



Latest Innovations

Tips for a Better First Impression

Whether you are on a date or interviewing for a job, first impressions are very important. Within only a few seconds decisions can be made which can effect the result of your interactions with a person - for better or worse. So what can be done to improve your first impressions?

Dress Appropriately

A neat and clean appearance up front says a lot about a person. Before leaving for the first impression, take a look in the mirror from head to toe and make sure that every hair is in place, the shoes are polished, jewelry is kept to a minimal and is not distracting, cloths are pressed, and clothes fit properly. You can even have a friend or relative take a look before you leave to ensure that everything is in place. And remember - what you wear to a club on Saturday night is not the same attire you should wear to an interview Monday morning.

Plan your encounter

Think about your encounter before you arrive. Try to anticipate some common questions that might be asked and rehearse your answers. While you don't want to come off sounding like you are reading a script, you should have some well thought and rehearsed answers to prevent from saying 'um' and 'hum' too many times.

Make small talk

People like to talk about themselves. In any encounter, make small talk. It will not only allow you to determine if you have something in common with the person you are talking to, but it will also allow them to talk about themselves. This will also put people at ease and make an already tense situation more relaxed.

Stay relaxed

When talking with someone new, pretend like you are talking to an old friend - without colloquialisms. Don't cross your arms and try to keep good eye contact. But don't get too relaxed. If you are standing, stand straight up and don't lean on anything. If you are sitting, maintain good posture and don't slouch. A more relaxed posture sends the message that you are not interested in what the other person has to say.

Be happy

Smile. Stay positive. Don't be negative. People don't like talking to those who are down. A positive attitude will go a long way to keeping you in the game.

Try a new look

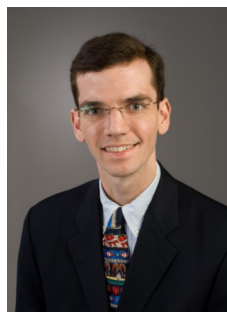
In a recent study presented at the American Academy of Otolaryngology meeting in 2008, people who were treated with [Botox](#)(r) cosmetic had "improved first impression scores for dating success, attractiveness, and athletic success." There are an increasing number of older people still in the job market who undergo more complete face and body rejuvenation to stay competitive in the market. If you are a man going bald, consider a hair transplant. Unfortunately, looks do matter and with the wide range of options today for both surgical and non-surgical cosmetic rejuvenation, considering cosmetic surgery is not a far out option

Remember - first impressions are lasting, but take less than a minute to form. Doing what you can to improve your first impression can mean the difference in the job market and the dating world.

New Year New You Program

As part of an ongoing effort in patient education, Dr. Verret and Dr. Wilson have started the New Year New You program. Over the course of the next 12 months, they will be offering tips and techniques to help you look and feel your best. Check out the New Year New You webpage at <http://www.innovationsfps.com/newyear.html>.

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Ask the Doctor

Happy Anniversary

In place of ask the doctor, I wish to extend a thank you to everyone who trusted their face to me over the first year in my Plano practice. We have many successes over the year and look forward to many more. As always, if there is anything I can do to help you, please let me know. The door is always open, the coffee is warm, and the bottled water is cold.

-D.J. Verret, MD
Facial Plastic & Reconstructive Surgery

Events and Specials

February 25, 2009

Come join us for our New Year special. To celebrate the New Year and give you a new look, Dr. Verret is offering \$100 off each syringe of Evolence and \$10/unit Botox Cosmetic for one night only between 3-7PM. Appointments are required and a deposit is necessary. For more information, please call to reserve your spot today 972.608.0100.

Blog—Get your questions answered

Check out <http://dallascosmeticsurgeryblog.com> for more information about cosmetic surgery.