



More on Anti-Aging

- » **Anti-Aging Guide: Your guide to aging beautifully**
- » Plastic surgery secrets of the stars
- » Look younger from head to toe
- » Eyeing those dark circles

Special Offer

Try Marie Claire FREE

Cosmetic Surgery Low Down

By Wendy Schmid

marie claire

With celeb rags documenting lip and nose jobs and plastic-surgery dramas playing in prime time, nips and tucks have gained a new, "everyone's doing it" vibe. (Why, even the occasional pop singer has been known to give her nose a tweak—shortly after claiming she loved her body in the pages of a national magazine, no less!) But if you're gonna do it, you have to know what you're getting into—and what the alternatives are. (Just leave the hypocrisy out of it, thanks.) Here, the facts about the latest techniques.

More from Marie Claire

- » Red, Hot & Blue: A Salute to American Style
- » 3 Fats That Make You Skinny
- » The Bigger, The Better: Eyes, Hair, Lips
- » Dresses For Every Size And Shape
- » Skin Crisis -- SOLVED!

EYES

As your skin loses volume with age, your eyelids can droop and under-eye bags can reveal themselves. Upper- and lower-eyelid-lifts often took away too much fat, says Heidi Chasin, M.D., leaving the hollowed-out look we're trying to avoid.

advertisement

regenerist Eye Derma-Pod

Three transforming results without ever leaving home.

OLAY

SKIN

Scientists have invented a miracle product that prevents premature sunspots, moles, and wrinkles. It's called sunscreen. If you've missed out on it for most of your life, however, new laser treatments help to erase some of the skin damage you've probably incurred, giving you fewer moles and spots to keep vigilant watch over. The new lasers designed to tighten skin and fade sunspots require less downtime and cause fewer complications than older ones, says New Jersey laser expert **Mitchell Chasin, M.D.** For diminishing more severe sun damage, peels and fillers are still popular. These options only manage aesthetics, though; sunscreen is still a far better weapon than a laser when it comes to your health (and, of course, it's seriously cheaper).

repositioned or removed, and the whole area is lifted and tightened.

DOWNTIME: About a week of swelling and bruising.

PROS: Scarring is minimal and usually well hidden.

CONS: If too much skin or fat is removed, you could get that "deer in the headlights" look. And, in rare cases, you may not be able to fully close your eyes. "Blepharoplasty can change the appearance of your eyes," warns Dr. Hirmand. "Have your doctor simulate the result first by lifting and tucking your lid with a Q-tip."

COST: About \$2500 to \$3500; results last at least a decade, maybe two.

STAVE OFF SURGERY WITH: A treatment product with antioxidants, such as Avon Anew Clinical Eye Lift, \$28.

UNDER-EYE BAGS

TREATMENT: Lower-lid blepharoplasty.

DESIGNED FOR: Severe bags due to heredity or aging—or people who look more tired than they actually are.

HOW IT WORKS: Doctors make an incision in the lower lashline and reposition the fat, tighten the muscle, and remove extra skin. If puffiness bothers you, consider a partial lift (transconjunctival blepharoplasty): One incision is made on the inside of the lower lid.

DOWNTIME: About 10 days of swelling and bruising.

PROS: If no skin is removed, the scar is entirely hidden.

CONS: Incisions in the lower lashline can take up to a year to fade. (You can cover it with concealer—but do you want to have to?) And the procedure can alter the shape of your eyes, particularly at the inner corners, if it is not done properly.

COST: \$2500 to \$4500, depending on the extent of the procedure.