

RHYTIDECTOMY

Rhytidectomy

*Everything You Need to Know about Revitalizing Your Aging
Face for Natural-Looking Results*

By Dr. Edwin Williams

Internationally Recognized Facelift Surgeon

Find answers to all your questions in Dr. Williams Fireside Chat Video Series

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Additional Books by Dr. Edwin Williams

Rhinoplasty: Everything You Need to Know about Fixing and Reshaping Your Nose

Blepharoplasty: Everything You Need to Know about Revitalizing Your Aging Eyes

While there are many facial plastic surgeons who have mentored me, and taught me the principles of rhytidectomy, it is my patients who have been my greatest teachers. They have given me countless opportunities to develop as a surgeon and as a person, teaching me some of life's most valuable lessons in the process.

It is with appreciation and gratitude that I dedicate this book to them.

Special Thanks

A special thank you to the very talented people, especially the staff of the Williams Center for Plastic Surgery, who contributed to this project, including

Susan Sullivan, RN, chief operating officer for the Williams Center—for her constant insight, guidance, and support;

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my wife, Cherie, and our children, Katie, Riley, Lydia, and Evan—for their constant support and understanding, which has allowed me to achieve this next level in my surgical career.

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Intro



As a leader in the field of facial plastic surgery, Dr. Williams has been featured in dozens of publications and national syndicates, including, Vanity Fair, Glamour, New York Times, Prevention, Allure, New Beauty, Red Book, Good Housekeeping, The Wall Street Journal, Shape, Washington Post, Dr. Oz, The Good Life, Health, Medical Aesthetics, Plastic Surgery Practice, Fox News, USA Today, Time Magazine, Huffington Post, Cosmetic Surgery Times, Cosmopolitan, Daily News and Town & Country Magazine.

Discovering the Secret to the Thoroughly Natural Looking Facelift

Facial surgery (rhytidectomy) is an art as well as a medical science. Bringing your face into balance without losing the unique characteristics that define your identity requires skill and a thorough understanding of what is needed to protect such distinct features.

I have always been fascinated by the aging process. It's so multi-faceted and challenging! In the 90s I had several mother and daughter patients which gave me an opportunity to compare aging. I would morph their faces in a power point and I noticed it wasn't just drooping tissue that aged the face. It was volume loss, wrinkling, settling soft tissue and even some bone loss.

This led me to fine-tune and customize my approach to the facelift – starting with addressing the forgotten mid-face – now key to producing natural-looking and flawless results. I quickly discovered the key to a truly undetectable yet revitalized appearance without that windswept look that has been the butt of many a plastic surgery joke.

Before this discovery, plastic surgeons were addressing only sections of the face. *The traditional facelift neglected to address this fact as I learned and shared with my colleagues.* As a result, we now know a natural-looking facelift starts with a totally balanced approach to the mid and lower face.

My intention in writing this book is to share with you what you need to know to have the best, most successful AND NATURAL facelift possible. By taking the mystery out of cosmetic facial plastic surgery, I share with you what facial enhancements, anti-aging techniques and non-surgical options can give you the most natural-looking, ‘invisible’ results and the refreshed look you want. I have included sections on the types of facelifts, anesthesia options, effective skin-care and injection treatments.

Based on my medical research, scientific studies and extensive expertise, it is my hope the book answers your questions and assuages your concerns about making the decision to have a facelift procedure.

A Revolutionary Approach to the Natural Looking Lift

When it came to the aging face, I began to see something other surgeons missed. This played a significant role in the ‘paradigm shift’ occurring in the treatment of facial aging over the last two decades. This shift was a departure from older ‘subtractive’ techniques to newer ‘restorative’ techniques that address every aspect of aging while assuring you look like you - only better.

Now, with a comprehensive evaluation of the patient using computerized imaging (See Chapter 2), I evaluate volume loss, consider where tissue has moved and settled, and what is needed to rejuvenate the face so the result is a natural-looking one.

Many patients think a facelift involves the entire face but in actuality it refers to the lower third only. As we get older, the muscles and ligaments of the face get lax and become droopy giving the lower face a tired look.

The critical part of correcting the lower third of the face is to tighten the structural portions of the face by tightening the muscles and ligaments. This is often referred to as a *deep-plane facelift* or a structural facelift. Once this is done, the skin is very gently put back down on the face, leaving the patient a very natural, youthful-looking lower face, jawline, and neck.

