

# COSMETIC SURGERY



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As Medical Directors of Orange County Plastic Surgery in Rancho Santa Margarita and the Bellagio Salon and Spa in Newport Coast, Juris Bunkis M.D., F.A.C.S. and Hisham Seify, M.D., bring over 40 years of surgical expertise to our communities. With offices located in Rancho Santa Margarita and Newport Coast, state-of-the-art plastic surgery and laser rejuvenation treatments are minutes from your door. Drs. Bunkis and Seify will be featured in this Cosmetic Surgery Q&A Column each issue. We invite you to call Drs. Seify or Bunkis at 949-888-9700, or e-mail your questions to [bunkis@ocps.com](mailto:bunkis@ocps.com) or [seify@ocps.com](mailto:seify@ocps.com). Enjoy!

***I'm 46 years old and I have been a sun worshiper until recently. I now take care of my skin real well and I manage to keep a healthy looking face. The only area that really shows my age is my hand. I have very skinny hands that show my veins and some brown spots as well. Is there anything I can do to improve the appearance of my hands?***  
—Linda D. Newport Beach, Ca

Hand rejuvenation is becoming a very interesting topic that draws attention nationwide. The hand is an important tool that we use to interact with society but it has long been ignored by aesthetic surgeons. This trend has now changed and we can offer our patients some options.

There are two main problems that we can address with regards to aging of the hands:

- 1) Thinning of the skin with increased visibility of the veins: The best way to improve this situation is by Microfat injections. With this technique, the plastic surgeon harvests your own fat, which is handled very gently to maintain the viability of the fat cells, and transfers it beneath the skin of the hands. The fat globules add volume into thin hands, camouflage the veins and restores the hand volume to a younger looking texture and feel. The most frequent question regarding this technique is "How long will the improvement last?" Fat grafting has been done for many years. Early attempts at fat grafting did produce only temporary improvement. However, present Microfat injections differ from the older technique because it uses finer instruments and deals with the fat in a very gentle way to preserve the viable cells and separates them from dead cells and oil, thus improving graft take.
- 2) Brown spots (hyperpigmentation). IPL or chemical peel can help with making these spots disappear. Multiple sessions are usually required to accomplish this goal.



60 year old female, before and after single treatment with microfat grafting.