
As featured in U.S. 1, June 20, 2007

Princeton Center For Plastic Surgery

A surgeon who says that surgery isn't always the answer

Spending time outdoors is just the impetus many people need to look into the variety of non-surgical facial rejuvenation techniques available at The Princeton Center for Plastic Surgery.

Botox injections nationally are the most commonly performed cosmetic procedure, with filler injections such as Restylane and Juvéderm™ also gaining ground in the wrinkle market, according to Thomas Leach, M.D., a board certified plastic surgeon and founder of The Princeton Center for Plastic Surgery.

"These non-surgical methods are effective ways to minimize wrinkles," said Dr. Leach. "But, let the buyer beware — there are an increasing number of practitioners offering procedures completely out of their area of expertise. I must see at least one new patient every few weeks who has had a complication from an errant injection."

Dr. Leach notes that a thorough understanding of the balance, interaction and anatomy of the muscles of facial animation is necessary to achieve consistent results with Botox. Patients should look for board certification from the American Board of Plastic Surgery, which credentials physicians to perform plastic surgery of the face and body.

"A qualified physician also will be able to properly administer fillers such as Restylane and Juvéderm," Dr. Leach added. "These fillers are used more for static lines and often to restore some of the lip fullness lost over time. We tend to use Botox in areas where an overactive muscle has caused the wrinkles. Patient satisfaction from these relatively simple procedures has been very high, and complications very low — a great combination." Dr. Leach also cautions patients who are considering a face lift to do their homework before they consider a "thread lift." This procedure involves pulling the skin back along a series of barbed threads. He states, "The thread lift is typically performed by non surgeons, is short lived and does not in any way substitute for a face lift."

Another benefit of working with the doctor and staff at The Princeton Center for Plastic Surgery is its close relationship with Results Day Spa. There, licensed aestheticians provide quality general and medi-spa skin care. This level of skin care aims to get rid of fine wrinkles, environmental damage and dark spots. Results Day Spa provides more than just routine facials, although they also are available. Patients receive medical-grade deep peels, exfoliations and moisturizers that stimulate collagen in the dermas for amazing results.

"Deep peels get us down into



Dr. Thomas A. Leach

the skin's layers so we have more effect," Dr. Leach added. "A series of 'lunchtime peels' coupled with a home morning and evening routine produces real results."

The spa also offers its own Results private line of products, as well as Obagi and Biomedic/La Roche-Posay. Results products are medical grade at the same price point as most medium-priced department store cosmetics. They're so effective that Dr. Leach frequently recommends them as pre- and post-treatment regimes.

"Surgery isn't always the answer," emphasized Dr. Leach. "Sometimes, getting your skin in better shape, removing dark spots, filling in deep wrinkles, or minimizing fine lines can make a world of difference."

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