

Facial Rejuvenation

Aging is unkind to the face and skin as you lose elasticity and volume resulting in deepening nasolabial folds, jowls, and wrinkles. *Skin care products* can help slow the process down such as Retin A or other similar exfoliants but this is a daily ritual with results delivered over an extended period of time. *Dermal fillers* such as Restylane and Juvederm can temporarily fill the wrinkles and diminish depressions. BOTOX can temporarily paralyze muscles to prevent dynamic wrinkles from worsening. Both fillers and Botox have to be continually repeated to preserve their effect. Eventually, procedures will be needed to turn back the clock. ThermiTight and Venus Legacy are newer technologies that could also help tighten loose skin with minimal to no downtime.

If your concerns are primarily about wrinkles and skin laxity, *laser resurfacing* may be beneficial. Laser has a proven track record of incredible clearing of skin blemishes and wrinkles but it comes with the risk for permanent hypopigmentation of your skin and prolonged healing. *Fractional* laser resurfacing was developed to minimize that risk and diminish the healing time but fractional resurfacing also produced a much lesser result requiring several treatments to produce results similar to one treatment of traditional laser resurfacing. With lasers, the longer the healing period, the better the aesthetic result. Depending on how much you wish to do, limited regions can usually be done in the office under local anesthetic. Venus Legacy and ThermiSmooth are also effective in smoothing skin as is microneedling. Microneedling will require serial sessions and maintenance sessions to preserve the outcome.

If the concerns are centered on the jowls and neck laxity, facelifts will be required to address those issues. If the neck isn't terribly loose, a *mini-facelift* may be adequate and produce the desired results. The mini-facelift is also known as the Lifestyle lift or Lunchtime lift, with variations in the technical details of the procedure differentiating the procedures from each other. The cheek skin is pulled towards the ears and the incisions start at the temporal hairline, extending through the hair to the superior helical root then downwards and around the ear lobe to the posterior scalp. This smooths the cheek and jawline and the upper third of your neck. This procedure takes 3-3.5 hours to do and if accepting of limitations, can be done in the office under local anesthetic and oral sedation for a special fee of \$2999 plus tray charge.

If the neck is really loose or the angle obtuse and thick, a *full facelift* will be required to produce the desired results. The incisions are the same as with a mini-facelift. The neck is further addressed through an incision under the chin to allow suturing of the anterior neck muscles and removal of excess fat. There are several techniques on how a facelift is done but I employ the subcutaneous flap with SMAS (the muscle and lining under the skin layer) plication which has been shown to be the safest technique. When compared to other techniques, it also produced the best long-term result (as shown at the Aesthetic Society meeting). The full facelift takes 5-5.5 hours and must be done in an operating room. The most concerning risk with facelifts is injury to a facial nerve resulting in weakness or paralysis of your facial muscles affecting animation.

If your concerns are strictly limited to your neck, neck lifts can be done. If accepting of a scar on the anterior neck, a direct cervicoplasty can be done in the office under local. It is very predictable and simple to revise if necessary. This works best on wrinkled necks but the scar is covered by your chin at conversation distance. It becomes visible when you look up at the sky. To avoid scars, the corset platysmaplasty (indirect necklift) is employed. It is essentially the bottom half of a facelift and utilizes an incision under the chin as well.

These procedures all turn the clock of aging back but you will continue to age. The surgical procedures are anticipated to take 5-10 years off of your aging and if you wish to maintain the result, you can expect to have repeat procedures every 5-10 years. Regardless, you will always appear more youthful having the procedure as opposed to not having it. The recovery process will keep you from socializing for up to 2 weeks and you can resume unrestricted activities 3 weeks following your procedure.