

I'm Unhappy with My Looks, Now What?



Last issue we discussed a fundamental, and I believe genetic, difference in the way men and women view their own appearance. Let us suppose for a moment that you, the reader, are a woman and that you have identified something about your appearance that bothers you. Of course you have. You are a female, right? In fact, it may be the first thing you see every time you look into a mirror. It could be that large brown spot on your left cheek, those spider veins around your nose, your shrinking lips, the loss of those nice high cheekbones you were once so proud of, the hollows or bags now under the eyes, saggy lax skin, seemingly permanent wrinkles, or even the appearance of new jowls... Hooray! Gosh, sadly it could be a combination of things!

What is a girl to do?

Think about it first. I mean, critically think about it. Let me suggest that you find a picture of yourself from 10 to 15 years ago. Now look again in the mirror. What has changed? Can you specifically identify what is now different than when you were younger?

Sometimes this is possible and sometimes it is not. When someone can actually identify a specific age-related change

that is bothersome, it becomes much easier for the practitioner to discuss treatment options.

Indeed, this is not always possible to do. Don't despair; bring the picture with you to your appointment. It will help give the provider a framework to start from. In general we like to evolutionarily, not revolutionarily, change the way people look toward a direction they find more appealing. Subtle, gradual improvement is the goal. Major, sudden, or drastic change is startling, socially disruptive, and invites criticism from those around you.

Most of my colleagues would agree that the greatest compliment we like our patients to hear is, "My, you look refreshed/rested/happy/youthful. What is going so well for you?" We like to hear that our patients are being complimented generally, not specifically, on how they look. You see, people are extremely good at detecting change in someone's appearance. They are not good at identifying exactly what the change is, unless the change is drastic, extreme, or exaggerated.

This is actually one of the major reasons that out of every ten potential clients who

see a plastic surgeon for a facelift, only three go through with the procedure! It is so drastic. It is a big change that occurs suddenly. The other reasons include high cost, prolonged downtime, post-operative pain, and relatively high risk.

We live in a golden age of myriad options for appearance enhancement and correction that never before were possible. The selection of techniques and tools that we have to offer could make your head spin!

What is so wonderful about this is that the provider can custom create exactly the approach which is specifically tailored to each person's unique set of needs. Consider coming in for a consult with our talented aesthetician, Michelle, or myself. Consultations are a joy for us to do and are, of course, at no cost to the client. 🐾

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Since 1999 Dr. Carter has been extensively involved in all office-based responsibilities having to do with appearance optimization. He has performed over 35,000 Botox treatments and thousands of laser and filler procedures. He maintains active practices in Lancaster, Dauphin, and York counties.

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