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## Perk Up

**“As we age, certain facial features like the nose begin to grow, and sometimes downward,”** says New York plastic surgeon Elie Levine, MD. “Within minutes, hyaluronic acid fillers can make a drooping nose lift up while simultaneously straightening the nose or hiding a bump.” Although the minimally invasive procedure is temporary and not a replacement for a rhinoplasty, “it can provide improvement with virtually no downtime,” adds Dr. Levine.

# 5

## Button Down

**“Usually an umbilicoplasty—reconstruction of the belly button—is done after a tummy tuck if the belly button became distorted,”** says New York plastic surgeon Jeffrey S. Yager, MD. “Sometimes, this is a simple outpatient procedure done under local anesthesia, but in other cases, the entire tummy tuck may need to be redone—do not underestimate the effect an unaesthetic belly button can have on self-esteem.”

# 6

## Shape Shifter

**Surprisingly, Dr. Levine is seeing a trend of women wanting to show a subtle hint of nipple shape through their clothing.** “But, when they’re struggling with ‘shy’ nipples, it can be hard to achieve this effect. Inverted nipple correction, which elongates the shape of the nipple, is performed under local anesthesia, takes less than an hour and requires no downtime from work.” There’s no question why it’s becoming more and more popular among patients.

AS FEATURED IN

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# Expect a windfall of innovation among noninvasive and minimally invasive aesthetic treatments in 2021...

...with continued advancements in nonsurgical techniques, plastic surgeons are capable of improving patient outcomes.

—The Aesthetic Society



# 7

## Hormone Help

**“I’ve noticed more of my patients asking about bioidentical hormone therapy, which they say can have a dramatic effect on their lives.** It can provide older patients with more energy, improved exercise tolerance, memory and mood, better sleep, and possibly better sex,” says Dr. Churukian. “Looking better often starts with feeling better, and hormone replacement is an incredible step in this direction.”

# 8

## Foot Fancy

**“A ‘Brazilian foot lift’ involves moving fat from the belly to the foot, which usually appeals to people who suffer from metatarsalgia—a dull, achy pain experienced on the ball of the foot due to fat loss,”** says Miami podiatrist Dr. Abraham Wagner. “We work with plastic surgeons to isolate the belly fat from the patient and create what feels like a Tempur-Pedic mattress to restore the lost fat on the foot. Patients say it’s like walking on clouds again.”