

# ZIP/TUCK

New cosmetic techniques stress speed, small improvements

FEWER patients are electing to undergo major cosmetic procedures these days, but the plastic surgery field has hardly been dormant. Scientists and doctors have been busy coming up with cutting-edge advances that focus on specific problem areas, from a simple solution that can be brushed on brows, to a small fiber that lifts the lower face, to thin laminates that transform a smile without grinding down natural teeth. Here are some of the latest techniques — body part by body part — and the doctors who are leading the way.

— BETH LANDMAN

## BROWS

Procedure: Latisse



212-826-2400  
arches into thick, sexy brows that bypass the anagen phase of the hair's growth," Bernal says. "It's a little expensive."

## BREASTS

Procedure: Augmentation with "gummy bear" implants

Cost: \$8,000-\$9,000  
Done by: Dr. Nina Naidu, 160 E. 72nd St., 212-452-1230

The latest "gummy bears" are more like natural breast tissue than past generations of implants; Naidu says they feel a lot like Jell-o. And because they are not as liquid there is less chance of leakage. "After the FDA re-approved silicone gel implants in 2006, [more] women are undergoing primary breast augmentation with silicone gel implants or exchanging saline implants for silicone," she says. Currently in clinical trials, gummies are ideal for women who have lost breast tissue after childbirth as well as those who want to enhance their décolletage.



Micro-laser peel

Dr. David Fifth 3-8883  
devised a treatment to restore skin that aged and uneven after a summer sun. He gives patients micro-laser, 12 minutes of a Cutera laser peel and a glycolic peel. The result is skin devoid of dark brown spots. "We had a lot of celebrities get their faces done, and they kept things uniform."

## HS

Cost: \$750  
Done by: Neil Sadick, 91 2-772-7242



facial cellulite, sound waves to imbed skin. "Cellulite is made its way into instead of staying in the subcutaneous layer," explains Sadick. "The also oriented in such a way to allow the heat to go out. Sonic waves produce heat, which makes it like silly putty and pushes them back in place." While there is still no miracle cure, his report significant improvement.

"Your feet will tingle, but you will have no pain and it gets rid of all those cracks you have from wearing mules," she swears. After the peel, she zaps unattractive spider veins with the EPAT ultrasound machine and injects fat-busting phosphatidylcholine around the ankles.

## NOSE

Procedure: Open rhinoplasty

Cost: \$4,000-\$5,000

Done by: Dr. Bob Cattani, 159 E. 74th St., 212-772-0505

"Rhinoplasty is a surgery of millimeters, not centimeters," says Cattani. Traditionally, a small incision is made between the nostrils to allow access to cartilage and bone. Cattani's open rhinoplasty lifts the skin to offer the surgeon a full view. The scar is minimal and, to perfect details, he injects Juvéderm and Restylane.



## TEETH

Procedure: Laminates and "Gumoflage"

Cost: \$1,800 per tooth for thin veneers, \$2,200 per tooth for super-strong veneers and \$1,500-\$2,500 for gumoflage

Done by: Dr. Lana Rozenberg, 45 W. 54th St., 212-265-7724; Dr. Steven Butensky, 16 E. 52nd St., 212-486-6622

New thinner laminates not only create a more natural look than traditional porcelain veneers, they don't require shaving your teeth down to nubs. Previously, thin veneers didn't work for those with deep stains, but new color blockers can be painted on natural teeth. "Even teeth severely stained by coffee and wine can now look white and pearly," says Rozenberg, who tends to the mouths of Scarlett Johansson and Kim Cattrall.

Butensky, who brightens the smiles of Molly Sims and Tinsley Mortimer, uses a new stronger laminate. "The material holds up better, especially for people who are grinders," he explains. Rozenberg also now has a procedure she refers to as "gumoflage," which corrects a smile that shows too much gum by lowering the lip slightly, without bone grafting as in the past.



## JOWLS

Procedure: Aculift

Cost: \$3,500 to \$5,000

Done by: Dr. Jon Turk, 800-A Fifth Ave., 212-421-4845

Previously, droopy jowls were firmed with a classic facelift — cutting and tightening skin and muscles. Now Aculift, a thin laser fiber removes fat from the face and tightens skin. "It's a less traumatic and safer than liposuction, with a much shorter downtime," says Turk. "I suggest people consider this at the early signs of aging, in your 40s."

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