



Learn about the latest innovations in facial plastic surgery.

Latest Innovations

Alternatives to Botox—Dr. Verret to be on WFAA

With the recent communication from the US FDA about an ongoing survey of the safety of Botox and Botox Cosmetic, patients are interested in alternatives to Botox for the treatment of lines between the brows. Currently several treatment options exist including temporary fillers or more permanent solutions including the Surgiwire Wrinkle Wipe procedure and removal of the muscles causing the deep lines.

To determine if one of these procedures is right for you, consider that the lines are created by two different mechanisms—movement of the muscles and tethering of the skin. Lines present at rest or even after Botox administration are caused by tethering of the skin. Lines present with frowning are caused by motion of the muscles.

The Surgiwire procedure works very nicely as a permanent solution for tethering of the skin. It is an in office procedure and requires almost no down time. Removal of the muscles is a bit more invasive procedure but again can be performed with local anesthesia and offers a permanent solution for the problem.

For more information about these options join Dr. Verret on WFAA's Good Morning Texas March 5 at 9am and again at 7:30pm for a free online webinar. During the webinar, Dr. Verret will be available to answer all of your questions about either procedure. To register for the webinar please visit <http://www.innovationsfspa.com/webinar.html>.

Acne Scar Treatment Options

Acne scars can be a very troubling problem. Even though the acne breakouts may be controlled or have long since stopped, the scarring remains for a lifetime. Treatment for acne can be as troublesome as the disease itself. Usually, successful treatment requires a team approach with a dermatologist and a cosmetic surgeon. First, attention must be turned to stopping any outbreaks then repair of the scarring. If outbreaks continue, scarring is likely to continue and any treatments aimed at treating scarring would be futile.

There are many options for treatment of acne today depending on the severity of outbreaks. These are beyond the scope of this article except to say that treatment for the underlying disease process is a must. Once the outbreaks are well controlled, attention can be turned toward erasing the lasting marks on the face. Of note, acne is not only a disease of adolescence. Adult onset acne is not completely uncommon and is seen in women who are pregnant – often with more severe scarring.

Treatment options for acne scars depend on the severity of the scarring and the skin type of the person wishing repair. In people with darker skin, Fitzpatrick Types V, VI; options are limited because of concern for pigment irregularities after treatment. For lighter skinned individuals, treatments range from simple facial exfoliation to deep chemical or laser peels to surgical intervention.

For light scarring after acne, attention is placed on skin resurfacing. By taking off the outer layers of skin and stimulating collagen synthesis with new skin formation, acne scars can be reduced. This is best simulated by placing a finger on either side of an area of scarring and lightly pulling. If the scars fade, this can be a good option for resurfacing. For deeper scars, a deep chemical peel, ablative laser (CO2 or erbium) resurfacing, or dermabrasion/dermasanding may be necessary.

For deeper scars, deeper solutions are necessary. Again, several options exist. Deeper scars can be surgically excised with the larger acne scar replaced with a surgically placed small line. This can later be refined with other rejuvenation techniques. Punch grafting affords a simple method for treating multiple scars. A circular punch is used to create an incision around an acne scar. The scar is then allowed to heal and the resulting skin irregularity is smoothed. Subcision involved releasing the tethering attachments underneath the scar and then filling the space with either a temporary or permanent filler to prevent the scar from reforming when it heals. With the advent of new temporary artificial fillers such as hyaluronic acid, this is a good option for larger depressed scars.

Whatever the treatment option, it is important to consult a physician with a large arsenal of treatment options – if a physician only sells a cheeseburger, then you get sold a cheeseburger; even if you need a bacon burger. It is also important to remember that just as acne scars did not form overnight, treatment can sometimes take months to get the desired result. Once you find an experienced physician and decide on a treatment option, remember that it's a long road but one that is usually worth the wait.

For more information, visit us at <http://www.innovationsfspa.com>.

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Ask the Doctor

Is it important to have a physician perform my Botox and Juvederm injections rather than a nurse?

When considering injectables such as Botox, Juvederm, Restylane, or others, it is important to consider who performs the procedure. Anyone can be taught how to technically perform the procedure. What is important is having someone who knows the anatomy of the area to be able to prevent complications and have someone perform the injections who is able to deal with possible complications. While the vast majority of injections are performed without a problem, some complications can be life threatening and it is important to have a trained, skilled physician readily available to deal with any problems. This is why in my practice, I perform all injections personally.

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

Events and Specials

March 5, 2008

Join Dr. Verret on WFAA's Good Morning Texas at 9AM when he talks about alternatives to Botox for lines between the brows. Then join his webinar later that evening for more in depth information and a question and answer session. To register for the webinar visit <http://www.innovationsfspa.com/webinar.html>

March 8, 2008

Join Dr. Verret for a free webinar on the latest innovations in hair restoration. To register for the webinar visit <http://www.innovationsfspa.com/webinar.html>

New Location Special

From now until March 31, 2008 take 15% Botox, Restylane, and Juvederm—all administered personally by Dr. Verret.

New Webinars

Check out <http://www.innovationsfspa.com/webinar.html> for our free webinar schedule.