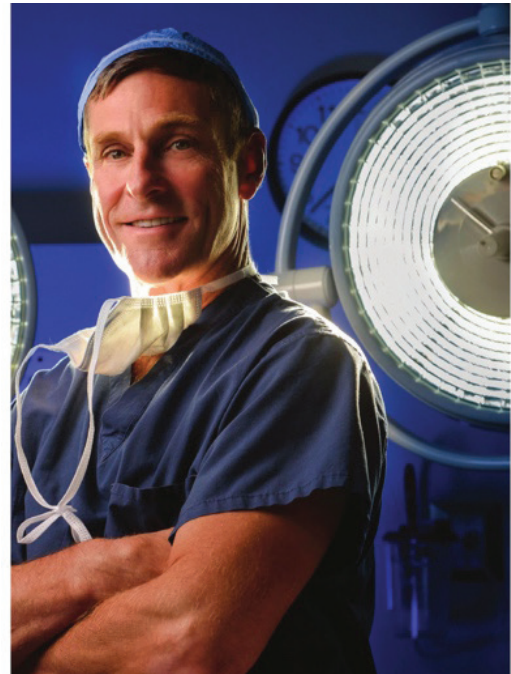
This is a much more comprehensive approach to elevating the tissue and replacing it back where it belongs. I can move more tissue and in many different paths or vectors. For example, some areas need to be lifted and other areas require only a gentle, small pull back.

There is No One Size Fits All When It Comes to Your Face

There is no one size fits all with a natural-looking facelift. It requires a customized approach, a painstaking and patient process on my part to tailor each procedure - whether a weekend lift, extended weekend lift, or my unique weekend neck lift with liposuction and/or fat transfer to restore volume.

Also, a more comprehensive approach produces longer lasting results, as the structural portions of the face have been elevated and tightened with no tension on the skin. The key to giving the face a very natural, refreshed look is tightening these muscles.

If the structural portions of the face are not corrected, the skin will soon stretch out. I also find using a patient's own fat from the abdomen or thighs is extremely effective in restoring volume associated with a youthful appearance. The natural-looking result of adding volume is readily apparent when I've reviewed patient photographs taken when they were in their twenties and thirties. The careful addition of soft tissue volume with fat grafting is one of the most powerful ways for 'turning back the clock.'



Listening to My Patients Makes All the Difference

After performing this complex yet common procedure countless times, I have become especially tuned-in to what patients want to know before making the decision to proceed with their facelift.

The first thing I do in my consultations, before I share what I see, is ask what you don't like about your face. I listen to what is said (and not said). If you say, "I look tired and older than I feel," that might mean one thing to you and another to me as a surgeon, so listening with the intent to really understand your concerns is essential if I am to accurately set and meet your expectations.

Patients may not be able to articulate their concerns. That's when I say, "Well, let me tell you what I see. I'm going to use some medical terms, but then I'm going to try to communicate it in a way that you can relate to." As I observe your face and share what I see, I might, for example, talk about *platysmal bands*, those prominent vertical cords on the neck as seen in the before and after photos below.



BEFORE

AFTER

If I don't take the opportunity to *really* listen to you, I could miss an essential aspect of what changes are important to you. I understand that for many patients it's difficult to speak up when they perceive someone's expertise as beyond theirs.

I encourage you to make every effort to share what you want and don't want. Give your surgeon every opportunity to meet your expectations so the result is something both of you will feel great about.

As a leader in facelift surgery, Dr. Williams frequently lectures on advances in facial plastic surgery at national and international meetings. Dr. Williams is shown here at the 2016 annual fall meeting for the American Academy of Facial Plastic and Reconstructive Surgery in Nashville, TN.



My Facelift Surgery –Innovative, Customized and Expertly Performed

Facial aging is the cumulative effect of time on the skin, soft tissues, and deep structural components of the face. It is a complex collaboration of the skin's textural changes and loss of facial volume; the result of gravity, progressive bone re-absorption, decreased tissue elasticity, and redistribution of subcutaneous (under the skin) fullness.

As I said before, most facelift techniques focus on the lower facial areas, such as the jawline, jowls and cheeks. A facelift must also focus on cheeks and mid-face. In some techniques, deeper facial tissues may be repositioned or tightened to restore a more youthful contour. In other techniques, removal or addition of fat or other soft-tissue fillers may be necessary to achieve the best results.

