

By Carol Kinsley

# Subtle changes achieve great looks at Atlantic Plastic Surgery



If you happen to look in the mirror one day and see your mother's face looking back at you, don't despair. If you're not pleased with what you see, help is available at Atlantic Plastic Surgery in Salisbury and Berlin, Md.

"Even if we can't stop the aging process, that doesn't mean we have to look old!" declared Dr. Jason Arrington. "There are ways to maintain a young and healthy look.

"Begin with a good defense. Prevent skin damage by eating a healthy diet, taking a multivitamin daily, avoiding smoking and all tanning beds and, most importantly, guarding your skin from the harmful effects of the sun," he said.

Once you have a strong defense, it's time to go on the attack. Rejuvenation medicine offers an incredible array of options to correct and compensate for the aging process. Start with an appropriate cleanser and moisturizer for your skin type. For mild sun damage, a topical cream such as Retin-A or Kinerase can improve the texture of your skin. Dark spots can be slowly lightened with hydroquinone, or for more immediate and profound results, a chemical peel is an option.

Frown lines and crow's feet are easily remedied with Botox. When the lines

persist, especially around the mouth and chin, an injectable filler such as Restylane can smooth out those lines.

Finally, when the elasticity in the skin is lost and skin begins to sag, a facelift will reposition and tighten the skin to bring back that youthful appearance.

"My method is to start by correcting one thing at a time," Arrington said. "Changes don't have to be drastic. Subtle changes, piece by piece, achieve amazing results."

recovery in a week or less.

While the majority of patients seeking cosmetic surgery are female, the number of men who want to improve their looks is steadily increasing.

"Almost all of us want to look and feel our best, and men are no different. For men and women, cosmetic surgery is simply another way to reach that goal," Arrington said.

"We all age differently. It may appear that men don't age as rapidly as wom-

"Surgery with a delicate touch." This is more than a motto — it's a business philosophy for Atlantic Plastic Surgery.

"There are many tools at our disposal," he said. "The options available have exploded in the last five years. Most are minimally invasive and can be done in the office with little to no down time."

Botox injections can be performed on a lunch break. While some surgeries such as facelifts may take two to three weeks for the swelling and bruising to subside, many procedures show

en, but women can be harder on their skin," he continued. "Women tend to sunbathe more. They may use make-up that is harsh." And, Arrington added, "Men shave. They exfoliate regularly."

Microdermabrasion offers women the same benefit that men get from shaving. Gentle abrasion, combined with suction, removes the dead, outer layer of skin.

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The staff of Atlantic Plastic Surgery (back, l-r) Joan Bunting, Annell Burton, Dr. Jason Arrington, Teresa Amerine, and (front, l-r) Jobie Burke and Suzanne Arrington strive to make each patient's experience safe and pleasant.



Loss of fullness in their breasts is a common complaint of postpartum women. "It's a normal physiological change, but the deflated look corresponds to an aged look, and that's troubling to some women. A small implant can help a woman regain the volume she used to have, and most people would never know," Arrington said. "For a significant drop, we can do a lift."

While all surgery has inherent risks, the techniques used today are well studied and extremely safe. A number of new anesthesia medications specifically designed for an outpatient setting contribute to a safer and more pleasant experience.

Not all plastic surgeons are cosmetic surgeons. Arrington is trained in the latest cosmetic and skin resurfacing techniques and offers a full spectrum of cosmetic and reconstructive surgery. After completing medical school at the University of Miami, Arrington was accepted into

a combined plastic and surgical program at the University of Kentucky. This was one of only 12 programs in the country that selected candidates directly from medical school for a program offering nearly twice as much time in plastic surgery training as the typical two-year fellowship.

Arrington is board certified by the American Board of Plastic Surgery and a full member of the American Society of Plastic Surgeons. He is an attending surgeon on staff at Atlantic General Hospital and Peninsula Regional Medical Center with privileges at Chesapeake Surgery Center.

Originally from Harford County, Md., Arrington came to the Eastern Shore five years ago and started Atlantic Plastic Surgery. His practice includes a licensed aesthetician, Annell Burton; his wife, Suzanne Arrington, office manager; and a dedicated office staff.

To arrange a consultation, call Atlantic Plastic Surgery at 410-548-9555. [m](#)



Dr. Arrington uses techniques which are extremely safe and well-studied. Not all plastic surgeons are cosmetic surgeons. Arrington is trained in the latest cosmetic and skin resurfacing techniques. He also offers a full spectrum of cosmetic and reconstructive surgery.