

## Facelift ✓ Neck Tightening ✓ Hand Rejuvenation *WHAT...!!!*

By Suzanne Takowsky

Yes, it's true the THREE things that give away our age is our face, neck and hands. Too often when I'm out and about, I see women showcasing a flawless face and neck rejuvenation that makes them look a decade+ younger; then their hands pop out of their pockets and the image of "ageless" goes up in smoke. Because there is no way to hide our hands without a pair of gloves—when it comes to turning back the clock our hands must also be a priority in our anti-aging agenda because hands are an obvious tattle tale to achieving a more youthful appearance

I spoke with Dr. Gabriel Goren, founder of the Vein Disorders Center, in Encino California which he opened in 1994, and which offers solutions to the "vein problems" we face at various ages; more so as the years pile on. Having performed more than 3,500 vein surgeries throughout his prestigious medical career, Dr. Goren is as much about well-being as aesthetics... believing that keeping up "appearances" is good for our mental and emotional health. Dr. Goren uses local sedation in the majority of his vein removal treatments which offers minimal downtime and quick recovery. Because everyone on earth agrees that "veins" anywhere on our bodies is an age giveaway (legs, hands, face) Dr. Goren sets the record straight on what his acclaimed vein removal process involves and benefits it provides. In today's world of advanced anti-aging rejuvenation procedures and health maintenance alternatives there is no reason why we shouldn't take advantage of every available option to feel and look our best. Trying to hide bulging veins—especially on our hands is futile. With all we do to achieve and maintain a youthful appearance, why not eliminate a huge "age marker" that makes us feel flawed? Dr. Goren has traveled the world lecturing to physicians on the minimally invasive European hook removal of leg veins doable in an office setting with local anesthesia. Along with USC Professor Albert Yelin, he published the experience with the procedure in the Journal of Surgery (1991) the first publication on the subject in American Surgical literature. Their articles on Phlebology (science of vein disorders and treatable solutions) originally appeared in American Journal of Surgery, .

**ST: With all the remodeling we've done on our faces and bodies to look younger we've either forgotten or don't want to address the topic of our aging hands. What made you put hand rejuvenation at the top of your agenda, and how much improvement can you make?**

Dr. Goren: In 1955, after successfully treating varicose veins in my office for almost six years using local anesthesia and the minimally invasive hook technique, I was challenged by a patient; a woman in her sixties who had a facelift; I had treated her for leg varicosities. Happy with the results I achieved on her legs, she asked if I could do anything for her "veiny" hands. I told her the truth; I hadn't done hand rejuvenation with regards to veins and



was not aware of anyone else doing it. I agreed to do one hand and performed the procedure with such ease and no side effects that she wanted the other hand done immediately. That was the beginning and ever since, I've treated both hands in a single visit with minimal downtime and remarkable results. Think about it; it makes sense. Why do we do everything to make our faces and bodies

look more youthful and not address our hands which are a dead giveaway to our age? I have this woman's before and after photos on the wall in my office. Patients come in see the results, and want the procedure. Hand veins are removed and results are exceptional. Remarkable is that contrary to leg veins that can reoccur in some instances, I've never seen hand vein recurrences in 24 years. Now, I'm sorry for not publishing the effective method and results I achieved in the medical literature as I did with leg veins. My two articles on the subject were published in the 'Journal of Vascular Surgery-1994' and 'Annals of Vascular Surgery-1995'. This (last) article was translated into French and Spanish.

**ST: For those wanting to rejuvenate their hands what is the process; is there downtime; how long do the results last; who is the ideal candidate?**

Dr. Goren: Patients interested can have a free consultation in my office; the procedure is explained and questions are answered. After the veins are marked, they are locally anesthetized, and through a tiny entry point bulging veins are removed. No stitches are needed. Patients who haven't requested a tranquilizer leave the office after the procedure and drive themselves home. Pain is not existent, although some patients might take over the counter pain medication on the first evening. The following day a bulky dressing is exchanged with a light single layer ace bandage. The only imposed limitation is the avoidance of putting hands in water for the first three days. The patient comes back for a follow up in 3-4 weeks. There is some swelling and bruising although it's temporary. The procedure "Rejuvahands" is a permanent solution to veiny hands; there is no need to redo it. Should a small vein left behind pop up, it's injected with a sclerosing solution and closed. An alternative treatment is the use of fillers which plumps up the hand, and although veins become less visible, they are still there. The process is expensive and needs to be repeated every year. In my humble opinion this procedure is cosmetically unappealing. We get bulging hand veins as we get older because our skin gets thinner; we lose the fat pad we once had under the skin. As a result, veins bulge. In addition to the aging process, some people are born with bigger veins; and I treat weightlifters who have stressed their veins lifting heavy weights; I also treat very thin and underweight people.

**ST: What is the response you are getting from patients?**

Dr. Goren: My patients are extremely happy with the procedure and the results. One patient told me it was the best investment in herself she had ever made. ■

### Vein Disorders Center

Therapeutic Services For Vein Problems

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## Dr. Gabriel Goren