Surgical treatment of facial aging changes must be carefully individualized to match each patient's aesthetic needs and desires. No two 'facelifts' are the same. In helping a patient to make decisions about plastic surgery for facial rejuvenation, I always examine and assess how each aesthetic area or 'unit' of the face contributes to an individual's overall appearance: the brows and eyelids, the cheeks or 'midface', the lower face and chin, and the neck. An individualized surgical plan is then developed which addresses each patient's specific concerns and needs.

Why We Specialize

DR. WILLIAMS EXPLAINS WHY WE SPECIALIZE



Chapter 1

THE ANATOMY OF THE FACE

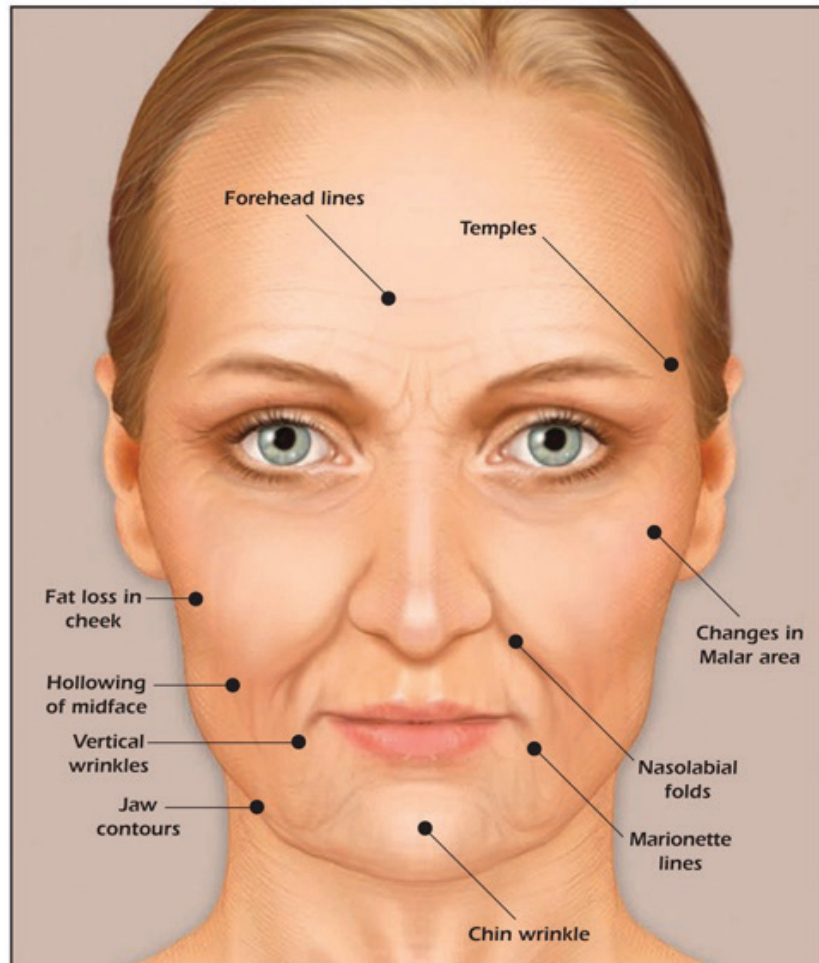


According to the American Board of Cosmetic Surgery, facelift surgery is a complex procedure that requires extensive knowledge in facial anatomy, a very specific skill set of surgical techniques, and a highly-developed eye for aesthetic detail. Techniques continually evolve and improve as the complex, layered architecture and soft tissue compartments of the face are better understood through imaging and other approaches.

To create a more youthful, natural-looking form, we work to reverse some of the changes of aging. These include volumetric changes in soft tissue, gravitational and ligament changes. Whether the plan of rejuvenation includes rhytidectomy, platysmaplasty (neck Lift), fat transfer, implants, or endoscopic techniques.

This chapter describes the anatomy of the face in layers or planes, with some important structures or regions described separately, including the facial nerve, sensory nerves, and facial arteries. The superficial layers and topography of the neck are also described. The facial skeleton forms the hard tissue of the face and provides important structural support and projection for the overlying soft tissues, as well as transmitting nerves through foramina and providing attachments for several mimetic muscles and muscles of mastication.

