



# I Can See Clearly Now . . .

## A Look at Eyelid Plastic Surgery

By Fred Puza Jr.

It's not uncommon in this city to hear of someone getting plastic surgery, and there are many reasons to get it done. For instance, do you look older than you truly are? Do people keep asking why you look so tired when you're not? Or are your eyelids getting in the way of your vision? If any of these describe you, it may be time to consider eyelid surgery. There are new and easy methods of eliminating signs of aging and they are now more accessible than ever.

Eyelid surgery (blepharoplasty) is a procedure to remove fat, usually along with excess skin and muscle, from the upper and lower eyelids. This corrects droopy upper lids and puffy bags below your eyes that can give you a tired look. Dr. Marc Kerner, a plastic surgeon in the Valley area, says that about 80 percent of his clients are women, but noted that he is noticing a substantial increase in male patients. The surgery takes about 1 to 1½ hours to perform and usually a twilight amnesia will be used. Swelling from the surgery can take four to six weeks to heal, but a person can go back to his or her everyday activities after about five to seven days. The cost for the surgery ranges from \$2,000 to \$4,000. Some insurances, depending on the patient's condition, such as vision impairment, will cover upper eyelid plastic surgery. However, lower eyelid

plastic surgery is considered purely cosmetic.

There is always a risk of complications when having any type of surgery. The most severe complication with eyelid surgery is blindness. Also, if the surgeon cuts too much on the lower eyelid, it can cause dry eyes or problems with closing the eye. Following your surgeon's instructions both before and after surgery will help avoid any unnecessary complications, according to the American Society of Plastic Surgeons (ASPS). Dr. Kerner assures that if the surgery is done conservatively and properly there is little to worry about.

Before the surgery, a surgeon will typically spend 30 minutes to an hour discussing the surgery with the patient. Dr. Kerner likes to educate his clients up front and says he will always answer any

and all questions or concerns prior to the surgery. The ASPS says that the best candidates for eyelid surgery are "men and women who are physically healthy, psychologically stable and realistic in their expectations." If you have a detached retina or



glaucoma, check with your ophthalmologist before you have the surgery. Also, consult your regular medical doctor if you have thyroid problems, high blood pressure, cardiovascular disease or diabetes.

Some websites advertise such things as injectable fat dissolvers that claim to be a non-surgical alternative. Dr. Kerner warns against these, saying that these don't address the real problem and don't get rid of the proper fat in that area. Another alternative is to use eye creams that tighten the skin and get rid of wrinkles and lines on the face.

Most surgeons support these creams and suggest them as an adjunct to surgery.

Dr. Kerner says that most of his clients are happy with the outcome.

There are relatively no complications and recovery is quick. He also wants to clear up any misconceptions that the surgery is painful. PSForum.org wrote that the operation can be performed in a "surgeon's office-based facility, an outpatient surgery center or a hospital." It's usually done on an outpatient basis and rarely requires an inpatient stay. Plastic surgery is not out of reach financially and isn't exclusively for movie stars. Although Dr. Kerner does have some clients from the entertainment industry, he says that plastic surgery is now "more acceptable and affordable, and is for anyone who wants to look better."

You may be losing in your competition for eternal beauty in the land of flawless movie stars and movie studio illusions where marks of old age are seemingly nonexistent. Or you may be looking to feel better about yourself and altering your appearance may bring you that happiness and confidence you were seeking.

The ASPS suggests that before you have the surgery you "think carefully about your expectations and discuss them with your surgeon." Whatever your reasons, the choice is ultimately up to you and no one can tell you otherwise.

For more information, educational materials or to speak with a trained staff member about blepharoplasty, please call Dr. Marc Kerner's office at (818) 349-0600.

# Nourish finds waxing niche

By Trana Shannon

What underwear-clad Tom Cruise in "Risky Business" did for Ray-Bans and "ET: The Extraterrestrial" did for Reese's Pieces—so did "Queer Eye for the Straight Guy" do for men's waxing. And Nourish Skin Care Salon is taking full advantage.

Lofted two stories above the hustle and bustle of Ventura Blvd., the audio overload from the street below is surprisingly, and completely, lost as the door closes behind you. The serene and subtle sage green walls, accented by white crown molding, combine with the newly laid faux hardwood floor and antique furniture to offer a cozy escape. A small reception desk, topped with a charming accent lamp, greets you in the waiting area.

A six-month-old undertaking by owner Amanda Cowan and partner Dawn Thomas, two of the three service rooms at Nourish are dedicated to skin care, while the third is reserved for manicurist Linda Vu. An on-call massage therapist completes the staff.

Entering the skin care room, an environment of pleasing aesthetics, gentle music and obvious sterility fuse to put your mind at ease in preparation for the oh-too-close-for-comfort waxing encounter. Kept at the appropriate temperature—warm enough for easy application but cool enough for repose—the heat of the wax is easily bearable. With quick and deliberate removal, the aesthetician's experience is obvious.

While a staggering 85 percent of the salon's female clientele request bikini wax ser-



vices, the vast majority of that number opts for the Playboy (\$45), a full removal of hair from any and all discreet areas. The Full Bikini (\$45), foregoing only a small frontal triangular section, is the second most popular. For more modest guests, a regular bikini wax (\$30) suffices for bathing suit season. Full buttocks, exterior and interior (\$30), lower back (\$15), full and half stomach (\$15 and \$7, respectively) complete the list of the more intimate services available to ladies.

