



Delray's Nip/Tuck

My solution to your New Year's resolution

By Gregory D. Albert, M.D.

If you were successful this year, or maybe you never got started, I can take you to the next level in facial and body rejuvenation.

You glance in the mirror, and the person you see looks "old" and tired, and you find yourself longing to look younger and refreshed again. The solution could be a surgical or non-surgical Facial Rejuvenation procedure. So what's the difference between surgical and non-surgical? Facelifts and Necklifts simply treat just that, the tissues and excess skin creating the "turkey gobbler" and "jowls" that we begin to see in our 40s. Many surgical face lifting procedures can be done with minimal incisions, and the use of Endoscopic equipment. Excessive wrinkles and sun damage are commonly treated with resurfacing techniques like chemical peels and laser procedures. The depth of these treatments can be effective at a "non-ablative" level (no signs of treatment). An Eyelid lift addresses the droopy, puffy eyelids and can also compliment a Facelift to eliminate that tired look. When appropriate, fat grafting can eliminate a sunken, elongated face and soften deeper lines around the mouth.

Do you dread another summer of embarrassing "body-reveal" at your community pool? Loose abdominal

skin, stretch marks, and that "spare tire" of fat becoming harder to conceal as we add the annual 5 pounds most Americans do? The standard solution for this condition is a tummy tuck, and thanks to modern technology, in the same time it takes to go to dinner tonight, your surgery is complete. Many women are choosing to lift or reduce their breasts in the same procedure without adding recovery time. Add Ultrasonic Liposuction of the saddle bags and you have just built your "ultimate body" in the same amount of surgical time the tummy tuck would have been just 5 years ago.

There are hundreds of procedures both surgical and non-surgical to reverse the signs of aging. Although the most dramatic results may come from surgical techniques like Facelifts, Eyelid lifts, Necklifts, Breast Augmentation, Breast Lifts, Liposuction and Chemical Peels, many men and women are very satisfied with modest results of Non-ablative Laser treatments, Thermage, Injectables (Botox®, Juvederm and Restylane), Fat Grafting, and Aggressive Skin Care Regimens. You may be quite surprised to learn that many times the "recovery" or "down-time" may not be as long as you would expect. ^(eth)

—To learn more about options in Plastic Surgery you can call for a complimentary consultation or attend one of Dr. Albert's seminars. Dr. Gregory

Albert is a Board Certified Plastic Surgeon who specializes in minimally invasive Aesthetic surgery. He is a member of the American Society of Plastic Surgeons and a diplomate of the American Board of Plastic Surgery. He is the official Plastic Surgeon for the Florida Panthers, has been featured on ABC, CBS, NBC news. His office is located at 6290 Linton Boulevard, Suite 203, Delray Beach, Florida 33484 or you can reach him at 561-495-2700 or toll free at www.drgregoryalbert.com

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