VISIBLE SIGNS OF AGING



Aging Signs

Changes in the area around the mouth (vertical wrinkles, lip thinning and flattening)

Development of prejowl depression (marionette lines)

Greater visibility of bony landmarks, lines and wrinkles

Prominence of transverse forehead line
Nasolabial folds become more prominent
Hollowing of the mid-face (loose skin)

Skin

With age, skin undergoes several changes, Changes include:

Thinner, drier skin

Less elastic skin

Skin more likely to wrinkle or sag

Reduction in collagen

Collagen

Collagen loss is a key factor in the aging process. As skin ages, the middle layer of skin (dermis) thins due to collagen loss. This reduces the skin's ability to retain elasticity (from elastin) and moisture (from hyaluronic acid). Due to this loss of elastin and hyaluronic acid, the skin becomes: dryer, thinner (volume loss), less supple and elastic.

Fat

Modification of the fat pads leads to contour deficiencies. In addition, the areas of the fat tend to become farther apart. Instead of a smooth, almost continuous layer, the fat pads appear as separate structures. A youthful look depends on having the right amount of facial fat in the right places. Redistribution, accumulation, and atrophy of fat lead to facial volume loss. Some areas lose fat i.e. the forehead and cheeks. Other areas gain fat i.e. the mouth and jaw.

Bone

There is a significant loss of facial bone with age. Aging of the craniofacial skeleton may be due to changes in the relative dynamics of bone expansion and bone resorption leads to biometric volume loss. Without the structural support of bone, there are noticeable changes in the other layers of overlying soft tissue and skin.

A convenient method for assessing the effects of facial aging is to divide the face into the upper third (forehead and brows), middle third (mid-face and nose), and lower third (chin, jawline, and neck).

The midface is an important factor in facial aesthetics because perceptions of facial attractiveness are largely based on the synergy of the eyes, nose, lips, and cheek bones. For aesthetic purposes, this area should be considered from a three-dimensional rather than a two-dimensional perspective, and restoration of a youthful three-dimensional facial landscape should be regarded as the primary goal in facial rejuvenation.

Facelift surgery is a complex procedure that requires extensive knowledge in facial anatomy, a very specific skill set of surgical techniques, and a highly-developed eye for aesthetic detail. Not all physicians who practice cosmetic surgery receive training in facelift surgery in their residency training, so it's important to do your homework before choosing a facelift surgeon.

When consulting with potential cosmetic surgeons, ask about their specific training and experience in facial cosmetic surgery. Also, find out how many facelift procedures each has performed, and be sure to look at plenty of before and after photos during your consultation—this will help you get a feel for a cosmetic surgeon's aesthetic style. Men considering facelift surgery should make sure a cosmetic surgeon has experience performing facelifts for male patients; the anatomy of the male face is unique from a woman's and requires a knowledgeable approach.

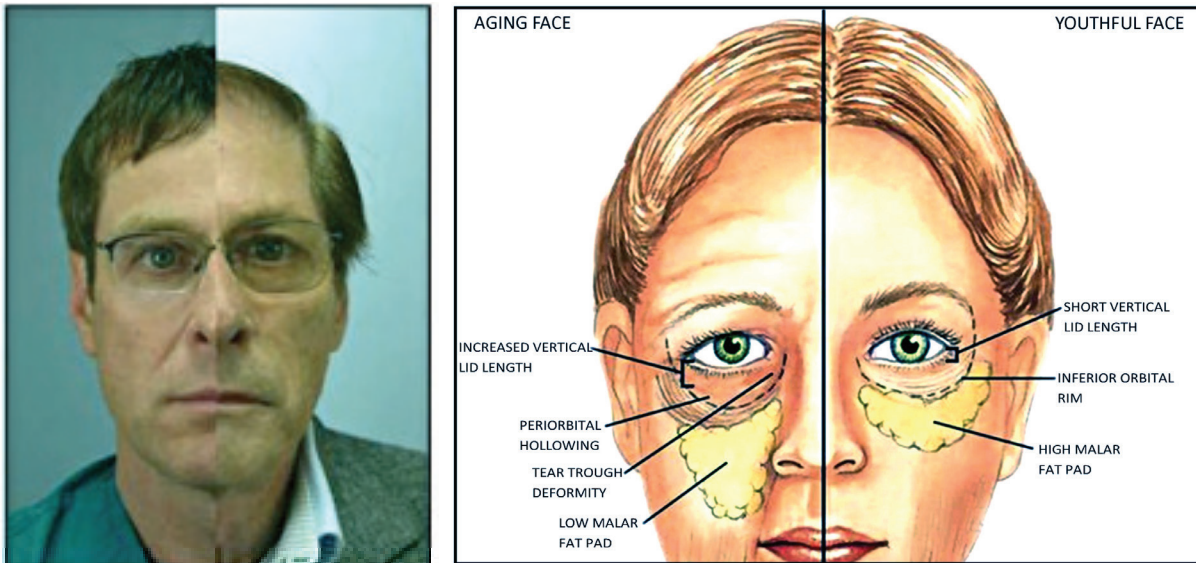
Choosing a board certified cosmetic surgeon ensures that your surgeon is specifically trained and experienced in cosmetic surgery, including facelift techniques, and that your procedure will be performed in an accredited surgical facility.

