

Tue, 27 Jul 2010

7:51 AM

## Is a Browlift Right for You?

Do you ever wonder how celebrities like Demi Moore, Halle Berry or Jennifer Anniston manage to look so young? Do you also wonder what their bizarre secrets are in keeping their skin from looking saggy or stretched out?

These ladies are over their forties and to many of us still look like they are in their early to mid thirties. It seems rare that these women could look so young for their age and many of us may be inclined to believe it's genetics that make them look so good says

San Francisco cosmetic  
surgeon

These ladies spend a lot of time to looking fantastic with a combination of eating a healthy diet, exercising and also by going through cosmetic treatments to improve their skin to look youthful naturally. While you cannot stop or even reverse the aging process with current medical technology you can improve frown lines and burrows of the forehead with a browlift or forehead lift say

San Francisco facelift  
specialist.

A browlift or forehead lift provides a more youthful look to the eyebrows and upper eyelids by correcting drooping of the eyebrows. According to

Bay Area eyelid surgery expert, this procedure can often provide a solution for patients who constantly look tired or sad. The appearance is primarily due to sagging of the outer one-third of the eyebrow and results in crow's feet and redundancy of tissue just outside the corner of the eye in the temple area ultimately creating a tired look. Treating this area by lifting the temple and outer third of the eyebrow can produce a rested energetic appearance.

You can simulate the affect of a browlift by placing your palms at the outer edge of your eyes above your eyebrows and gently raise the skin upward while looking in a mirror. Along with raising the brow, various muscles that contribute to frowning can be treated to soften the vertical frown lines above the nose. These are the same lines that temporarily respond very well to botox says

San Francisco botox expert.

There are many techniques that can be used to perform a browlift. In traditional or "open" techniques, a larger incision is used that is placed all the way across the scalp from ear to ear, either behind the hairline or just in front of the hairline. This incision allows the forehead tissues to be lifted and the muscles to be treated, all giving a smoother, more youthful appearance. The technique works very well but results in a large scar and some scalp numbness. Newer techniques focus on several small incisions that are hidden very well in the scalp. Along with the improved scar, numbness is usually not a problem and results can be equally as good. The newer techniques may or may not use an endoscope which is a camera that can assist with visualization through these smaller incisions. The muscles can also be treated as in the "open" technique. There are many variations of these less invasive techniques but as a whole, these techniques are more popular today than the traditional open browlift.

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When Celebrity Botox Goes Wrong, Stars Are Scary Looking!

Cosmetic surgeon San Francisco says that plastic surgery is not just the preserve of the rich and famous celebrities these days. With the lower costs of

cosmetic procedures, people are taking advantage of cheap operations abroad or cut price procedures,

botox Bay Area  
, nose jobs,

facelift San Francisco  
, breast augmentation, liposuction and etc are now options for all of us. Sometimes though, we still need our peers to remind us of what can go wrong if we over do it, says

tummy tuck Bay Area  
patient.

There are many well publicized instances of celebrity plastic surgery which has gone wrong such Melanie Griffith, Heidi Montag, Tara Reid, Madonna and Kate Gosselin with her recent Botox procedure.

Of course, for celebrities who wish to remain in the public eye for as long as they are able, the option of botox and plastic surgery is really a necessity and there are many instances of successful interventions.

Kate Gosselin, 35, the former star of "Jon and Kate Plus 8," denies that she has started using Botox, despite signs to the contrary.

A " source close to Gosselin" told People Magazine that "Kate thinks it's hilarious that one photo of her with her eyebrows raised has caused such a stir. It's ridiculous-she hasn't done anything." In fact, more than one photo shows her with the typical arched eyebrows of a woman with imbalanced Botox injections.

Whilst everybody hopes to grow old gracefully, it is amazing how much effort is taken now to erase the appearance of ageing. Thirty years ago, many women, and indeed men, would make regular hair coloring their only concession to the onset of middle age.

Today's image conscious generation make many more concessions to ageing. The prevalence of Botox and arrival of cheaper plastic surgery have prompted many to consider cosmetic surgery as the only viable way of growing old gracefully. Certainly, the perfection of our Hollywood inspired plastic society requires as much attention to appearance as possible, to achieve an outward semblance of

beauty for as long as possible.

