



Dermatologist David McDaniel with a Botox Cosmetic syringe at Diner in Brooklyn

Tip

Before getting an injection, show your dermatologist a picture of yourself in your 20s so he can see exactly where you've lost volume and need fillers.

Office Hours

Doctors have a surprising array of tools and techniques to beat back the signs of time. These ten in-office fixes will have you looking younger—in a flash. **By Liana Marraro Schaffner**

If dermatologists wore black capes instead of white coats, you might mistake them for magicians. The experts wave infrared wands and prescribe seemingly supernatural ingredients, radically reversing signs of aging. But they also have subtler, more nuanced tricks up their sleeves. In a matter of hours, and sometimes minutes, doctors can perform quick, comfortable procedures that leave you looking brighter, tauter, and years younger. Believe it or not, they can even refine the shape of your nose (with absolutely no skin off it). Sun spots, spider veins, droopy jowls, dullness—now you see them, now you don't.

1. They Can Offer Serious Firming

The most effective fix for droopy skin, radio-frequency waves, requires a bit of fortitude: It burns like the devil. Treatments such as Thermage work by delivering sound waves deep into the skin, causing microscopic fissures that stimulate collagen production, which in turn firms up loose and sagging areas (face, jowls, neck, knees, and so on). The results are impressive—most patients see significantly tauter skin within six months—but the procedure can be hard to take. “Some of my patients find radio frequency too painful, even with heaps of medication,” says dermatologist Howard Sobel. For those of us whose pain thresholds land somewhere between moderate and mouse-door level, there's an easier alternative. Sobel recommends the nonablative eTwo laser, which directs a much milder combination of radio frequency and infrared-light pulses into the skin. “The results are comparable to Thermage but not as painful,” says Sobel, who recommends three sessions spaced one month apart.

2. They Can Turn Small Lines Into No Lines

A new hyaluronic acid filler, recently approved by the FDA, can diminish the tiniest and most superficial of

lines. And that's big news. “Belotero Balance spreads out evenly instead of clumping up like other fillers, so you don't have to inject it deep into the tissue,” says Fredric Brandt, a dermatologist with offices in New York City and Miami. The small particles and malleable texture make it possible to smooth shallow lines instantly while maintaining a bump-free surface. “It's perfect for filling in fine lines around the lips and even crow's-feet,” says Brandt. And because the needle only penetrates the skin's top layers, there's far less bruising involved.

3. They Can Give You a Ten-Minute Nose Job

One common sign of aging is as plain as the nose on your face. Actually, it *is* the nose on your face. “The nose flattens and widens as we age,” says dermatologist Jody Comstock. “One of the quickest and easiest ways to look younger is to reshape it with a filler.” A hyaluronic acid filler (Perlane, Juvéderm, Restylane) injected right into the dorsum (the bony line straight down the center) slims the nose and even corrects bumps and imperfections. Doctors can also add a tiny dose of Botox under the tip for a more youthful profile. “Your nose becomes more hooked as you age, which drags down the entire face,” says Brandt. “Botox lifts it up and takes off years in about ten minutes.”

4. They Can Save Your Neck

Neck muscles can start to enlarge and protrude as we age, resulting in the appearance of thick, tight cords. And as if that weren't hard enough to swallow, “the muscles in the neck and the superficial muscles of the face are connected to one another,” says Brandt. “That means your neck actually pulls your face downward.” It's a depressing thought with a surprisingly easy fix (that doesn't involve buying stock in a turtleneck emporium). “I relax the neck muscles with Botox,” says Brandt. “It softens the wrinkles, gets rid of the cords, and lifts the face. Basically, it's a nonsurgical face-lift.” Botox breaks down every three to four months, so repeat visits are necessary.

