



Spring To Summer Tuneup: Sharpening Your Image Without Going Under The Knife

Friday, May 13th, 2011

by [Jordana Landres](#) on [Living Around](#)

Your memory isn't the only thing that can grow spotty over time. If you don't like the appearance of your skin, it can be especially hard to enjoy the spring and summer seasons as the warmer weather approaches. Shorts become a cruel taunt and the stronger sunlight throws into the opposite of relief every last line, mark, blotch and unsightly drape on your body and face. It can mar your pleasure and worse your feelings about yourself just as surely as a thick cabled varicose vein mars your flesh.



Woman Around Town was invited to a "summer tune up" information session at Plastic Surgery and Dermatology, located on the Upper East side, where Drs. Jodie (left) and Elie (below) Levine wield an array of cutting-edge skin improvement methods that don't involve cutting: among them lasers, injectable fillers, and sclerotherapy to treat prominent/painful leg veins.

The ability of lasers to erase excess cumulative sun damage, tattoos, deep scarring, changes brought on by aging and literally resurface the skin to eliminate visible wear and tear is a form of dermatological time travel and clock back-setting. A once-coveted now-regretted tattoo doesn't have to be your lifetime companion any more.

Over time, aging causes degeneration of collagen and connective tissue as does gravity. Loss of volume in the face also occurs. Getting older also brings on changes in skin texture and shifts in body/facial fat distribution. Drs. Jodie and Elie Levine use the ProFractional Laser, Skintyte, BBL, Microlaser Peel

lasers and others to treat fine lines, reduce wrinkles, acne scars and resurface skin.

Because lasers apply great heat and cause mild injury to the skin, these factors ignite the body's natural healing process which in turn stimulates the body's natural production of collagen. The BBL laser is used in Photofacials and has a special skin-cooling module that makes treatment more comfortable. The Microlaser Peel, which literally vaporizes the topmost layers of skin, resurfaces skin affected by sun damage and age, and is far more precise than a chemical peel. "The Microlaser Peel laser hits the pigment it sees and removes it layer by layer," says Dr. Jodie Levine.

A distinctive advantage of newer lasers is that the point of contact is now extremely focused and leaves surrounding tissue unaffected allowing skin to heal much more quickly.

If you can't take the laser heat, you don't have to get out of the kitchen but you might want to investigate injectable fillers. One common trouble spot that shows on the face is the deepening of parenthetically shaped curving lines between the nose and mouth or (nasolabial folds). The nasolabial folds can almost make it appear that your face is laughing at you. As the face ages, it loses muscle, fat, volume, and even a bit of bone. One injectable in particular, Sculptra, allows for the cosmetic correction of facial folds and wrinkles by acting as a placeholder for loss of volume in the face that comes with aging. The results, administered through a series of injections, are gradual and last as long as two years. Radiesse is another option. It's a volumizing filler and the only one on the market that stimulates the production of your own natural collagen. The results last up to a year. Restylane, an injectable gel is also offered.

Are you afraid that any treatment, even one that is non-surgical, will be too obvious? Don't despair. "Our goal is to enhance the features you have, not change the way you look completely," Dr. Jodie Levine reassured us.

