



## Singled Out

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Well ladies, it's that time of year again. Summer is approaching. The heavy layers are going to be shed, people are going to come out of hiding like bears in a cave and thoughts turn to looking one's best to attract the opposite sex says **Dr. William Bruno, a board certified plastic surgeon in Beverly Hills, California.** "What better way to start than with some simple, yet effective changes?"

### ***2014: The Year of the Single Girl's Makeover***

Last year, it was all about the mommy makeover, a popular trifecta of cosmetic procedures – tummy tuck, liposuction and breast lift – for postpartum moms turning to plastic surgery to erase the physical evidence of pregnancy. This year, it's all about the single women who are looking to refresh their overall appearance. From busy careers to active social lives, being single can be fabulous but can affect your appearance in many ways. Pulling all-nighters at the office, late nights out with friends and a busy dating life can damage your skin, cause dark under eye circles and fine lines. Genetics and age can also cause sagging skin, wrinkles and cellulite.

**About Face.** When you're single, maintaining a full social life is important, which is why women take advantage of a little facial rejuvenation. "Injectables like Botox and Juvederm are popular because they offer fast fixes like relaxing lines or lifting droop, so you look less worried, stressed, and tired," says Dr. Bruno. He stresses that, "it is important that if women choose any type of plastic surgery, they do it for themselves and not to "land a man" or get back together with an ex."

Dr. Bruno says adult-onset acne is on the rise in women over the age of 25, as well as those well into their 40s and 50s. "There are several causes of adult acne such as stress, sleeping with make up on, hormones and birth control pills. Stress causes your oil glands to overcompensate. Inferior cosmetics can lead to bacteria-laden pores. Hormones cause the sebaceous glands to overact and birth control pills with androgen in them can cause breakouts." It is important to find a good pharmaceutical grade skincare solution that treats a wide range of skin conditions, such as acne, hyper-pigmentation, melasma and premature aging.

**Looking Forward.** One of the first places wrinkles begin to crop up is on the forehead. As an important component of facial expression and a victim of constant sun exposure, it's no wonder the forehead is prone to wrinkles. Over time, vertical lines crease their way between the brows. Expressive horizontal lines begin to etch across the forehead. Throw in the aging process, when skin begins to lose its elasticity, and resting wrinkles crop up as well. "Botox slow muscles that contract hundreds of times a day, eventually etching lines in the skin," says Bruno.

**The Eyes Have It.** Sometimes, no matter how much sleep you get; dark circles appear under the eye that even the best under eye concealer can't fix. "Along with the dark circles around the eyes, there are also hollows, fine lines and puffy eyes," warns Dr. Bruno. "Non-invasive treatments and fillers such as Restylane can restore youthful fullness and elasticity to the skin, decreasing fine lines around the eyes."

**Lip Service.** Even if you weren't born with Angelina's plump pout, you can get the look of her full, luscious lips. "Full, voluminous lips can make you look younger and sexier," says Dr. Bruno. "I have patients that come in for a little plump and puck before an upcoming special occasion. Whether you already have full lips and simply want to enhance them further, or have thin lips and have always wanted a full, perfect pout, hyaluronic acid-based fillers, such as Restylane and Juvederm, are excellent for use in the lips because they are soft and provide a very natural result."

### **Plastic Surgery After Divorce**

In today's era of Botox and not so happily-ever-after, the path more and more newly single women are taking is to the plastic surgeon's office. Recent studies have revealed that more than a quarter of the patients who visit plastic surgeons' offices today are newly divorced women. "I frequently see female patients who have recently been divorced and are interested in having plastic surgery. Their motivation is that they want to look better and feel better about themselves before they start dating again," says Dr. Bruno. "I try to approach these patients cautiously to make sure they have the right motivation and are emotionally healthy enough to have plastic surgery. Overall, the majority of my patients see plastic surgery as doing something for themselves for a change."

*Dr. William Bruno is a Board Certified Plastic Surgeon from Beverly Hills, CA. He earned his medical degree from Hahnemann University School of Medicine in Pennsylvania after completing his premedical studies at Washington University in Saint Louis. After his surgical internship at Stanford University, he attended Saint Louis University Medical Center for general surgery training where he served as chief surgical resident. At Eastern Virginia Medical Center, he studied the plastic surgery subspecialty of microsurgery. Dr. Bruno completed his formal plastic surgery training at Duke University Medical Center where he practiced cosmetic and reconstructive surgery.*