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Fri, 20 Aug 2010

6:45 AM

## Plastic Surgery: Before Baby Body

Many think of plastic surgery to reverse signs of aging with procedures like

facelift Bay Area

but there are other signs of aging to a woman's body that most women find harder to deal with than worrying about a few wrinkles. A woman's body experiences aging and weight changes differently and harsher than a man's body because of all the hormonal changes that affect a woman's body. Having a children changes a woman's body for ever, and although some women are able to gain their before baby body back most women keep unattractive side affects. One of the biggest concerns after giving birth is the pudgy and saggy abdominal area. Many women experience lose skin and/or abdomen muscles after bearing children and others gain weight in other areas like the thighs and hips. Aside from having an unattractive abdominal area some women find it impossible to rid the excess fat of the inner thighs and hips with exercise.

Areas such as the abdomen, hips and thighs are target area for plastic surgery. A tummy tuck is most often the solution for loose abdomen muscles and stomach. A tummy tuck procedure tightens the abdomen muscles and rids excess skin and fat. Most women who undergo

tummy tuck bay area

surgeons say are highly satisfied with the results and the discreteness of the scar. The tummy tuck procedure normally takes about two to five hours depending on the extent of the surgery and how much is being removed. First, ones

cosmetic surgeon bay area

will make a long incision across the abdomen from hip to hip right above the pubic area. Secondly, the surgeon makes a

second incision around the belly button removing it from all abdominal tissue. Following the incision, the surgeon then separates the skin from the abdominal wall to the ribs and lifts a large skin flap to reveal the vertical muscles. The actual tummy tuck procedure is performed when the surgeon tightens the muscles and pulls them close together and stitches them into their new position. This tightening provides a firmer abdominal wall and a thinner waist. The skin flap is stretched down and the excess skin and fat is removed. A new opening is cut on the skin for the repositioning of the belly button. The belly button must be repositioned to provide the tummy with a natural look.

A tummy tuck is often combined with

liposuction Bay Area

surgeons combine the two for the best results possible.

Some women chose to have liposuction in areas such as the thighs and hips during their tummy tuck in order to heal faster and look better all together after surgery. Although many people combine plastic surgery procedures for best results one must keep in mind that plastic surgery is surgery like any other and does have risk.

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Mon, 20 Sep 2010

2:04 AM

Cosmetic Surgeon Bay Area â?? Making the Right Choice

Getting a great

cosmetic surgeon Bay Area and beyond. When it comes to finding a fantastic cosmetic surgeon in and around the Bay Area you'll have no shortage of excellent candidates. There are plenty of skilled surgeons who have the knowledge, experience, and sheer artistic ability to help you craft your face and body in everything you believe it can be. They can take what Mother Nature has provided and turn it

into a true marvel rather than the mere masterpiece it is today. Who knew surgeons were also artists? But, when you look at their results, it tells the tale for them.

Women today face more pressure than ever before to look and be perfect. They spend a lot of time in pursuit of that perfection and now they are spending a lot of money too. The difference is that many women have managed, through the best

cosmetic surgeon San Francisco has to offer, to achieve that level of perfection. The more women who do the more women are lining up on the sidelines waiting for their turn. Are you one of those women looking for miracles? Isn't it great to know you can have them?

Even better is the knowledge that a procedure like a

tummy tuck Bay Area included, has become more and more affordable in recent years. As they become more common place and less of a luxury purchase limited to the rich and famous, people are beginning to line up to hide, change, and adjust any perceived flaw. We are getting the changes today that our mothers and grandmothers only dreamed about and paying a fraction of the cost they would have had to pay. Even the risks involved in cosmetic surgery have diminished along with the cost. Now these procedures can be enjoyed at half the price with about half the risk. Who can ask for more than that?

Looking into other options like

liposuction San Francisco? Cosmetic surgeons accommodate this procedure at an affordable rate too. Few procedures will complement a tummy tuck to the degree that liposuction or breast augmentation will so it's a good surgery to consider while you're mulling over whether or not the time has come for you to get a tummy tuck. Just keep in mind that even with fewer risks there are still risks involved in cosmetic surgery and take the time to find a surgeon that will minimize your risks in every way possible.

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## San Francisco Cosmetic Surgery: Gaining Confidence

Many of us have insecurities about physical features we cannot change. With cosmetic surgery, the option to turn insecurities into a source of confidence is now available. With treatments like Botox San Francisco patients may reduce fine lines and wrinkles significantly as fine lines and wrinkles are the first signs of aging. Botox treatments provide patients with a non-surgical procedure to make them look just as young as they feel. Botox Treatments are a great way to achieve results as the procedure only takes a few minutes and the results are immediate. With a highly-qualified Cosmetic Surgeon San Francisco patients may receive great results upon consultation. During a consultation your cosmetic surgeon should be able to assess if you are a good candidate for a procedure and if so, the type of changes you will be receiving. It is important to ask any questions or any concerns you are having regarding the procedure so your cosmetic surgeon can provide you with clarity.