5. They Can Painlessly Clear Spider Veins

Sclerotherapy—the procedure that can eliminate spider veins and the leaky blood vessels that cause them—was once the literal equivalent of rubbing salt in a wound. “Before, we had to use a saline solution that stings and is extremely painful,” says dermatologist Amy Forman Taub. But the latest alternative procedures, which involve injecting veins to inflame them, close them, and allow

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the body to absorb them, have made real advances in the past few years. “Newer detergent-like drugs such as Asclera and Sotradecol are just as effective as saline but don’t cause as much discomfort,” Taub says. (Doctors use a tiny needle “the width of a strand of hair,” says dermatologist Arielle Kauvar.) “It’s a very quick, very effective procedure that covers a lot of territory,” says Taub. There’s no downtime, but that doesn’t mean there are no side effects: There is often bruising, some redness, and a bit of swelling in the veins, which compression stockings can help minimize. Sometimes patients see brown staining from inflamed veins that can last for several months.

6. They Can Get Rid of a Bruise

When your face makes contact with an open kitchen-cabinet door, there are two things that will help ease the imminent black-and-blue (and purple and yellow) mark. The first is cursing like a sailor. The second is dialing your dermatologist. “It takes about 48 hours for a bruise to develop fully,” says Brandt. “At that point, a patient can come in, and we’ll treat it with a simple V-Beam vascular laser. The procedure takes only 20 seconds, and the bruise will fade by the end of the day.” Who the hell knew?

7. They Can Give You Prettier Earlobes

Next to perkier breasts and a better butt, we yearn for smooth, round, plump...earlobes. Yes, you heard that correctly. “Skin sags as we age, and the earlobes are no exception,” says Brandt. “And because so many women wear heavy earrings, the lobes are often the first thing to droop.” To plump them up, Brandt recommends a hyaluronic acid filler.



Tip

Retinoids will make skin look smoother after six weeks of continuous use.

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“A tiny shot in each lobe gives your ears an immediate lift that can last from six months to a year,” he says.

8. They Can Fix Up a Screwup

We all know injectable fillers virtually erase wrinkles. But what happens when the thing you want to erase is the injectable filler itself? “I see patients with fillers that were put in the wrong place all the time,” says Comstock. “A botched job can make the face appear off balance.” If you use a high volume of long-lasting filler, like calcium hydroxylapatite (Radiesse), you’re out of luck—it lasts for a year and can’t be removed easily. But with hyaluronic acid fillers (Perlane, Juvéderm, and Restylane), there’s a simple exit strategy. Dermatologists can inject an enzyme that can dissolve hyaluronic acid within 24 hours. “Your body will actually

metabolize it, so there’s no trace of it in your system,” says Comstock. When it’s time to give fillers a second chance, show the dermatologist a picture of yourself in your 20s. “It’s critical to know where a person’s soft tissue was originally in order to replicate it correctly,” says Comstock.

9. They Can Offer Brightening With Cancer-Fighting Benefits

If you ever needed an excuse to justify paying for smoother, brighter skin, this is it. Photodynamic rejuvenation, a treatment that doctors use to eliminate sun damage on the face, legs, and arms, combines pigment-busting Intense Pulsed Light with a topical drug (amniocleulinic acid) that destroys abnormal and precancerous cells. “Patients with moder-

Coming Soon

Dermatologists are known for many things, but being excitable isn’t one of them (they’re the cautiously optimistic type). Yet even top doctors are eagerly awaiting the arrival of these new innovative skin tools and treatments.

- **CoolSculpting by Zeltiq**, the body-fat-zapping machine that freezes and destroys unwanted fat cells, has two new features this year. The first is a curved hand piece (the CoolCurve+) that allows doctors to treat larger curved or soft areas of the body, such as love handles, the back, and thighs. “The current hand pieces work well, but the new ones can cover more surface,” says Comstock. With the new design, patients get maximum slimming in a single sitting. The second improvement, the CoolFit, has a flat, broad base that covers the stomach area quickly—it allows 38 percent more surface contact, destroying more fat cells per treatment cycle.
- **Restylane and Juvéderm**—two popular hyaluronic acid fillers—are being updated to address

significant volume loss. Pending FDA approval, Restylane SubQ and Juvéderm Voluma will contain larger particles to plump up extremely hollow and sunken regions on the face more effectively. As an added (and prudent) benefit, “the bigger particles will allow doctors to achieve longer-lasting results with much less filler,” says dermatologist Jeannette Graf.

