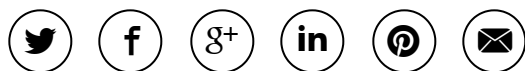


Dr. Richard E. Buckley of MilfordMD Cosmetic Dermatology Surgery & Laser Center Releases Top Cosmetic Treatments to Fix “Resting B**** Face” (RBF)

Share Article



What do Queen Elizabeth, Victoria Beckham, Anna Kendrick and Kanye West have in common – resting bitch face or RBF as defined in the media since 2013. Dr. Richard E. Buckley shares his top techniques to creating a more approachable look.

MILFORD, PA. (PRWEB) JANUARY 08, 2020

Some people have the luck of being born with a face that looks calm and happy in almost any state; whereas others are bombarded with people asking them “what’s wrong” or to simply smile more. While the term “resting bitch face” or **RBF entered the cultural lexicon** when it took over the internet in 2013 as a result of a hilarious viral mock-public service announcement video titled Bitchy Resting Face, many women are serious about their desire to cure their “resting bitch face.” Some people embrace their RBF as a way to ward off unwanted advances, but many individuals hate that it makes them look unapproachable. In fact, American women are increasingly flocking to cosmetic surgeons to change their resting bitch face into a friendlier, more approachable look.

RBF describes individuals, mostly women, with a facial expression that unintentionally appears “unfriendly,” particularly when the face is relaxed or not expressing any particular emotion. As **Dr. Richard E. Buckley, Cosmetic Surgeon**, and Medical Director of MilfordMD Cosmetic Dermatology Surgery & Laser Center, says, “there are actually a lot of different versions of the resting bitch face which range from appearing annoyed, angry, anxious, serious or stressed to looking unfriendly or just plain bitchy. Those subtle differences show up in a few places across the face, such as downturned corners of the mouth to forehead



Many women are increasingly flocking to cosmetic surgeon, Dr. Richard E. Buckley of MilfordMD about their desire to change their resting bitch face into a friendlier, more approachable look.

“Now that the media has defined resting bitch face more people have looked in the mirror and decided that the

furrows.” And while the term may seem silly, for those constantly having to defend their mood, RBF is actually quite frustrating.

“What I have noticed in my practice,” states cosmetic surgeon Dr. Richard E. Buckley, Medical Director of MilfordMD Cosmetic Dermatology Surgery & Laser Center, in Milford, Pa, “is a large increase in people asking about their self-identified RBF and what can be done to improve it. I think now that the media has defined RBF, more people have looked at themselves in the mirror and decided that the RBF expression fits them perfectly.” While the term entered the cultural dictionary more than six years ago, many cosmetic surgeons have seen requests to “cure” resting bitch face double in the past two years.

To fix or improve RBF and create a friendlier look, the key is a combination of **injectable volumizing facial fillers**, such as the Restylane® and JUVÉDERM, and neuromodulators like Botox and Dysport. “The area between the eyes and the area at the corners of the mouth are significant areas in helping to counter-act resting bitch face,” says Dr. Buckley. “The key for these areas is typically a combination of facial fillers and relaxers.”

The Restylane® and JUVÉDERM family of products are FDA-approved hyaluronic acid fillers specifically formulated to be synthetic analogies of your body’s own naturally produced hyaluronic acid. Hyaluronic acid is a naturally occurring substance in your skin that helps provide fullness and elasticity by attracting and storing moisture in the skin. Unfortunately, it diminishes as you age. Restylane® and JUVÉDERM help restore volume and contour to the face by replenishing the hyaluronic acid that was lost.

Dr. Buckley often recommends using volumizing fillers to help firm up, smooth out and fill in the areas that are showing signs of aging. He uses Restylane® or JUVÉDERM fillers to **augment the lips**, enhance cupid’s bow (the center part of the top lip), help lift the oral commissures (corners of the lips), and support the area below the corners of the lips where marionette lines begin to form downturned lips.

At MilfordMD, Dr. Buckley combines the fillers with neuromodulators, such as Dysport and BOTOX® Cosmetic to relax the muscles and provide a softer, more alert appearance. It works by temporarily blocking the signals from the nerves to the muscles so that the muscle contractions are reduced/eliminated which allows the wrinkles to relax and soften. This also helps prevent or reduce new wrinkles and lines from forming on the face.

For most patients, they can expect the neuromodulator (**Dysport** or Botox) results to last three to six months and the hyaluronic acid fillers (Restylane® and JUVÉDERM) to last a year or more depending on the product and where it is placed. According to Dr. Buckley, “these are the expectations with normal dosing. It’s certainly possible to make the results of neuromodulators last longer by using higher doses but the higher the dose, the more likely you will end up with undesirable results. With filler, in addition to the amount of the injectable, the version of filler used, the area in which it is injected, and the amount of normal movement also factor into the length of the results,” states Dr. Buckley. “Some areas like the lips move a lot so they tend to metabolize filler faster and the results may last less long.”

When it comes to treating RBF, even though there are common treatments most cosmetic surgeons use, as Dr. Buckley states, “every patient is truly very unique and what serves them best isn’t a cookie-cutter, one-size-fits-all approach, but one that is handcrafted for them from an extensive palette with proven treatments ranging from laser and skin tightening treatments to dermal fillers, such as the Restylane family and neuromodulators, such as Botox. The goal is to find the right blend for the individual that

RBF expression fits them perfectly. To create a friendlier look for these patients, I seek an ultra-natural outcome where they look like themselves but an improved, more approachable version.”

addresses the clearly defined concerns they have in a natural way where they look like themselves but an improved and younger version of themselves.”

“Not every cosmetic surgeon works toward ultra-natural looking results. I work towards ultra-natural all the time. I personally don’t think that looking ‘done’ is an ideal outcome. If someone looks ‘amazing’ that’s a different type of result that I believe most people prefer. At MilfordMD, we seek to provide amazing,” says Dr. Buckley. With his hand-crafted individual approach to treating RBF, Dr. Buckley makes significant differences in how people look at rest and how they look on animation with strategically placed subtle changes. And the outcome according to Dr. Buckley is that “at follow-up appointments RBF clients suddenly tell me that other people are treating them better, which I believe is a result of them looking friendlier and more approachable.”

About [MilfordMD Cosmetic Dermatology Surgery & Laser Center](#):

The MilfordMD Cosmetic Dermatology Surgery & Laser Center offers state-of-the-art highly specialized procedures in laser and cosmetic surgery and aesthetic skin care. In addition to its AAAHC nationally accredited surgical center and extensive laser surgery capabilities, MilfordMD offers physician designed skin care products for home use. Milford Pennsylvania’s MilfordMD Cosmetic Dermatology Surgery & Laser Center is sought out by patients from around the world for expertise and innovation in cosmetic treatments performed by Board Certified Physicians, Richard E. Buckley, M.D. and Marina Buckley, M.D.

MilfordMD Cosmetic Dermatology Surgery & Laser Center is located at 303 W. Harford Street, Milford, PA 18337. Tel: (570) 491-1962. For real patient video testimonials, follow MilfordMD on [Instagram](#) and [Facebook](#), and visit our [MilfordMD YouTube channel](#).

Share article on social media or email:



View article via:



Contact Author

RICHARD E. BUCKLEY

MilfordMD Cosmetic Dermatology Surgery & Laser Center

(570) 491-1962

[Email >](#)

[VISIT WEBSITE](#)



[News Center >](#)