

GENERATIONS

HAWAII

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Cha Thompson

Her busy life
includes work,
home and college

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The latest in
cosmetic surgery

Summer salads
that are meals

Building an
aviation museum
from ground up

It's not all nip and tuck for plastic surgery anymore



By Kathy Titchen

Are you itching to correct age spots, wrinkles, varicose veins, crow's feet, a double chin, bags under your eyes, frown lines in your forehead, deep crevices from nose to mouth, loose jowls, sagging breasts or flabby arms, all those imprints that make you look older than you want to?

Increasingly, there are new options for those seeking to turn back the lines of time.

Technology in cosmetic surgery has advanced so much that "going under the knife" today more often means "going under the laser."

"There are a lot of treatments that can be done in the office with no downtime," said Dr. Gregory J. Herlich, who runs the Cosmetic & Laser Surgery Center in downtown Honolulu.

Among rejuvenating techniques in the doctors' arsenal are heat, ultrasonic and radio frequency treatments, and the injection of collagen and other fillers to flesh out wrinkled or sagging skin, especially in the face. Surgeons also can rejuvenate hands, which often become bony and wrinkled with age.

The litany of chemical filler products — Botox, Retylane, Juvederm, Radiesse, Sculptra, Artefill — staggers the uninitiated mind.

Other tools available to local cosmetic surgeons include

Thermage, which uses a special radio frequency to heat the dermal layers. The process can tighten the skin or reduce scars while a cooling spray is applied to prevent burns. Skin continues to tighten for up to six months after the procedure.

Surgeons can remove fat (through liposuction) from one part of your own body, such as thighs, buttocks or abdomen, clean it, process it, and inject it into your face or elsewhere to fill out wrinkles. Fat grafting, also called free fat transfer, (FFT), is not new, but has taken years to develop and be accepted, according to surgeons.

The advantage of FFT in many cases, surgeons say, is that using the patient's own body tissue avoids allergic reactions, infections and other dangers caused by introducing foreign substances to the body. Surgeons can even "harvest" extra fat from your body through liposuction, freeze it and store it to use for later treatments.

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