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## Improving your interview image

As a facial plastic surgeon I have gone through many [job interviews](#) during training, had the opportunity to hire office staff, and worked with people on improving their image for job interviews. In short, I have seen all sides. From my experience, I have compiled a short list of things that hopefully will help people improve their [job interview skills](#), especially for those suffering recent [unemployment](#). These are in no particular order.

### **Don't Be On Time - Be Early!**

The absolute last thing that a prospective employer wants is an employee who is late. From the employer's perspective, if you can't be on time for the interview, how will you be on time on a daily basis. Be sure that are at least 10 minutes early for an interview. If you are unfamiliar with an area, make a dry run before your interview. If the interview is in a large office building, go so far as to going into the building and finding the office where the interview is to be conducted. If you have to travel a long distance to the interview, consider getting a hotel room near the interview location the night before. If you are paying for your travel and the interview is out of town, arrive a day early to ensure that you are not the victim of airline or mass transit delays.

As part of the be early philosophy - Only reschedule an interview if ABSOLUTELY necessary. If you reschedule for a later point in time, this only allows others to make that [first](#)

impression first - and take your job. Rescheduling also sends the signal that this job is not your priority. No prospective employer wants someone that does not give their position importance.

## **Dress For Success**

There is no such thing as being overdressed for an interview. While I don't suggest wearing a tuxedo for an interview, I would suggest wearing your best coat and tie. Be sure to shine your shoes and press your shirt, too. Let's say that you are interviewing for a job where the usual dress is blue jeans and polo shirts - still wear a coat and tie. A prospective employer will not think anything if you overdress. If you underdress, they will immediately be turned off.

## **Remember - Moderation**

Whether it is jewelry, makeup, or perfume, moderation is critical - (I would argue that you should not wear perfume or cologne at all). This applies to men as well. Excess of any of these can be distracting. The last thing that a potential employer wants is distraction.

## **Control Your Hair**

Hair is often overlooked but is a very important part of a first impression. Hair should be well groomed. Consider visiting your stylist or barber shortly before the interview - but not too close just in case the stylist gives a less than stellar performance and time is needed for the hair to grow back

## **Study Up On Your Employer And Interviewer**

One of the most irritating things as an employer is having someone come into my office who does not know my background or what is offered in my office. Do your homework before any interview. This is important for two reasons. First, you want to know if the business is a good fit for you. Second, you want to know as much about the person and place where you are interviewing as they know about you. The internet is a great source of information. Visit the company's web site. If you know the name of the person who is interviewing you, search for them. Determine if they have written any books, articles, or book chapters which can give an insight into their interests. Everyone likes to talk about themselves. If you can get lucky and get an insight into the personal life of your interviewer, talking about their interests can be a great way to leave a positive impression. At a minimum, at least know the basics about the company you are asking for a job from.

## **For Women - Consider a Makeup Makeover**

I know I suggested moderation of makeup earlier. By the same token, appropriately applied makeup can take years off of a person's face and in some people, create results similar to surgical procedures. But it has to be done right. Find a makeup artist. This may end up

costing money, but think of it as an investment, not an expense. Properly done makeup should blend nicely and not be noticeable.

## **Consider A New Look**

Whether it is a surgical change such as a facelift or eyelid surgery, noninvasive procedure such as botulinum toxin or dermal fillers, or improved skin care regimen, consider cosmetic surgery. With a large number of older perspective employees searching for sales and marketing jobs having to compete with younger people, looking young is an unfortunate requirement. While there is no fountain of youth, consultation with a facial plastic surgeon about your options can be a wise investment. Remember, a first impression is made in less than a second and the eyes are the first thing that a person sees. Simple procedures such as botulinum toxin injections for wrinkles can help to remove some signs of aging around the eyes and decrease a mad look and most importantly improve a first impression.

## **Don't Pad Your Resume**

If a prospective employer finds that you have padded your resume with experience or training which you do not have, that will lead to an immediate filing in the big round filing cabinet.

## **Be Sure That Your References Are Positive**

When asking someone to be a reference, ensure that they will be positive and supportive of you and your abilities. Make sure that they provide you with the best contact information and will be available to provide a timely response for your prospective employer. Just because someone will say something nice, if they can't be reached to say it in a timely manner, it won't help. There is also a difference between a reference and a good reference. Just because someone said they will act as a reference, doesn't mean that they will talk you up and make sure you have the best chance possible at a job.

## **Send A Thank You Note**

Always send a personalized thank you note after an interview. Be sure to insert information from the interview into the note to show that it is not a form letter. Also reemphasize why you want the position and what would make you the best candidate. Don't include your entire resume, they already have that, simply include a brief sentence or two. By sending a thank you note, you not only show appreciation for the time of the interviewer as well as your attention to detail but your name and credentials get back in front of them for a second time. As an interviewer I can tell you - not many people send thank you notes.

# Innovations Radio

Join Dr. Verret every Wednesday night at 6:30pm central time for Innovations Radio. Upcoming guests include Dr. Ron Friedman who will be discussing breast augmentation and Dr. Daniel Russo, AAFPRS President, talking about the organization and selecting a surgeon. If you miss the live show, listen to the podcast at <http://radio.innovationsfps.com> or subscribe via iTunes by searching the podcast section for Innovations Radio.

## MedSpa Warning

A recent article in the New York Times highlights some of the lax regulations when it comes to cosmetic surgery. Unfortunately, this laxity in regulation can have deadly consequences.

<http://www.nytimes.com/2009/11/05/fashion/05skin.html>

Regulations on medical practice vary by state. In the state of Texas, there is no requirement for training for performing cosmetic procedures. Any physician can legally perform any medical procedure. It is more important than ever for patients to be wary of procedures performed by physicians or other health care providers that are not qualified to perform those procedures. Remember that these are medical procedures with serious side effects and consequences. While price is important to most patients, don't let it be a deciding factor in your health.

## Holiday Specials

In order to make room for new products being introduced in 2010, Dr. Verret is offering a special on in stock products. Take advantage of 20% off all sunscreens, organic makeups, and supplement products. If you are looking for a Christmas idea for the book lover in your life, consider passing along one of Dr. Verret's Patient Guide Books at a 25% discount. Discounts are for in stock items which are purchased through his office before December 31, 2009.