

Don't Eat Lunch

By Schuyler C. Metlis, M.D., F.A.C.S.

Don't eat lunch. Why waste your time? There are so many other good things you can do with your lunch hour at your plastic surgeon's office.

Skin Care

Most skin care programs offered by plastic surgeons combine in-office treatments with a program of treatments you do yourself at home once or twice a day. This is a great way to get your skin to look fresher, glowing, and healthier. Lunchtime is just enough time for a quick visit to your plastic surgeon to get your weekly or bi-weekly skin treatment.

MicroDermabrasion

Whether it's traditional microdermabrasion, or the newer MicroTouch treatments, you should be in and out of your plastic surgeon's office in about 30 minutes, with time left over to pick up a quick takeout snack on the way back to work. These techniques help eliminate the top, sun-damaged layers of your skin and help the fresher underneath skin to start growing.

Botox

FDA approved Botox injections can easily be done within the time constraints of a lunch hour if your plastic surgeon's office runs efficiently. Go back to work without wrinkles, or some of the crow's feet on the sides of your eyes. (Actually, this may take a few days to take full effect, but soon enough you will be coming and going to work without that frown.)

Fillers (Collagen/CosmoPlast/Hylaform)

Skin fillers are great for the more superficial wrinkles around the lips, scars, and the deeper areas like the nasolabial folds, which run down from the side of the nose towards the corner of your lips. Depressions or wrinkles of the lips and their corners can also be improved. All with time to spare.

Learning about other stuff

Lunchtime is a great opportunity to ask your plastic surgeon what other treatments or operations can help you. A good thorough consultation may take an extended lunch, but the visit will allow you to find out if anything can be done about the thing that is really bothering you, whether it is your eyelids, nose, breasts, or tummy. Actually fixing these may take a little longer than your hour

for lunch, so you will also find out how much time you need to take off from work, tennis, golf, etc.

To see how you can squeeze these types of treatments into your lunch hour (okay, 11-12 or 1:30-2:30) call for an appointment.

Dr. Schuyler C. Metlis is a board certified plastic surgeon specializing in cosmetic and reconstructive plastic surgery with an office in Palm Beach Gardens since 1980. For more information, Dr. Metlis can be reached at (561) 622-4210.