

Achieve the Look You Want

Intermountain Offers Surgical and Non-Surgical Cosmetic Procedures

At Intermountain Healthcare, we're dedicated every day to helping people live the healthiest lives possible®. Part of being healthy is being confident, happy, and maintaining a positive self-image. For some people, that can mean using skin care and cosmetic products, aesthetic procedures like BOTOX® injections and non-surgical fat reduction, and cosmetic surgery like breast augmentation and tummy tucks.

Did you know that many of the providers you see at Intermountain's Clinics also offer aesthetic products and services?

That's right — you can visit the same Intermountain providers you know and trust for cosmetic products, aesthetic procedures and surgeries. Dermatologists, plastic surgeons, ENT physicians, and vein and vascular specialists are some of the medical providers who offer cosmetic help. Here are a few options that are offered in many locations throughout the Intermountain Healthcare system:



SKIN CARE AND COSMETIC PRODUCTS

Your local Intermountain Clinic likely sells skin care products to keep skin healthy and protected. Cosmetic products for sale at Intermountain Clinics are physician-recommended as some of the best products available. Many of our clinics carry antioxidants, cleansers, moisturizers, sunscreens, and more. In addition, some clinics carry aesthetic devices for use at home, like handheld exfoliators.



NON-SURGICAL AESTHETIC PROCEDURES

Many of our Intermountain Clinics offer several minimally invasive aesthetic procedures. These include dermal fillers, laser hair removal, and chemical peels. Below are some of the most popular non-surgical aesthetic procedures.

BOTOX® or XEOMIN® (botulinum) injections are some of the most widely used, Food and Drug

Administration (FDA) approved aesthetic procedures in Utah and the United States. These injections, performed in your physician's office, are particularly effective at treating wrinkles like forehead furrows and frown lines. Botox is also effective in treating medical issues such as migraines and excessive sweating.

CoolSculpting® is a fat-freezing procedure that helps eliminate stubborn excess fat that doesn't seem to go away with proper diet and exercise. CoolSculpting cools targeted fat cells under the skin, which then freeze and die. After the procedure, the body processes and eliminates the dead fat cells, leaving the body more sculpted and with less fat deposits.

Varicose and spider veins can often be unpleasant, embarrassing, or even painful. Intermountain Clinics offer treatments such as sclerotherapy (injection of a solution that collapses the veins), laser procedures, and vein stripping.

COSMETIC SURGERY

Intermountain Healthcare's plastic surgeons are well known for reconstructive surgery after trauma, breast reconstruction surgery after breast cancer treatment, and treating wounds and pressure ulcers. Many of the surgeons, however, also offer world-class cosmetic surgery. From tummy tucks to liposuction to brow lifts, our surgeons offer a wide array of cosmetic surgeries. Tummy tucks, technically known as abdominoplasty, are operations that remove extra skin and fat around the middle and lower abdomen.



These procedures tighten abdominal wall muscles and can reduce bulging around the tummy. Tummy tucks can be coupled with liposuction to achieve enhanced body contouring. Liposuction is a surgical procedure that removes excess fat and reshapes the body. Though it is not intended as a weight loss alternative, liposuction can remove stubborn fat deposits and imbalances to help achieve your desired shape. The results can last a very long time — especially if you work to maintain your weight and exercise regularly.

Brow lifts can help with the effect gravity has had on the forehead over the years (such as sagging eyebrows, forehead wrinkles, and loose eyelids). Some of these procedures can be done in office with local anesthesia, while others are done in the operating room.

ASK YOUR DOCTOR

If you are interested in any of these cosmetic services or procedures, talk to your local Intermountain Healthcare provider. They can provide a consultation to discuss what can be done to help you be more confident and happy in your own skin.



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