

In Changing Industry, Plastic Surgeons Discuss Best Anti-Aging Services

- With plastic surgery and nonsurgical procedures both on the rise in Colorado Springs, The Center for Cosmetic Surgery offers patients a range of services.
- Although nonsurgical treatments are better than ever, plastic surgery is, too, say the specialists from The Center for Cosmetic Surgery near Colorado Springs.



The doctors at The Center for Cosmetic Surgery (www.thecenterforcosmeticsurgery.net) report that having more techniques at their disposal, both surgical and nonsurgical, is good for their plastic surgery practice and their patients in the Denver and Colorado Springs areas.

The practice, which offers breast, body, and facial plastic surgery, also includes a full-service medical spa focused on nonsurgical treatments. This range of services caters to a growing population seeking cosmetic treatment, particularly among older adults who wish to look younger, according to the 3 physicians at the practice.

Anti-aging procedures are growing more popular nationwide. In a recent survey of plastic surgeons nationwide by the popular cosmetic enhancement forum RealSelf, 76% of respondents reported a noticeable increase in patients older than age 60 in the past 5 years.

Dr. Andrew Wolfe says that offering both medical spa services and plastic surgery procedures to his Denver-area patients makes for a better consultation -- for patients of any age.

"It gives us more ways to accomplish a patient's goals," he says. "So, in that consultation, we can talk through the advantages and disadvantages of each approach and describe the differences in their expected results. That helps us learn what the person's ideal outcome is and adapt our treatment plan to address it in the best way possible."

Additionally, Dr. Wolfe says that although nonsurgical treatments have seen the most growth in popularity in recent years as they have improved, surgical techniques have also advanced.

"Sometimes patients come in feeling sure that a nonsurgical approach is right for them because they don't want to look 'overdone,'" he says.

"That was a concern with older techniques, but anti-aging surgeries are much more advanced these days, with shorter scars, quicker recovery periods, and very natural-looking results. We really have a wide range of excellent options available now."

Dr. Steven Vath, another of the board-certified plastic surgeons at the practice, says this enables the group to serve a broader spectrum of patients, as well.

"We can offer dermal fillers or neuromodulators for people who are simply looking for a little more youthful exuberance and who don't want to invest the time or money in surgery, and we can also deliver a more dramatic change for someone with a lot of sagging tissue who would benefit more from eyelid surgery or a facelift," he says.

Between them, Dr. Wolfe, Dr. Vath, and Dr. Paul Steinwald have nearly 4 decades of experience specializing in cosmetic treatments in the Colorado Springs area and elsewhere. Dr. Steinwald says this experience with the benefits and limitations of each technique is a guiding factor in each patient's case.

"There are a lot of new treatments coming into the industry all the time. We always evaluate these options carefully before we offer them to our patients," he says. "Often, patients have done research online but come in with questions about whether a given procedure is the right path for them. It's our job to either affirm that they're good candidates for a procedure or suggest another option, and by having more options at our disposal, we're better equipped to do that."

Dr. Steven Vath, Dr. Andrew Wolfe, and Dr. Paul Steinwald (www.thecenterforcosmeticsurgery.net) are board-certified plastic surgeons who offer a full range of cosmetic procedures for the face and body at The Center for Cosmetic Surgery. They have 2 conveniently located offices, one in Denver and one in Golden, Colorado. They are also the medical directors of Rejuvenate, a full-service medical spa. Dr. Vath earned his medical degree from Robert Wood Johnson Medical School in New Jersey, followed by a general surgery residency at George Washington University. He received his plastic and reconstructive surgery training at Louisiana State University Medical Center and Charity Hospital. Dr. Wolfe earned his medical degree from The Chicago Medical School, followed by advanced training in plastic and reconstructive surgery at Georgetown University Medical Center. Dr. Steinwald earned his medical degree from Tulane University School of Medicine and completed advanced general and plastic surgery training at George Washington Medical Center and the University of California, San Francisco.