Many patients opt for a Tummy Tuck, or Abdominoplasty procedure, as the stomach is a trouble area for fat deposits. Tummy Tuck San Francisco patients are good candidates for the procedure if they have had trouble removing fat from the area by diet and exercise alone. Tummy Tuck procedures are recommended as excess skin and fat

are removed from the area and abdominal muscles are tightened by your cosmetic surgeon. The results are a defined waist line and a contoured abdominal area. Some cosmetic surgeons will recommend

#### Liposuction

San Francisco procedures instead of Tummy Tuck procedures as Liposuction allows for your cosmetic surgeon to remove fat from virtually any area of the body. Liposuction can be used on other trouble areas of the body such as saddle bags or love handles as Tummy Tuck procedures target only the abdominal area. Liposuction is recommended depending on the amount of excess skin and fat to be removed. With Tummy Tuck and Liposuction procedures, patients may enjoy a contoured body and find the confidence to enjoy life the way it was meant to be enjoyed.

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## Bay Area Plastic Surgery

### Bay Area Plastic Surgery

offers a full range of Cosmetic and Reconstructive Surgery options including Breast Augmentation and Liposuction. It's renowned for its magnificent service of Plastic Surgery in the San Francisco Bay Area. Bay Area Plastic Surgery combines aesthetic mastery with clinical operation.

## San Francisco Cosmetic Surgery

provides the latest in medical advancements together with sophisticated treatment and wonderful service set in a relaxing and friendly atmosphere. Its qualified and talented board certified surgeons and surgical team ensure that patients leave with stunning beauty and extreme satisfaction.

Many women have coveted bigger breasts for centuries. A woman today is motivated for breast augmentation because she feels that her breasts are too small, she has uneven breasts or if she wishes to regain the size and shape of her breasts subsequent to pregnancy.

### Bay

#### Area Breast Augmentation

provides aesthetic and clinically safe breast augmentation surgeries that enhance one's breast size and shape, resulting in a more proportional figure. Surgery consists of making an incision, lifting the breast tissue, creating a pocket in the chest/breast area and placing an "implant" containing a soft implant material underneath (silicone or saline). Scarring is minimized, resulting scars are as inconspicuous as possible and the desired results are attained. At an initial consultation, the cosmetic surgeon discusses the size and shape of the implants, and the incision sites. Surgery takes from 1 to 2 hours to complete, and is performed under general anesthesia.

### Liposuction or Suction Lipoplasty

offers patients a means for losing stubborn fat deposits that are highly resistant to diet and exercise. It's also used to contour the body by permanently removing fat deposits that bulge through the clothing.

### Bay

#### Area Liposuction

is a qualified provider of liposuction procedures in the region. During surgery, small incisions are made around the

body where the fat deposits are placed. A saline solution containing local anesthetics and other medications is injected. A thin suction tube or cannula is then inserted through the incisions into the fatty areas, and the fat deposits are loosened. That fatty tissue is then vacuumed off. Ultrasound Assisted Liposuction is also used to liquefy fat deposits. Post surgery, most associated bruising and swelling subsides within the first few weeks. Apart from the aesthetic effects of having got rid of unwanted fat, most liposuction patients find that their clothes fit better. A trimmer, firmer body provides a psychological lift!

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Thu, 14 Oct 2010  
8:34 AM

## San Francisco Body Contouring Procedures

Many individuals have struggled with weight and body image as making changes can be difficult. Some individuals have lost a significant amount of weight but were left with excess skin and fat that could not be removed with traditional diet and exercise alone.

With

Liposuction San Francisco patients are able to receive permanent changes to remove excess skin and fat from the body. Liposuction procedures are recommended by plastic surgeons as the procedure can be performed on virtually all areas of the body. Typically, they are used in trouble areas or "hard-to-get-rid-of" areas like love handles or saddle bags. Liposuction procedures are simple and results are lifestyle-enhancing as the typical liposuction makes a generous positive difference for patients.

You may find a  
San Francisco Plastic Surgeon

who is qualified and experienced through patient testimonials and reviewing before and after photos from past patient procedures. The results you will be receiving will vary from others but you will be able to see the capabilities and skill set your plastic surgeon has for that procedure. It's a great feeling to become excited about a procedure as making external changes will also make exterior changes. During consultation, you will be able to judge for yourself if the procedure is right for you by feeling comfortable with your plastic surgeon among other things such as education, experience, and qualifications.

