

# Non-Surgical Facelift Alternatives-Based on National Information

Procedure and Typical Cost	How it Works	Pro's	Con's	Possible Side Effects	Recovery Time	What's New	How Long Results Last
<b>Microcurrent</b> <u>\$1500-2000 for initial program and \$120-150 for each maintenance treatment</u>	Tiny, imperceptible electrical pulses are applied to the skin over a series of "treatments" with metal applicators that stimulate collagen production, increase oxygenation, strengthen muscles and improve lymphatic drainage.	Painless, non-invasive, non-toxic, no injections. Stimulates the body's own natural capacity to regenerate the skin. Lifts the skin, improves crow's feet, scars and other facial lesions and tones muscles.	Requires a treatment course of between 10-14 treatments at 2-3 per week and because it's gentle and not damaging to the skin in any way will need periodic maintenance treatments.	Drowsiness and stimulation of acupuncture points in the face and neck. If not enough gel is applied may experience some tingling.	None	Treatment is new to the USA but in Europe for over 10 yrs. Still need to do good skin care. Very damaged skin takes many more treatments. Microcurrent is a standard medical technology.	Up to 12 months with maintenance every 2 to 3 months after initial course of treatments
<b>Microderm-abrasion</b> <u>\$90 to \$200</u>	Highly controlled spray of fine crystals is directed onto skin, removing dead cells.	can be done at a MediSpa.	Most obvious signs of aging, including wrinkles and mottled or sagging skin, are not affected.	Irritated skin, redness, some complain of pain and tenderness and burning	None. Skin may look sun-burned, but it shouldn't peel.	Do-it-yourself kits. Several companies, including DermaNew and HoMedics, now offer these.	0 to 60 days
<b>Collagen Injection</b> <u>\$150 to \$600</u>	Synthetic collagen is injected with a fine needle along the edge of a wrinkle or line, instantly filling out skin,	Product is made with lidocaine, so you don't usually need additional anesthetic.	Because it's made from bovine collagen, it can cause allergic reactions; a skin test is typically done 30 days before the procedure.	May cause slight bruising; allergic reactions can cause itching and redness.	None. Some redness and temporary bruising may occur.	Human collagen. Fibro-Gen, a biotech company in San Francisco, is developing the first-ever filler made from recombinant human collagen.	2 to 3 months. Possibly longer
<b>Botox</b> <u>\$175 to \$800</u>	Purified form of toxin <i>Clostridium botulinum</i> is injected into muscle; the toxin temporarily numbs muscle, preventing it from contracting, thus smoothing out skin on top.	Relatively painless.	Too much can make facial features appear "frozen." May cause droopy eyelids, which usually resolves within a week or two.	Swelling, bruising, or burning sensation during injection; temporary headache and nausea.	None. Sometimes results don't kick in for several days.	Human collagen. Approved by FDA for frown lines between eyes, but doctors now use it to smooth out crow's-feet and to lift eyebrows.	3 to 6 months
<b>Restylane and Hylaform</b> <u>\$350 to \$600</u>	Made from hyaluronic acid, a naturally occurring skin protein that diminishes with age. Injected along edge of wrinkle or line to be erased.	Great for filling out nasal-labial folds— deep lines on both sides of mouth.	Requires local anesthesia.	May cause temporary pain, swelling, and tenderness for a few days after injection.	Redness usually disappears after a couple of days.	Whole treatment is new. Product has been on the market for only a year, but it is fast becoming as popular as Botox.	6 to 12 months
<b>Autologous Fat Injection</b> <u>\$900 to \$5,000</u>	Fat from another part of the body—usually the abdomen, thighs, or buttocks—is injected into the face.	Since the fat is taken from your own body, it's completely natural,	Some doctors say fat doesn't always stay where it's injected. Procedure is performed in operating room, often under sedation.	Some swelling and bruising,	Takes about 1 to 2 weeks for swelling and tenderness to subside.	Newer injection techniques have improved success rate.	1 to 2 years
<b>Chemical Peels</b> <u>\$175 for a light peel; \$2,000+ for a deep peel</u>	Literally peels away skin. Comes in three categories: light (sometimes called superficial), medium, and deep.	Light peels are low-risk and can be done without anesthesia.	A deep (phenol) peel is a serious medical procedure, requiring full sedation and Hook up to a heart rate monitor.	Face will swell as dead skin peels off; a slight risk of scarring if not done properly.	None for light peel; 7 to 10 days for medium peel. With deep peel, may take 3 to 6 months for reddish-pink color to fade.	Do-it-yourself facial-peel kits.	6 months for light peels; 1 to 2 years for medium peels; up to 20 years for deep peels.
<b>Laser Peel</b> <u>\$2,000+</u>	Peels skin by delivering large amounts of heat in concentrated light waves to skin cells.	Some doctors prefer lasers to chemical peels because, they say, they can "control the burn" better.	Usually done under local anesthesia; for more extensive resurfacing, IV sedation may be needed. New wrinkles and expression lines may form as skin ages.	Slight risk of scarring.	Since top layer of skin is removed, a topical ointment is needed for first few days as new collagen forms. Redness may not fade for 8 to 12 months.	Newer Erbium laser is gentler on skin but may not be as effective at removing wrinkles.	Several years
<b>Thermage</b> <u>\$2,000 to \$5,000</u>	Lower layers of skin are heated with radio waves while outer layers are protected by cooling spray. The result is overall tightening of skin as deeper layers produce more collagen.	Results can be dramatic.	For reasons unknown to cosmetic surgeons, procedure works on some people but not others. (Genetic differences and lifestyle factors may play a role.)	The procedure is fairly uncomfortable and may require painkillers.	Skin will be red and swollen for up to a week. May take 2 to 3 months to see results.	Approved by FDA in 2002 to remove wrinkles around the eyes, it's now being used to treat the whole face.	Up to 2 years