Pegging a niche in the industry, Nourish offers a full menu of waxing options for gentlemen as well. Answering a demanding call for the availability of waxing for men, which reportedly skyrocketed after the success of "Queer Eye for the Straight Guy," even the most masculine males frequent the salon. From men's bikini (\$55), interior buttocks (\$25) and exterior buttocks (\$30) to more common services such as chest (\$45), back (\$45) and



arm (\$50) waxing, Nourish caters to the guys. Hands (\$15), legs (\$65) and ears (\$10) are also options.

Facial grooming is a specialty as well, as Nourish offers waxing for eyebrows (\$25), inside nose (\$10), hairline and sides of face (\$15 each), as well as lip and chin (\$9 each). A glycolic peel energizes and rejuvenates the skin after sun damage, poor circulation and hyperpigmentation, leaving skin feeling soft, clean and evenly toned (\$50). The gentlemen's facial (\$75), mini facial (\$55) and custom facial (\$80) can provide a pleasant retreat after completing the less-relaxing waxing regime.

The appointment book at Nourish, located at 12457 Ventura Blvd., Suite 205, in Studio City, is accommodating to any guest, with special late hours from 10 a.m. to 7 p.m. on Thursday. (818) 985-2469

## Healthy Happenings

### Baby Beginnings

A two-part course teaching parents skills of newborn care. Part 1: Selecting a pediatrician, umbilical cord care, feeding and burping babies, play and sleep positioning. Part 2: Pacifiers, thumb-sucking and attachment toys, immunizations, nutrition, how to recognize if your child is ill and thermometer use. Also in Spanish. Thursdays, 7 p.m. Valley Presbyterian Hospital, Health Education Center, 15107 Vanowen St., Van Nuys. (818) 902-2982

### Cholesterol Screening

Cholesterol screenings are offered Fridays at 8:30 a.m. The screening includes body fat analysis, vital signs and blood testing. Fasting is recommended. Appointments are necessary. Valley Presbyterian Hospital, Cardiac Rehab, 15107 Vanowen Street, Van Nuys. (818) 902-5772

### HRT—Is it Right for You?

Encino-Tarzana Regional Medical Center is proud to host this free community education seminar. For post-menopausal women, choos-

ing whether or not to use hormone replacement therapy (HRT) is a very important health decision. Learn the pros, cons and alternatives. Wednesday, April 21, 7 p.m. Encino-Tarzana Regional Medical Center, 18321 Clark St., Tarzana. (800) CARE-NOW (227-3669)

### Sleep Apnea Group

Learn about obstructive sleep apnea, the importance of treatment, reducing the need for treatment, alternative treatment options and equipment and technical issues. Spouses are encouraged to attend. Call for dates of next session. Northridge Hospital-Roscoe Campus, 18300 Roscoe Blvd., Northridge. (818) 885-8500, ext. 2782

### Yoga For Seniors

It's a relaxing way to exercise your body and your mind. Yoga works with all of the body's systems to provide a holistic approach to health and wellness. Fridays, 9-10 a.m. Valley Presbyterian Hospital, Health Education Center, 15107 Vanowen St., Van Nuys. (818) 902-3911

# Ask the Doctor

**Intense Pulsed Light**  
New Horizons in  
Noninvasive Skin Care  
and New Hope for Acne  
Sufferers

By Marc M. Kerner, MD



Intense pulsed light, or IPL, is a relatively new technology that utilizes filtered light to treat various conditions of the skin including excessive redness, brown spots, photodamage from sun exposure and small veins. It can improve skin texture, pore size and give the skin a healthy overall glow.

Photodynamic therapy, or PDT, is a well-established technique for treating skin cancers and inflammatory diseases of the skin. Chemicals that photosensitize the skin are applied directly to the skin and then treated with various frequencies of light. These various chemicals enhance the effectiveness of light.

Recently, we and others have been combining a naturally occurring photosensitizing chemical called 5-aminolevulinic acid (ALA) and IPL. 5-aminolevulinic acid and other chemical photosensitizers will revolutionize the use of IPL therapies. By combining IPL with ALA, we are able to treat difficult skin conditions that were not well treated by either of these modalities on their own.

Take acne, for instance. Acne is one of the leading skin disorders that results in embarrassment, shame and a lack of self-esteem. Patients with acne are at times frustrated with the lack of truly successful therapies. Accutane is a highly effective

drug taken orally, but has so many side effects and potential problems that deter many people from using it. Using combined ALA-IPL, cystic, active acne has responded remarkably well. More importantly, there are no side effects from the treatment. Many patients respond to a single treatment, although most require two to four treatments spread one month apart.

The theory behind the success of these combined modalities is that the ALA chemical is absorbed preferentially by the bacteria that cause acne, *Propionibacterium Acnes*. This bacterium resides in the skin sweat glands and hair follicles and is metabolically more active than the surrounding skin cells. The ALA is then activated by the appropriate wavelength of IPL, thus killing the bacteria directly in the skin. This leads to control and improvement of cystic, active acne and the inflammatory changes caused by this skin condition. We have noticed considerable changes in pore size and skin quality in non-acne patients using these combined treatments, and as such, this regimen can be utilized for other skin conditions such as early skin cancers or precancerous skin changes as well.

The downside is that there is a brisk skin reaction that lasts up to 48 hours, so sun exposure must be avoided and at least a 30 SPF sunblock needs to be applied to the treated areas. When deciding on choosing a practitioner for IPL, it is imperative to remember that the treatments are extremely dependent on the operator, not on the equipment. Choose your provider carefully and ask appropriate questions regarding their training and experience.



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