



JAMES PARK/URBAN EXPRESSIONS

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**DR. PETER BROWNRIGG**  
Ottawa, [drpbrownrigg.ca](http://drpbrownrigg.ca)

Dr. Peter Brownrigg specializes solely in facial cosmetic surgery, including cheek and chin implants, fat transplants and neck liposuction. He is credited with crafting some of the best noses in Ottawa and performs several revisions each week on patients who had rhinoplasty elsewhere.

Technologically, he uses 3-D imaging with a high-definition camera to show each patient the proposed new look on a computer screen. Non-surgically, he recommends Thermage, which delivers a radio frequency to the skin's deepest layers, stimulating collagen and tightening facial skin.

Brownrigg is inspired by the challenge of the face. "I have to hit a home run every time, I can't hide my work."

**Q: How do we know when we're due for a nip 'n' tuck?**

**A:** When signs of aging start to bother you. Some people savour their wrinkles as a testament to their lives and others want to fight growing old.

**Q: What are your signature techniques?**

**A:** The MACS Lift Incision (Minimal Access Cranial Suspension) results in stitches in front of the ear, but not behind. And I lift on a vertical vector, which fights gravity, rather than pulling backwards, which gives a windblown look.

Plus, I use tissue glue, which inhibits bruising, bleeding and swelling so effectively that one of my patients went on a date one week after a facelift.

**Q: Is there any truth to the sensationalist TV show *Botched* (E! Channel), which focuses on sad cases like burst implants, deformed faces and leaky lips?**

**A:** Disasters happen when patients and doctors think "if a little bit is good, a lot is better," but no respectable surgeon wants complications. It's critical to avoid risky techniques such as deep-plane facial surgery, which can damage the nerves. Studies on identical twins have shown that less extreme surgeries last just as long and yield equally attractive results.

\*Statistics estimated from figures of the American Society of Plastic Surgeons and the Canadian Society of Plastic Surgeons.

## OVER 50 — AND FABULOUS

**50-SOMETHING:** Madonna, Michelle Pfeiffer, Sharon Stone, Julianne Moore, Oprah Winfrey, Liz Hurley and Annette Bening.



**60-SOMETHING:** Goldie Hawn, Isabella Rossellini, Jessica Lange, Susan Sarandon, Helen Mirren, Caitlyn Jenner, Diane Keaton and Meryl Streep, who scored her most recent Academy Award after she turned the big 6-0.



**70-SOMETHING:** Faye Dunaway, Tina Turner, Blythe Danner, Raquel Welch, Catherine Deneuve, and Netflix stars Jane Fonda and Lily Tomlin, who cope with golden-age divorce in the bittersweet Netflix comedy *Grace and Frankie*.

