

BAMAZAAR Harper's

EYES AND BROWS

For many women the first signs of aging strike not below the eye (as in my case) but in the upper-lid-and-brow area. "Often in a person's 30s and 40s, the brow starts to descend off the brow bone, causing sagging in the upper lids and a perpetually tired look," says Herman. Patients used to retaliate with a coronal brow lift, an operation that involves an ear-to-ear scalp incision and can cause nerve injury, hair loss and thick scarring. Surgeons can now get the same results with a miniprocedure called an endoscopic brow lift, in which the surgeon makes just three or four half-inch incisions in the scalp behind the hairline. An endoscope (a tubular probe with a mini TV camera that projects images onto a screen) is placed through one incision, tiny instruments through the others. Watching the endoscope transmission on the monitor, the surgeon separates the muscles from the brow bone so that they relax upward (if frown lines are a problem, the corrugator muscles may also be removed). The muscles and tissue

are then pulled taut and anchored with internal sutures.

Scarring is minimal, and recovery is fairly quick according to New York plastic surgeon Dr. Frederick N. Lukash. "The results are subtle and natural looking," says Lisa*, a 41-year-old nurse who had the procedure earlier this year. "I look relaxed and refreshed, and the lines in my forehead are gone, but no one has any idea I've had plastic surgery. Everyone thinks I got my hair cut or lost weight." Cost: \$2500 to \$4000. Recovery time: a week or less.

UPPER NECK

Another surgery that surgeons rank high on their list of little procedures that do a lot is liposuction of the upper neck (and face). "For a woman who has inherited the tendency to accumulate fat under the chin and in the upper-neck area, it can take 10 years off her face," says Lukash. As side benefit, if a fatty neck is slimmed down early (like in the 30s or early 40s), while the skin is still resilient, it may eliminate the need for a neck tuck later in life.

Neck liposuction is relatively quick and painless. Surgeons inject the area with a diluted anesthetic, then make a tiny incision (one or two millimeters) under the chin or behind the ear to suction out the fat. Few stitches are necessary. Patients walk out wearing an elastic chin strap. They may bruise later; swelling will be minimal. "You can do the procedure on a Friday and be back at work on Monday with a little makeup," says Lukash. Cost: \$2500 to \$3000. Recovery time: one week.

Diana

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