel comfortable. If, at the end of the consultation, you are

impressed with the surgeon, but feel you need more time to discuss specifics, call the surgeon's receptionist in a week or so and ask for a second interview. Most surgeons welcome this especially. Many do not charge for a repeat visit - but don't make a pest of yourself.

It would be naive to think that you aren't being as carefully

How a surgeon chooses you:

evaluated by the doctor at your consultation, you most definitely are. When you enter a surgeon's office you are only a candidate for surgery. What goes on during the interview will determine whether or not the doctor considers taking you on as a patient. You will have to demonstrate that you have the right motivation and the right attitude.

There are countless, sometimes hidden reasons why a person decides to have plastic surgery and a doctor will very tactfully try to get at yours.

A key question a surgeon might ask is: "Why are you considering the procedure now?". If you're there because you are on the brink of divorce, a doctor has to consider the emotionality surrounding your decisions. If you've got your heart set on a nose or cheekbones that have nothing to do with your anatomy, ethnic background, or family heritage, the doctor should alert you to what is within the realm of physical possibility. If your expectations remain unrealistic, your eventual

disappointment may mean trouble. If the doctor senses that you're a person who is never satisfied, he or she may decide not to even try. Without confidence, on both parts, neither one of you should take the next step.

Planning a facial revision is not like picking one procedure from Column A, one from Column B. In many instances, less is more. You may not even need everything you're contemplating, and a good surgeon will

Consider your options:

tell you. On the other hand, it may make more sense to combine two or more procedures at the same time. Certain combinations are extraordinarily helpful, when done appropriately, in fact, if one part of your face becomes suddenly younger while another still bags and sags, the net effect may be more artificial than uplifting!

With more and more people having plastic surgery at an earlier age, multiple operations are becoming a fact of life, and it has nothing to do with the old myth that once you start you have >



This 28 year old woman could not hide the bags under her eyes. She opted for fat melting eyelid surgery to remove her lower eyelid bags.



to keep at it. Today's procedures actually improve tone, build in support, and give you much more long-lasting results.

Be Prepared: By being in the best possible physical condition before surgery, you will help both yourself and your surgeon to accomplish your cosmetic goals. Make sure you are well rested, at a good body weight, and psychologically prepared for the surgery. Do not schedule surgery when you are going through a time of major trauma, stress or depression.

The immune system is intimately involved with the psychological aspects of distress, and you will heal in a very different way.

If you smoke, have your last cigarette one month before surgery; you don't want your blood vessels to be constricted. Without an oxygen rich blood supply during surgery, especially during facelift procedures, you could run the risk of actual skin death. Stop taking Aspirin or Ibuprofen two to three weeks ahead; they inhibit clotting. Too much Vitamin E does the same, and may encourage excessive bleeding.

Extra nutritional supplements, however, can aid the healing process: Vitamin C maintains collagen and facilitates the formation of connective tissue, plus it helps fight bacterial infections and prevents hemorrhaging. Trace minerals such as Selenium, Zinc and Manganese may preserve tissue elasticity, help heal wounds and activate necessary enzymes. Papaya, mango and pineapple are particularly rich in these trace elements. In general, a high potency vitamin is sufficient. Avoid crash dieting, your body must not be in a protein-depleted state.

Just before surgery is the right time to do all hair coloring (the chemicals are an irritant and shouldn't be used for several weeks after surgery). And stay out of the sun, skin inflammation is the last thing you need!

A little anxiety before surgery is perfectly normal, but don't let it get the best of you. Channel it into excitement. Think positive thoughts, and set up a support system so that you'll be able to recuperate in a relaxed state. Have people around you who will take care of you.

We wish to thank, for their time, guidance, and considerable help the following people:



Dr Michael Evan Sachs, Internationally renowned plastic surgeon. As an inventor-surgeon, Dr. Sachs has innovated several new plastic surgery procedures which have been adopted by surgeons around the world. He has published over forty research papers and a series of reference textbooks.

He has been actively teaching facial plastic surgery for 15 years and is one of the elite group of surgeons who writes the exam for board certification in facial plastic and reconstructive surgery. His skill and artistry have aided thousands of patients to look and feel more beautiful, youthful, and vibrant.