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Art of Facial Surgery
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ask us



I'm in my late 30s and I have tiny blackheads in the crease of my chin that will not go away, no matter how I treat them with acne products. Is there something else I can do for them?



Dr. Sandy Skotnicki-Grant, a dermatologist in Toronto, responds:

Sometimes what you think is a blackhead is actually an enlarged pore that fills up with oxidized keratin (which is black). If you remove the black material and it comes right back to the same area, it is not a blackhead but an enlarged pore. This can be frustrating, but some products and procedures can help to peel the skin and turn over the epidermal layer, such as prescription-grade Retin A. Glycolic acid (minimum 8 per cent), medical grade chemical peels and microdermabrasion can help prevent clogging of enlarged pores. Repeated squeezing of these larger pores makes them grow larger (so don't do it!).



I'm only 30 and my breasts are small but saggy from breast-feeding. I've heard that a breast lift can leave more visible scars than implants. Is this true, and is there anyway to avoid an implant without a large scar?




Dr. Jerome Edelstein, a plastic surgeon in Toronto, responds:

It's generally true that breast implant scars are shorter than breast lift scars. With a small breast, it is difficult to make it "perkier" without the extra volume an implant will give you. There are minimal scar options for breast lifting though, such as the "peri-areolar" breast lift (the scar is around the areola and blends with the line between the darker and lighter skin). The disadvantage is that it only gives the breast a mild lift. Another option being developed is the use of fat transplantation (fat is removed by liposuction from one part of your body and reinjected into the breast. Some call this "two-for-one" surgery because you get liposuction and breast augmentation at the same time!). Only a portion of the fat will remain in the breast indefinitely. Studies are still being done to determine what effects the fat may have on mammograms and whether it may make it harder to detect breast cancer.

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