- **A synthetic bile salt** developed in Greece has been shown to reshape the jawline by reducing chin fat when injected. The fat-dissolving molecule, ATX-101, is currently in trials in both the U.S. and Europe, which means “it may be a while before it’s here,” says Kauvar. “But it’s still very exciting. If it can reshape the chin area, then it may work elsewhere on the body, too.”

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ately to severely sun-damaged skin look transformed after two or three sessions,” says Taub. Equally exciting: New research shows that the nonablative fractional laser—a treatment that can lighten clusters of pigment on the face and chest—could have major health benefits as well. “It shows real potential as a remedy for precancerous cells,” says Robert Anolik, a clinical assistant professor of dermatology at both NYU School of Medicine and the Weill Cornell Medical Center of Cornell University. Anolik recently participated in a study published in the *Journal of the American Academy of Dermatology* on fractional lasers as a therapeutic option. “Patients who received

three or four treatments displayed an 86.6 percent reduction in precancerous cells at six months,” says Anolik. “We also found tremendous improvement in their skin tone and fine lines.”

10. They Can Even Out Skin Tone in Minutes

Trichloroacetic acid (TCA) peels—one of the most effective methods of removing sun damage and hyperpigmentation—leave behind scabs that take about two weeks to heal. But patients can skip over that

rough patch with a new TCA peel released by Glytone this year. “It has 25 percent trichloroacetic acid and a delivery system that bypasses the very outer layer of skin,” says Jeanette Graf, an assistant clinical professor of dermatology at Mount Sinai School of Medicine in New York City. “It removes damage without injuring the top of the epidermis, so there’s zero scabbing.” And while patients do experience dryness and mild flaking for a week, the long-lasting and immediate results are well worth it. “Most of the time, one treatment is all it takes to achieve a significantly brighter and more even complexion,” says Graf. —**ADDITIONAL REPORTING BY BROOKE LE POER TRENCH**



“Patients with moderately to severely sun-damaged skin look transformed after two or three sessions.”

The Price of Youth

The treatments in your dermatologist’s office can turn back time—but it’ll cost you.

1. Glytone TCA chemical peel

This acid peel removes brown spots and hyperpigmentation while minimizing injury to the outer layer of skin. **Approximate cost:** \$350 to \$500 per session.

2. Hyaluronic acid fillers (Perlane, Restylane, Juvéderm)

These fill in a variety of areas (crow’s-feet, nasolabial folds, cheeks). **Approximate cost:** \$650 per syringe.

3. Belotero Balance

This hyaluronic acid filler plumps fine lines. **Approximate cost:** \$700 per syringe (because this plumps very shallow lines, one syringe covers the entire face for most patients).

4. Botox, Dysport, Xeomin

Injectable forms of botulinum toxin soften wrinkles, like frown lines, by relaxing the underlying muscle. **Approximate cost:** \$300 per syringe.

5. Photodynamic rejuvenation

A combination of Intense Pulsed Light and a topical drug (amniocleulinic acid) fades sun damage and kills precancerous cells. **Approximate cost:** \$700 per session (face); \$1,200 per session (body).

6. Sclerotherapy

Doctors kill spider veins with injections of Asclera or Sotradecol.

Approximate cost: \$300 to \$1,000 per session.

7. Fraxel Restore Dual Laser

This nonablative fractional laser improves skin tone and may significantly reduce precancerous cells. **Approximate cost:** \$1,500 to \$2,300 per session.

8. eTwo laser

A mild combination of radio-frequency waves and infrared light that helps skin produce new collagen with minimal discomfort. **Approximate cost:** \$1,000 per session.

Dermatologist Laurie Polis with an Intense Pulsed Light device (right) at Soho Skin & Laser Dermatology in New York City



Tip

A minor fix can have a huge impact, so start small. "Patients often feel transformed after something as routine as a chemical peel," says dermatologist Jeannette Graf.