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Professional Reputation

Dr. Marc DuPéré has a regular advice column in "2 – The Magazine for Couples" in which he answers nip and tuck questions from readers.

Advice

Plastic Surgery

By Dr. Marc DuPéré



Q: Doc, two kids later my breasts and tummy have taken a beating. Will surgery help?

It's common for the breast envelope to have stretched to a point of no return, and the loss of breast tissue leads to a sagging and collapsed appearance. A similar phenomenon happens with the lower abdomen, where excess skin and stretch marks can be seen, and the abdominal muscles widen and weaken. The tummy tuck/breast-lift procedure is a very popular combination for tightening the "ah" muscles and for breast rejuvenation.

Q: Doc, how can I avoid getting a facelift later in life?

Exercise regularly. Eat healthy foods. Avoid smoking. Avoid direct sunlight. Apply sun-screen protection with an SPF of 15 or higher all year round. In addition, your regular skin-care regime—supervised by a skincare specialist—should include hypoallergenic moisturizing cream, vitamin C, vitamin A-derived hydroxy acids and hydroquinone for hyperpigmentation.

Q: Doc, how can my guy get rid of his childhood acne scars?

Usually a combination of treatments is required, as acne scarring is a difficult problem. Topical treatment is the first route and vitamin-A derivatives (prescribed by your physician) are a must, along with vitamin C and glycolic acid. Resurfacing and Prisma, temporary fillers, and Artecoll, a permanent product, can be used to fill the depression associated with scars, making them less obvious. Deeper scars can also be treated with dermabrasion (surgical skin-sanding), CO₂ laser resurfacing and surgical removal.

Q: Doc, I'm considering plastic surgery but can't quite afford it. Suggestions?

Credit Medical Corporation (creditmedical.com, 1-800-270-9290) provides financial assistance for elective and non-elective surgery, including cosmetic plastic surgery and cosmetic dentistry.

Q: Doc, what are the risks of plastic surgery?

Although the risks are extremely low, possible complications include infection, bleeding, clots forming in veins and travelling to the lungs, cardiovascular incidents, and severe allergic reaction to anaesthesia. A history of smoking, birth-control pills, diabetes and previous medical conditions increase the risk of complications. Make sure your surgeon is actually a plastic surgeon, and that your risk factors are carefully identified and minimized.

Q: Doc, how can you tell if someone's gone under the knife?

Only a very attentive or expert eye could detect the telltale signs of a clean surgery. The tummy-tuck and the "U" facelift leave only a fine line crease in the fold of the skin. Scars from surgery for excess bags under the eyes or drooping eyelids are hidden within the natural crease of the upper lid or just below the lower lid margin. The augmented breast may show a fine line at the periph of the areola, the brown ring around the nipple proper. Liposuction scars are tiny or are usually put in a crease or in the bathing-suit region.

Q: Doc, what are the goals of liposuction?

To sculpt the hips, thighs, and abs. But it's not a recommended treatment for low weight; its purpose is to get rid of those areas of fat that just can't diminish with healthy diet and exercise.



Dr. Marc DuPéré is a plastic surgeon in Toronto. For info on his clinic go to the website www.visageclinic.com 416-379-9292. Email him with your zip and I will direct you to his website.

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