In recent years, there have been a significant increase in the number of non-surgical procedures performed for facial rejuvenation. Patients who require restoration of lost facial volume, those who wish to enhance normal facial features, and those who want to correct facial asymmetry are seeking alternatives to surgical procedures. Also, an important factor in selecting a non-surgical treatment option include the advantages of an immediate cosmetic result and a short recovery time.

CHAPTER 2

WHY CONSIDER RHYTIDECTOMY?

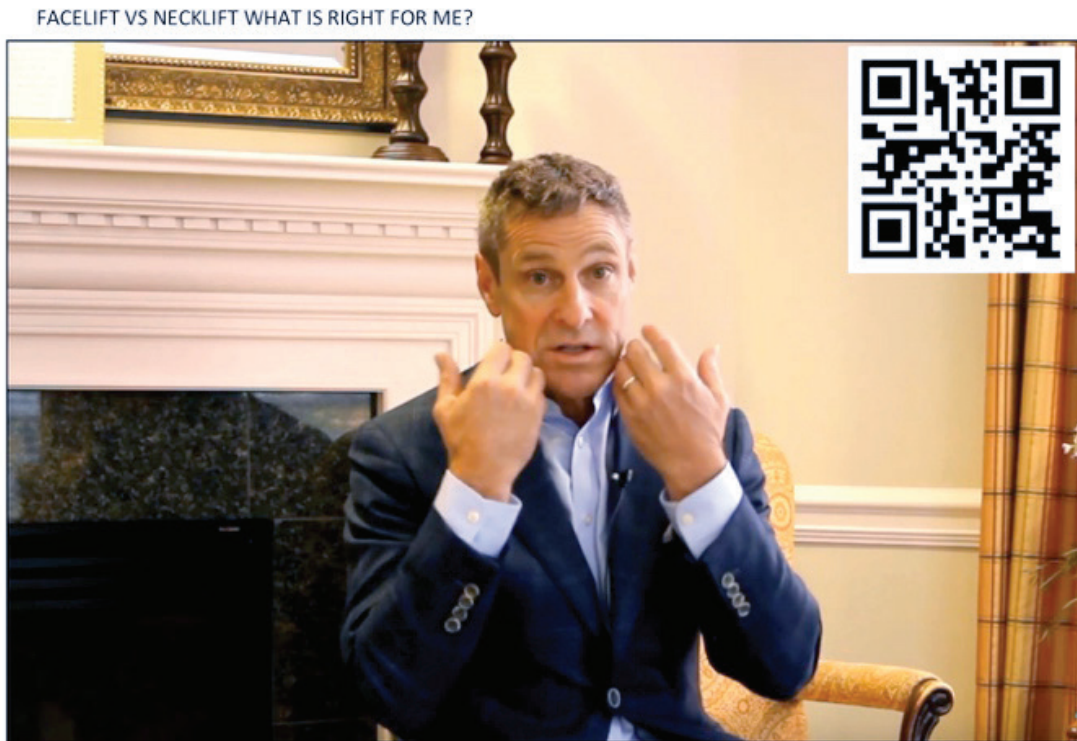
You may be reluctant to have a rhytidectomy because you're afraid your face will not be what you expected or wanted. Computer-generated imagery (CGI) can help alleviate such fears as it gives you and your surgeon a visual idea of the goals for the surgery.



This is a split-face photograph of me on the left and my father on the right. I find this an interesting study of the aging process and have done this same comparison with mother/daughter photographs.

As you can see from this photo and graphic, the aging process is not simply about wrinkles and bulging or puffy lower lids. The process results in deflation, loss of tissue elasticity, and a more elongated distance between the lower lid and the top of the cheek.

