

For those seeking healthy, beautiful skin, Upper East Side dermatologist Dr. Jody Levine explains that fillers and other treatments are best used in combination

Looking Good
Dr. Jody Levine believes in a comprehensive approach to achieving and maintaining healthy, beautiful skin. She focuses on crafting individualized approaches for each patient. Her practice offers injectibles, peels, lasers and other light treatments, hair removal, liposuction and even tattoo removal.

New Yorkers are a savvy lot and brand names like Botox or Juvederm are part of the vernacular. When considering injectibles or fillers, though, there isn't just one that is the go-to solution, according to Dr. Jody Levine. Instead, the dermatologist takes a different approach to treating each area of the face. "It's like an artist's palette of paint colors," she says. "You can use all of them together, as opposed to just using one to replace another." Levine, a graduate of Yale University School of Medicine and Columbia College, specializes in medical and surgical dermatology for both children and adults. At her practice on East 84th Street she provides a comprehensive approach to achieving and maintaining healthy, beautiful skin. She bases her practice, which she shares with her plastic-surgeon husband, on the concept of being a full-service facility.

"Patients often ask me about when to choose laser, versus a filler or something like Botox," Levine notes. And there's a lot of confusion simply because of all the fillers that are out there." Instead of favoring just one as an all-purpose solution, Levine explains that different fillers—just like the various methods of treatment—can be used together to achieve the best result.

Levine favors Restylane for under the eye, for instance, because it stays in place better than Juvederm. She recommends Juvederm or collagen for the lips, sometimes combining the two, depending on one's goals.

For nasolabial folds, creases running from the nose to the corners of the mouth, Levine often uses more than one filler, depending on the depth of the crease. "I use a thicker filler at the bottom and a more superficial filler above it" she says, adding that "in a younger or middle-aged patient you can be fine with just one filler. It's really important for people to realize that filling the nasolabial fold should often be paired with adding volume to the cheeks." To add volume to the face, Levine likes to use Sculptra or Radiesse, both of which work well along the jawline, as well. Fillers can also be used



effectively in the hands and even the earlobes.

Levine points out Botox is not used to fill in wrinkles. Rather, Botox is used to relax muscles, making it effective for erasing dynamic wrinkles, those formed from muscle contraction. Botox is particularly effective for wrinkles of the forehead, crow's feet between the eyes, around the mouth and along the neck. Above all, Levine focuses on crafting individualized approaches for each patient. And with a practice that offers injectibles, peels, laser and other light treatments, hair removal, liposuction and even tattoo removal, she is able to address the spectrum of patients' needs. "I give every patient enough time to ensure that I completely understand their needs, Levine says, "and they fully understand how those needs can be addressed."