

anesthesia is usually required. Surgeons alter bone and cartilage, working under the skin through incisions inside the nose.

QuickLift™ uses small incisions to tighten skin and lift deep facial tissues. It is performed with local anesthesia and mild sedation and produces little scarring, bruising, and downtime.

Eyelid surgery is performed with local anesthesia to treat sagging skin and bulges above or below the eye which can interfere with vision or make a person look old and tired. Incisions are small and heal with little visible scarring. Aside from some bruising and swelling, recovery is minimal, with patients resuming light activity the next day.

Chin augmentation is an underutilized procedure that can make a huge difference in someone's appearance. It entails inserting an implant under the skin of patients who have a receding chin but not a significant overbite. Zipfel adds, "It is inexpensive, not very painful, and surprisingly gratifying for patients."

You Can't Judge a Book...

Moravec stresses the importance of finding a reputable, capable, well-trained surgeon. Ask questions: What are your qualifications? What complications have your patients had with the



Above: Dr. Debra McIntosh, a general and cosmetic dentist.

Right: Joseph J. Moravec, M.D.

procedure I'm having done? Can you use local anesthesia instead of general, which is riskier? Have you had art training? Zipfel mentions putting the correct curvature in an ear or nose so that it looks natural instead of surgical. "I'd rather have a surgeon that's good with his hands than one who made 100% on his academic testing."

Talk to people who have had procedures done, look closely at the treated areas, and ask if they know others you could talk to. Contact your state's medical board for information on



your physician's certification, education, licensing, and disciplinary actions. Ultimately, "You should feel comfortable that you are in the right hands," says Zipfel.

So. Are you ready to leave the cocoon on the branch? Your inner butterfly wants to soar!

Kimberly Kennedy is a local freelance writer.

Are varicose veins causing your legs to feel painful, heavy and tired? We can help!

Varicose veins could lead to more serious health issues if not treated.

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