That's why computer imaging is an essential part of my practice: it allows patients to communicate their aesthetic wishes in visual form. At the same time, it gives me the opportunity to display the results I feel are achievable and realistic given the patient's facial anatomy and skin type. No reputable surgeon can guarantee your face will look exactly like the one shown to you in the CGI simulation. However, the CGI can help you feel more confident in proceeding with surgery.



How Exactly Does CGI Work?

At the time of your visit, photos are taken and put on the *imager*, a computer with a screen for viewing. These images usually take approximately ten minutes to create. The images are not a guarantee of results but rather a visual representation of our mutual surgical goals for your rhytidectomy or brow lift.



DR. WILLIAMS USES COMPUTER-GENERATED IMAGING TO HELP DEMONSTRATE THE POTENTIAL OUTCOME OF A FACELIFT.

In each case, we recognize that everyone's face is different and surgery should be tailored to match one's anatomy and other facial features. A "cookie cutter" approach may result in an artificial appearance for some patients.

Computer-generated imagery (CGI) is a specialized application of computer graphics that allows me to manipulate a photograph and explain and develop possible surgical goals, and do so right before the patient's eyes. This is extremely helpful in effective communication between doctor and patient. The goals of one

patient may be very different from another. One of the integral parts of my practice is making sure each procedure is a fully unique event. I am not creating the same “look” for everyone; I am partnering with my patient to create a customized surgical plan that honors his or her unique characteristics, including ethnicity.

Ideal Candidates for a Facelift

Your age is not the most important consideration in any facelift procedure. Your skin condition and overall health are much more important. Most patients who undergo facelift surgery are between forty and seventy years old, but people older than seventy can also benefit from this procedure.

During a personal consultation, your current skin condition and texture will be examined to determine whether you are a good candidate for facelift surgery. Some of the factors we will look at include:

- Overall health – Candidates are generally healthy and unencumbered by major medical conditions well in advance of your facelift. Proper healing and recovery is an important aspect of surgery that patients should be physically prepared for.
- Skin elasticity – The ideal facelift candidate has skin that retains some amount of flexibility. Facelift surgery is designed to stretch your facial skin to remove deep wrinkles and “lift” sagging skin. The best results usually depend on how supple your skin still is.
- Bone structure – Having a well-defined underlying bone structure in your face helps provide support for the specific and precise facial alterations made by your surgeon.
- Loose skin – Excess skin on the face or neck can be trimmed and tightened during a facelift procedure to help remove wrinkles.

Most importantly, the best Facelift candidates have realistic expectations about what surgery can accomplish and accept potential risks. Although a facelift can have dramatic results, it should not make you look like someone else. You should look like a younger version of yourself. If you are not a good candidate for a Facelift consider other facial rejuvenation procedures such as laser skin resurfacing, chemical peels, BOTOX® Cosmetic, and dermal fillers that can help improve your appearance.

Ethnicity and Anatomy Differences

WHAT IS A WEEKEND FACELIFT



COSMETIC SURGICAL PROCEDURES PERFORMED, INCLUDING FACELIFTS, NECK LIFTS, AND CHIN AUGMENTATION, ARE TECHNICALLY DONE IN THE SAME MANNER IN ALL RACIAL GROUPS.

CHAPTER 3

RHYTIDECTOMY PROCEDURE

Beyond the Hollywood glam and glitz of mainstream plastic surgery lies a reputable discipline that affords your face with a healthy, more youthful appearance by treating the tell-tale signs of aging.

Cosmetic surgery offers individuals the opportunity to make changes to their face that improve their overall look. Everyone's face is unique and the aging process of the face is no different. At our center, we consider each facelift and offer a custom, tailored approach to address your specific desired outcome, anatomy and needs. In the following chapters, we give further details on the different types of facelift surgeries, from a full facelift to a Weekend Facelift.

A facelift, or rhytidectomy is a surgical procedure designed to treat the sagging tissues of the jowls, cheeks, and neck by removing excess fat, tightening muscles, and re-draping the skin. We use the terms facelift, and rhytidectomy interchangeably throughout this book.

The term “facelift” is broad in the sense that it encompasses a wide range of procedures used to improve the look of the lower one-third of the face and neck.