With an Abdominoplasty or  
Tummy

Tuck San Francisco patients are available to receive a body contouring procedure targeted at slimming the abdominal area. Liposuction is implemented into a Tummy Tuck procedure, however, during a Tummy Tuck procedure the abdominal muscles are tightened which is not done in a traditional Liposuction procedure. They are typically recommended for those who have lost a significant amount of weight and were left with excess fat and skin that could not be removed otherwise. They are also recommended for mothers as post-pregnancy bellies are difficult to gain back if the mothers decide they will no longer be having children as another pregnancy would reverse the procedure's results. A San Francisco Plastic Surgeon may assess your candidacy for a Liposuction or Tummy Tuck procedure. During consultation, you should ask as many questions needed to be informed about your procedure such as results and recovery time. Knowing details about your procedure is the first step to insuring great results. Your plastic surgeon will make recommendations and also determine whether or not you are a good candidate for a procedure.

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Mon, 15 Nov 2010

2:56 AM

San Francisco Liposuction: Pros and Cons?

According to

San Francisco plastic  
surgeon

, liposuction or suction lipectomy is a technique to remove localized fat deposits that create a disproportionate body contour. Surprising to many, liposuction is not meant to be a form of weight reduction for significantly overweight patients. It is best used to remove localized areas of body fat that are resistant to diet and exercise. Liposuction can be performed all over the body to improve contour and is most commonly used for the neck, abdomen, love handles, hips, upper back, thighs, knees, and ankles.

This leads us to ask

San Francisco liposuction  
expert, what liposuction is and what are the good and bad  
points of this weight loss technique?

Pros

- Can help make exercise easier and increase mobility
- Can lower cholesterol
- Liposuction can stimulate motivation in the dieter to help make permanent changes to diet and exercise.
- Liposuction can be carried out on hard to slim areas such as double chins or pectoral area in men.

Cons

- Patients have to avoid weight increase as parts of the body that have not been treated are likely to fill with fat, as fat does not return to the treated area.
- Excessive removal of fat may worsen the appearance of cellulite
- The appearance of stretch marks can worsen.
- This treatment can cause a change in sensation at the site of the procedure
- Bruising and swelling are likely after liposuction.
- Temporary muscle spasms are likely
- Risk of infection
- Risk of burns during the procedure
- Visible puncture wounds
- Pain and discomfort lasting a few weeks

Today there are many different liposuction techniques offered

to patients including those that use laser and ultrasound energy making it difficult to know what treatment is best for you says

San Francisco plastic surgeon

. To add to the confusion, companies that develop the technology flood the media with advertising and unsubstantiated claims that one method surpasses all others. In reality it has not been shown scientifically that any one type of liposuction technique is superior to another in any way. The good news is that in the hands of a well-trained plastic surgeon, many of these techniques can produce excellent results.

What all techniques share in common is the use of very small incisions that allow the insertion of a cannula which is a hollow rigid tube says

San Francisco face lift surgeon. This is then attached to a machine that produces a strong vacuum allowing the surgeon to maneuver the cannula in the various fat layers below the skin to suction out fat. To prevent blood loss and numb the tissues, all the techniques require infusing a special fluid into the fat layers prior to suctioning. In general, all techniques share these features and only differ in the method used to assist with the removal of fat.

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San Francisco Plastic Surgery: Look Great, Feel Great

With many options for cosmetic rejuvenation and body contouring, many men and women seek longer lasting or permanent results with plastic surgery that they could not receive otherwise. In

San Francisco Botox

patients opt for this treatment because it is

minimally-invasive, only takes a few minutes to complete, and requires no down time. The treatments results show immediately after the treatments and may last for up to 6 months. Patients are recommended to repeat treatments every 4 to 6 months as needed. Botox treatments are convenient for facial rejuvenation patients as it reduces the appearance of fine lines and wrinkles, is effective, and affordable. Botox treatments are performed by a

San Francisco Plastic  
Surgeon

who will strategically inject the Botox treatment into areas of the face that are wrinkles such as the forehead, around the eyes, and mouth. Treatment results allow patients a youthful-looking, rejuvenated appearance that only took a few minutes to complete.

