

# Get A Facelift Without Getting A Facelift

**By Holly Vitchers**

MILFORD — The arrival of cooler weather signals that the holidays and the New Year are almost upon us and with them come holiday parties that reunite us with family and friends that we don't see too often. Why not give your face a little "lift" to have everyone wondering what your secret is for staying so young looking? Dr. Richard E. Buckley and Dr. Marina Buckley of Advanced Dermatology Pocono Medical Care in Milford, PA have some easy solutions on how to get a great new look for the upcoming season.

Dr. Richard Buckley says: "There are now several alternatives to a surgical facelift that give our patients a fresher, younger look without the downtime or the expense of a conventional facelift procedure. We offer many options for wrinkle reduction, skin tightening and line reduction that are quick, easy and affordable."

Dr. Marina Buckley adds: "One of the newest additions to our practice is the Thermage method of skin tightening. This procedure uses radiofrequency waves to stimulate collagen growth in the skin which serves to "fill in" the lines and wrinkles and tighten sagging skin. This collagen

growth continues after treatment so the patient continues to see improvement over time."

There are also a variety of fillers available that "plump up" the skin to lessen the appearance of wrinkles and lines. The results are immediate and last approximately 6 months or longer. Botox is also a great way to reduce wrinkles and provide a fresh look for several months without having to take days off from work or refrain from wearing makeup for a period of time.

In addition, laser treatments are widely used for reducing the effects of aging and repairing damaged skin. These stimulate collagen growth in the skin to give it a smoother look and a younger, healthier appearance.

All of the above treatments are fantastic alternatives to a surgical facelift and can help you achieve your new winter look without downtime or a long recovery period. Advanced Dermatology offers free monthly informational seminars that include procedure discounts. For more information, see [www.milfordmd.com](http://www.milfordmd.com) or you can contact Advanced Dermatology Pocono Medical Care in Milford at (570) 296-4000.