At the Williams Center we offer several types of facelifts to address and tailor to the patient's specific wants and needs, including:

- Weekend Facelift (S Lift or Mini Facelift)
- Extended Weekend Facelift
- Traditional Facelift (SMAS, Weekend/Neck Lift)
- Weekend Facelift /Neck lift / Mid-Facelift (Deep Plane Face and Necklift)

As a double board, certified facial plastic surgeon who exclusively operates on the face, my goal is to have you looking NATURALLY younger without any indication you had plastic surgery. Along with a comprehensive evaluation, as we said previously, we offer our patients computer imaging. This gives you a preview of what to expect. I evaluate volume loss where facial tissue has settled and allow for a procedure that is customized, using special techniques and carefully placed incisions for each patient. For example, some patients require tissue to be lifted and others need it to be gently pulled or both.

The Weekend Facelift (Mini Facelift or “S” Lift)

Minimally invasive facial rejuvenation procedures have become more popular over recent years for those who wish to improve their appearance. It is often sought after as an alternative to the full facelift procedure.

The Weekend Facelift is a cosmetic surgical procedure that’s regularly referred to as a mini facelift or “S” lift. The **Weekend Facelift**, named for its short recovery period, meets this criterion as it is less invasive, less expensive, and with less recovery time to the traditional facelift. This procedure is quick, simple, and can lift your confidence while easily fitting into your lifestyle.

The Weekend Facelift or **S Lift or Mini Facelift** is a specific approach that I innovated and perfected over twenty-five years and am proud to say my techniques have gained both national and international interest among other surgeons.

A Weekend Lift tightens the face and ensures that definition is properly restored. This procedure is very popular among younger patients who are not concerned about their neck, which is addressed with a full

facelift. This procedure is designed to correct some of the sagging that exists around the lower portion of the face specifically addresses the jawline to soften some of the jowling around the mouth. These lines (folds) are often referred to as marionette lines. In general, this procedure provides patients with a more youthful appearance and a boost in confidence. However, the Weekend Facelift does not address sagging neck skin or tissue.

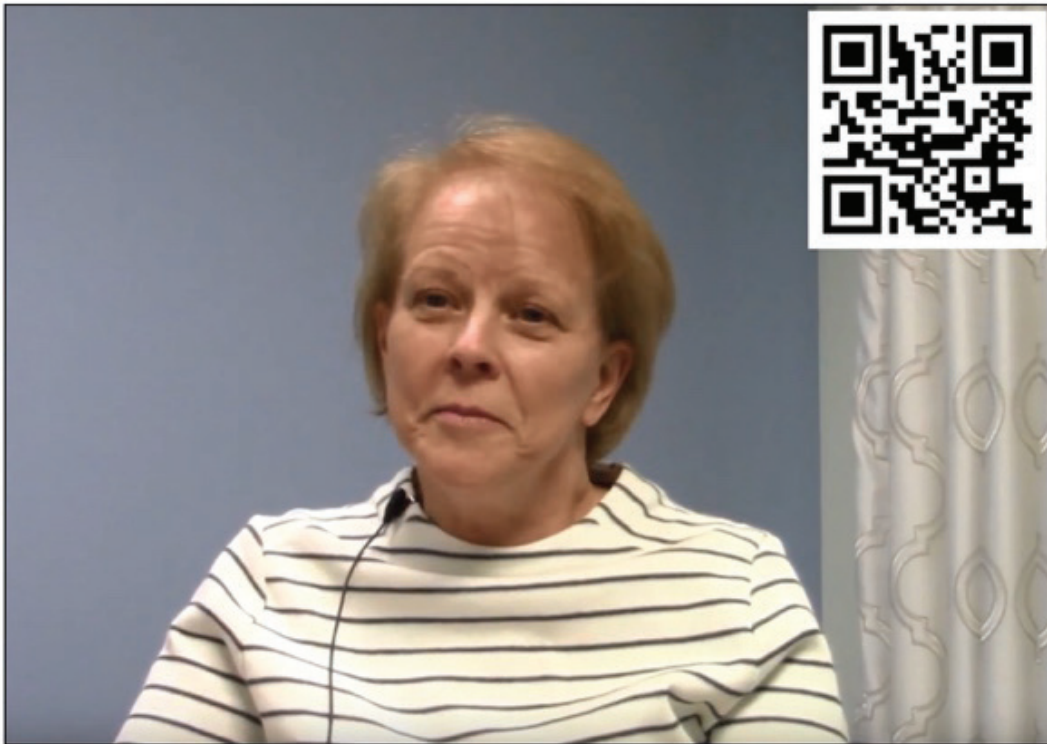
There are many reasons to choose the minimally invasive Weekend Facelift. The incisions made for the Weekend Facelift are shorter and easy to conceal within the standard hairline and contours of the face.