Liposuction procedures are also popular among plastic surgery patients as there is no alternative that can compare to results a patient can receive with Liposuction. With

Liposuction San Francisco

patients are able to receive a body contouring procedure that is safe and effective. Liposuction is recommended by plastic surgeon as it allows excess skin and fat to be removed from virtually any area of the body. Liposuction is used on "problem areas", or fat deposits, of the body that have not responded to diet and exercise alone. This may come in the form of love handles, saddle bags, or a post-pregnancy belly. For patients who have lost a significant amount of weight but still have been able to reach body image goals, liposuction is used to give them a body they deserve. Liposuction is performed by a

San Francisco Plastic  
Surgeon

who will determine patient candidacy by looking at the patients' medical history, need for a procedure, and possible alternatives. For prospective plastic surgery patients, the first step to looking and feeling great about yourself is only a call away by setting up an appointment for consultation by visiting [www.dinomd.com](http://www.dinomd.com)

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Fri, 24 Dec 2010

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## San Francisco Body Contouring Options

Cosmetic plastic surgery has been the single-most successful alternative for men and women looking to make long-lasting to permanent cosmetic enhancements. A Board Certified

San Francisco Plastic Surgeon may recommend alternative treatments to their patients before concluding that a plastic surgery procedure is right for their patient. These alternatives may be recommended for patients who have not tried other alternatives or if a plastic surgeon can see an alternative treatment generating results that a patient desires. Some patients consult their

San Francisco Plastic Surgeon if they have already tried alternatives and have not been successful in receiving desired results. For example, some patients may have tried Botox, or other dermal fillers, to smooth facial fine lines and wrinkles but find that they would rather receive better, longer-lasting results with a facelift procedure.

For resident patients in

San Francisco Liposuction procedures may provide the results they desire if they have already tried diet and exercise as a way to remove excess skin and fat from the body. Sometimes this excess is a result of problem areas that have not responded to diet and exercise and patient wish for the removal to take place with a Liposuction procedure. A Liposuction procedure is used for the removal of these fat deposits that create a disproportionate body contour which may make men and women feel uncomfortable about themselves. In 2009,

according to statistics, Liposuction procedures were in the top 5 surgical cosmetic procedures performed for both men and women. Liposuction procedures are safe and effective and preferred by plastic surgeons as the procedure may be performed on almost any area of the body. This procedure has become a popular alternative for people who have lost a considerable amount of weight but still are unable to receive desired results because their body has reached a physical limit of the results it can produce. Liposuction then becomes an effective alternative.

For patients looking to receive a body contouring procedure that focuses on their midsection, a Tummy Tuck procedure may be recommended. For resident patients in

San Francisco Tummy Tuck, or Abdominoplasty, procedures are a top performed procedure as abdominal muscle tightening and liposuction is implemented during the procedure. In 2009, Tummy Tuck procedures were also in the top 5 surgical cosmetic procedures performed among both men and women. During a Tummy Tuck procedure, abdominal muscles are tightened while excess skin and fat is removed with Liposuction which makes the procedure a widely recommended alternative treatment for men and women looking to contour their midsection. For more information on body contouring procedures or to set up an appointment for consultation visit [www.dinomd.com](http://www.dinomd.com).

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## San Francisco Body Contouring Procedures

For many men and women, body image is a daily struggle to be successful in achieving desired physical results with diet, exercise, and beauty products. For those who are concerned with the shape of their body, diet, exercise, and weight loss products appeal to them for a number of reasons. Being healthy and staying

in shape should be a priority for everyone, however, some still struggle. In

San Francisco Plastic Surgeon  
recommended plastic surgery has been a means to achieving physical desired results, and also staying healthy. For many of those that have lost a significant amount of weight, or who have "problem areas" (localized fat deposits), a plastic surgery procedure can help.

The liposuction procedure was developed and designed to remove excess skin and fat from the body leaving the treated area tightened and contoured. The procedure can be performed on almost any area of the body which is why it is plastic surgeon-recommended in most cases. In

San  
Francisco Liposuction  
procedures are in the top 5 cosmetic surgery procedures of 2009, giving excellent results to patients that have received the procedure. The goal of the procedure is to give the patient a body contour that is slimmed, tightened, and proportionate overall.

For patients looking to contour their midsection, a

San  
Francisco Tummy Tuck  
procedure aims to contour the abdominal area. A Tummy Tuck, or Abdominoplasty, is a procedure that uses liposuction for the removal of excess skin and fat, and a muscle-tightening technique implemented by a

San Francisco Plastic Surgeon  
. With the abdominal muscle-tightening and liposuction together, the midsection is flattened and contoured, leaving the patient with results that could not have been attained with diet and exercise alone. A Tummy Tuck procedure may also be completed alongside other procedures such as the Liposuction of the flanks, back, or thighs, while the patient is receiving a Tummy Tuck. It is usually recommended by a plastic surgeon for the patient to receive the best overall figure with a body that is proportionate.

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