



# Ask Dr. A

ANURAG AGARWAL, M.D., F.A.C.S.

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We are introducing a new column into each issue of Moving With Style. Dr. Anurag Agarwal, a Board Certified Facial Plastic and Reconstructive Surgeon, will interview leading doctors in Naples, Florida, to help answer medical questions that pertain to you. Topics will include plastic surgery, sports related injuries, preventive medicine, dermatologic issues, etc.

EVERYONE wants to look and feel great. This month's column is part 1 of 2, focusing on aesthetic enhancements of the face. The following questions are those that I am asked frequently from my own patient population here in Naples, Florida.

**Q: I'm in my 30's and I'm starting to notice wrinkles on my forehead and around my eyes. What can be done about this?**

A: Once you move from your 20's into your 30's, signs of aging start to manifest. At this point, starting with Botox and injectable fillers is a good option. Botox, produced by Allergan, has a long track record of safety, and is ideal to relax the muscles that cause horizontal forehead lines, frown lines between your eyebrows, and squint lines near the sides of your eyes. Injectable fillers, which are essentially plumping agents, can be used to augment early wrinkles and folds around the mouth, and even in the lips.

**Q: I'd like to have fuller lips, but I'm scared because I've seen a lot of big, unnatural lips in Naples. Why does this happen?**

A: This is an example of where I think the physician needs to listen to the patient's desires, but then guide them as to what is aesthetically pleasing. I can't tell you how many times I've augmented lips to the point that I consider beautiful, but then the patient looks in the mirror and asks me to add more. Two weeks later, the patient feels the lips are too big and they say, "Dr. A, you were right. I should have listened to you." The other problem I see is that other physicians often over-augment the lip borders, thereby giving a "duck-lip" appearance. No one's lip borders, regardless of age, are ever that prominent. Instead, the augmentation should be predominantly below the border and in the body of the red portion of the lip. This gives a natural and pleasing result.

**Q: I'm developing "smoker's lines" around my lips and I'm not a smoker. Why is this happening and what can you do about it?**

A: Vertical lines around the lips develop from a combination of factors in non-smoking women. These include age-related atrophy and thinning of the lip, which leads to deflation of the lip; repeated pursing of the lips (for example, when applying lipstick); heredity (your mom probably had them too). This is a tough area to treat. The best results are obtained by augmenting the lips with either a temporary filler or a permanent filler (like muscle transfer), combined with some sort of resurfacing of the fine lines in the skin (i.e. with laser resurfacing, chemical peels, etc.). Essentially this would plump up the lips that have atrophied, thereby reinflating the lips, while also buffing the surface lines.

**Q: I can't breathe through my nose, and I want to have my nose look better. Is this possible and will insurance cover this?**

A: If you have a deviated septum, enlarged turbinates, or valve collapse, all of which are determined by your doctor, it is possible to have treatment of these conditions covered by insurance. However, any simultaneous cosmetic improvements would incur an additional out-of-pocket expense (for the surgeon's fee, anesthesia fee, and facility fee).

**Q: I'm only in my 30's. How can I already have bags under my eyes and droopy eyebrows?**

A: The answer lies in how well you picked your parents.