

## Hollywood Casting Agents Banish Botox in Favor of a More Natural Face

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Award shows are among my favorite things to watch on TV. I settle in with a tub of popcorn, my cell phone, land line and puppy by my side. When someone of particular interest comes on, I'll call or text my friends, daughters or mom and chat about them. In the past, the conversations centered around the dresses, handbags and jewelry. Lately however, we've been talking more about what injectable the star in question has had administered. I think I'm becoming quite adept at spotting bad Botox injections or too much filler. There's a certain look that Botox imparts, when injected incorrectly, and it's seen too often in the expressions of Hollywood luminaries, who, let's face it, can afford to hire the best cosmetic surgeons, dermatologists and cosmetic dentists around. Money can't buy you class (sorry, Housewife fans. I couldn't resist throwing that in.) But it should be able to buy you a good Botox doctor.

I've heard that Hollywood casting agents have recently requested a more "natural" looking movie star. Highly advanced 3D, high definition, and blu-ray quality movies leave many actors to make a choice – forgo excessive injections to score the more "serious" roles ... or remain youthful forever but give up the types of roles that win awards.

Las Vegas Plastic Surgeon **Dr. Shoib Myint**, an expert in facial plastic surgery, warns that this very same "frozen" look can happen to anyone searching for the fountain of youth. "Many of my plastic surgery patients are actually coming to me after a 'botched' eye job or a little too much filler in the wrong places," says Dr. Myint. "It's easy to see how someone can get carried away. Many of these procedures, such as Botox, are recommended not just once but as part of the anti-aging plan for life."

EverBeautiful welcomes Dr. Myint who gives his advice on using Botox and fillers to maintain a natural expression while halting the signs of aging.

"There has been a trend in this country, especially in Hollywood, for the overcorrected face with fillers and Botox. Trout pout lips, frozen forehead, too much fat or fillers in the face have resulted in this unnatural appearance—this kind of look is a dead give away for artificial beauty. There is one critical rule women and men need to understand to achieve a more natural look: an experienced injector makes all the difference. When Botox Cosmetic was first FDA approved in early 2002, one was only considered "Botox certified" after specialized training. Now this is no longer the case. Everyone from nurses to aestheticians are injecting. Knowing which muscle controls which facial expression is more complex than what one might expect and takes years of expertise and training. Achieving a more natural appearance requires a thorough understanding of this facial anatomy coupled with an experienced injector. Here are some tips to prevent the frozen Botox look:

1. Make sure the injector is a well-seasoned board-certified physician with many years of experience using Botox and fillers.
2. Before any procedures are performed, ask to see the before and after photo book. This will give you an idea of how aggressive the results will be.
3. The most common reason for the frozen look is too much Botox in the same area. Wait three to four months before more injections. There is nothing wrong with starting with conservative units. You can always add more.
4. Articulate to the doctor what your goals and expectations are. Tell him or her you want to keep some expression in your face.
5. There is a misconception that eradicating every last line in the face will produce a more youthful look. In fact injecting just enough Botox to reduce some wrinkles, but making sure to keep some brow movement, will keep the face soft and natural.

“Trout pout” lips and “fat face” is the result of too much filler, poor technique or the wrong type of filler in the wrong part of the face. For example, too much filler at the border of the lip (the area one would apply lip liner) as opposed to the center of the lip can cause a Donald Duck appearance. The best fillers to use in the lips are Restylane, Juvederm and Collagen because of their highly natural feel. Avoid using Radiesse, Sculptra and other permanent fillers because their higher molecular weight can give the lips a rigid look. A general rule of thumb to avoid “fat face” from excess filler or fat transfer is to only volumize the amount that was lost and not to exceed it. Look at younger pictures of yourself when your face looked the most voluminous and do not exceed that. Otherwise the results can be chipmunk cheek-like. Discuss with the doctor which filler will be used and again, ask to see the before and after photos.

Everyone wants to try to achieve the “natural” eyebrow lift and achieve that sexy arch a la Angelina Jolie. People have tried cosmeceuticals, tweezing and reshaping as well as permanent tattooing of the eyebrows. However there is nothing short of fillers or surgery to actually lift the eyebrows. The best nonsurgical approach to eyebrow lifting is using a filler such as Restylane. I have found that injecting the correct amount of filler in the outer portion of the eyebrow (the lateral eyebrow) produces a nice contour, position and height as well as volumizes the hollowness underneath the brow.”

### **About Dr. Shoib Myint**

Dr. Myint is an oculo-facial plastic surgeon who has specialized training and expertise in plastic surgery of the eyes and face. He is Board Certified by the American Osteopathic Board of Ophthalmology and the American Academy of Otolaryngology – Head and Neck Surgery. He is also a Fellow of the American Academy of Cosmetic Surgery. Dr. Myint finished his graduate studies at Columbia University in New York before attending medical school in Miami Florida. After finishing his surgical internship and residency at Henry Ford Hospital in Michigan, he was invited by one of the pioneers in oculoplastic surgery to complete the most sought after fellowship in the country in Ophthalmic and Facial Plastic Surgery and Orbital Diseases. The fellowship is accredited by the American Society of Ophthalmic Plastic and Reconstructive Surgery.

Dr. Myint is one of only 550 fellowship-trained oculoplastic surgeons in the United States, has received many academic accolades, has published textbooks and articles nationally and internationally and continues to teach doctors from around the world. He was trained by the first physicians in the world to use Botox for cosmetic purposes and was subsequently invited by the makers of Botox in 2003 to be one of the first physicians in the United States to become a certified trainer in Botox Cosmetics. Dr. Myint is the past president of the American Osteopathic College of Ophthalmology and Otolaryngology Head and Neck Surgery Foundation and currently serves on its Board of Directors. Their mission is to help raise money for deaf blind children. He has been in academics and private practice for over 12 years and continues to lecture around the world on cosmetic eyelid surgery, fillers and Botox. For more information, please visit [www.eye-faceplasticsurgeon.com](http://www.eye-faceplasticsurgeon.com)