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The New Face of Beauty: Undetectable Injectables

From facial harmony to hormone health, **Bucky Plastic Surgery's** team of providers blend science and artistry to deliver subtle, sustainable, and personalized results.

INJECTABLES HAVE EVOLVED BEYOND THE PURSUIT OF YOUTHFULNESS. Today, they represent a sophisticated, modern approach to aesthetics, emphasizing intention, subtlety, and harmony. No longer limited to smoothing wrinkles or adding volume, contemporary treatments can address a range of issues. In the right hands, these treatments can be tailored to create a refreshed, balanced, and natural result that celebrates authenticity and promotes overall wellness.

Aesthetics: Personalized and Natural Micro-Enhancements for Balance and Harmony

At the forefront of this evolution stands the team of providers from Bucky Plastic Surgery, the practice founded by esteemed plastic surgeon Louis P. Bucky, M.D., FACS. Kate Lynch, R.N., a certified aesthetic nurse specialist who serves as Director of Injectables at Bucky Plastic Surgery's Main Line office, takes a meticulous approach to delivering refined results that preserve the integrity of each person's unique facial structure.

Whereas some injectors have a limited number of "tools in the toolbox," Lynch has access to a broad and comprehensive palette of hyaluronic acid fillers, neuromodulators, and skin-rejuvenating injectables. As a result, she can customize every patient's treatment to their unique facial anatomy, skin quality, and long-term aesthetic goals. Rather than simply correcting wrinkles or restoring volume in isolated areas, she focuses on using precise "micro-enhancements" to create a more natural aesthetic as opposed to the exaggerated results of yesteryear.

"We focus on facial balancing and facial harmony with the placement of 'micro-filler' in areas of the face such as the cheeks, chin, jawline, and temples," Lynch adds. "This less-is-more approach allows their facial features

to shine and helps them look youthful and refreshed, but not overdone."

Lynch sees tremendous promise in biostimulatory injectables, such as Sculptra and Radiesse, which stimulate the body's natural collagen production. When injected into the skin, Sculptra creates a framework that encourages the formation of new collagen fibers; this gradual process helps restore volume, improve skin elasticity, and create a more youthful appearance. Radiesse, in a hyper-diluted form, can be injected in the neck, décolletage, buttocks, and knees to improve skin texture, tone, and firmness. Lynch says patients are increasingly choosing Sculptra and other biostimulatory options because of their ability to deliver gradual, more natural-looking results.

Wellness: Energy, Vitality, and Sustainable Weight Loss

At Bucky Plastic Surgery, aesthetic enhancements represent only part of the equation. The practice takes a comprehensive, integrative approach to wellness, offering medical weight loss, fitness support, and longevity-focused therapies to help patients feel as good as they look.

"These therapies go far beyond aesthetics," says Kara Waskiewicz, PA-C, Director of Women's Wellness and Longevity. "They support long-term metabolic health, disease prevention, and overall vitality. I believe they're the future of personalized preventive medicine."

A cornerstone of this approach is "Medical Weight Loss Done Right," a highly individualized program that incorporates DEXA scans to monitor body composition and prevent potential concerns such as the loss of lean muscle mass. Dr. Bucky's practice is one of a precious few places in the region to offer DEXA scans,

which help to ensure sustainable, long-lasting results. For patients who have completed structured weight loss, micro-dosed GLP-1 injections provide ongoing support with fewer side effects. These micro-doses can also help patients who have plateaued or are looking to maintain results without the need for full-dose therapy.

As a natural complement to micro-dosed GLP-1 injections, NAD+ therapy offers support for cellular energy production, enhanced mental clarity, and accelerated recovery. Particularly appealing to those focused on longevity and optimal performance, NAD+ has been associated with improved recovery, brighter skin, and an elevated sense of overall well-being, according to Monette F. Solomon, AGPCNP-BC, Clinical and Aesthetic Nurse Practitioner and Director of Medical Weight Loss at the Ardmore office.

Many patients find that combining NAD+ therapy with GLP-1 injections creates a more balanced and sustainable outcome. Regardless of the chosen approach, patients can move forward with confidence, knowing their progress is being closely monitored by the clinical team—ensuring safety, precision, and optimal results at every stage.



Dr. Bucky's treatment team includes (left to right) Monette F. Solomon, Kara Waskiewicz, and Kate Lynch.

Bioidentical hormone replacement therapy (BHRT) represents the latest addition to Bucky Plastic Surgery's injectable wellness offerings. Hormonal balance is essential to overall well-being, particularly during transitional stages like perimenopause and menopause, and Dr. Bucky's team helps women navigate these life changes with greater confidence.

Patients can also combine BHRT and metabolic therapies with services such as body contouring and skin rejuvenation for truly comprehensive results. With in-depth consultations, data-driven protocols, and continuous clinical oversight, Dr. Bucky's team customizes each plan to meet an individual's evolving goals and needs.

"What we offer is not just about looking better," Waskiewicz says. "It's about building a lifestyle that supports and helps you feel your best at every age and stage of life." ■



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