WEEKEND FACE LIFT

This procedure also comes with very few side effects, when compared to a more extensive facelift. Everything from swelling and bruising, to the amount of tenderness you experience once the procedure has been completed, is lessened with a Weekend Facelift. Since this treatment focuses on the lower portion of the face, specifically the jawline, it allows the changes to blend in naturally with the rest of your face.

This cosmetic surgery procedure is also very efficient, as it typically takes about an hour to complete. This procedure is performed with local anesthesia and mild IV (intravenous) sedation. However, some patients opt to have this procedure done under local anesthesia with or without oral sedation.



Aligning patients' anticipated Weekend Facelift results with a realistic outcome is a priority for me. We present your potential facelift outcome using computer-generated images of your post-surgery and post-healing period results. Additional procedures which could be helpful in your personal enhancement journey may be discussed during consultation.

Once you have your Weekend Facelift scheduled, you would typically meet with one of the nurses to go over the pre-and postoperative instructions that include answers to some of your frequently asked questions. This appointment will take place two to three weeks prior to the scheduled facelift procedure. Depending on the type of anesthesia you elect, preoperative laboratory tests may be required.



Extended Weekend Facelift



EXTENDED WEEKEND LIFT

If jowls are not your only concern and you would like to add lift to your neck, you may consider an Extended Weekend Facelift. This is a customized face-lift procedure that can be combined with a lift to the jowls. The Extended Weekend Facelift will require a slightly extended recovery and slightly longer surgery time due to a longer incision. This incision extends along the back of the ear and stitches are to remain for one full week. The procedure is performed using IV sedation along with local anesthesia and takes about two to two and a half hours.

Traditional Facelift (SMAS, Weekend/Neck Lift)



TRADITIONAL FACELIFT

A traditional facelift, or SMAS facelift, addresses the sagging upper and lower neck skin, vertical neck bands, jowls, lower and mid nasolabial folds, and marionette lines.

For this procedure, the incision begins at the temples within the hairline then extends along the edge of the inner ear and behind the earlobe and ending at the lower scalp. An additional small incision may be made below the chin. Once the incisions are made, the skin is separated from the underlying fat and muscle. The muscles are tightened, and fat is trimmed or suctioned from around the neck and chin. The skin is then pulled back, the excess removed, and the incisions closed. This procedure takes about two and half to three hours.

Weekend Facelift /Neck Lift/ Mid-Facelift (Deep Plane Face and Neck Lift)



WEEKEND FACELIFT /NECK
LIFT/ MID-FACELIFT

I now offer my patients a new procedure option called the Weekend/Neck Lift/Mid-Facelift. Here the incision line is the same as the Weekend Facelift, but the results are remarkably better. This is an advanced deep plane facelift, which modifies deep tissues in the face. I enter a deeper plane to better release the mid-face, jawline, and neck structures. By releasing and mobilizing tissue more efficiently, I can tighten and re-drape the tissue more effectively. This allows for more precise tailoring of the skin and tissue resulting in a more youthful look without any tension. With this procedure, you are getting two-thirds of the lower face addressed, as your cheeks are lifted and repositioned to the ideal location.

Performed under a combination of IV sedation and general anesthesia, the procedure takes approximately three to three and half hours. The deep plane facelift is an outpatient procedure with a ten to fourteen-day

recovery time. While this approach requires an especially accomplished surgeon, it delivers the most enhancing and lasting result.

All the options above improve the lower one-third of the face except for the Weekend/Neck Lift/mid-facelift which improves the lower two-thirds of the lower face.

Where to Have Your Rhytidectomy Surgery



Our onsite freestanding surgery center is held to the highest of standards through accreditation agencies and the New York State Health Department and is designated an Accreditation Association for Ambulatory Health Care. (AAAHC). Procedures performed at the center use safe and reliable anesthesia with a board-certified anesthesiologist or Certified Registered Nurse Anesthetists (CRNAs).

The center includes two fully-equipped operating rooms and a recovery room. The facility complies with all mandated guidelines and requirements for operating rooms. It is staffed with registered nurses specifically trained in plastic surgery who monitor the recovery room.

It is a very different setting compared to having a procedure in a surgeon's office. We offer our patients highly trained specialized teams of staff accustomed to working with our surgeons in a safe environment.

As with all surgeries there are risks. The potential complications that can occur with facelift surgery include but are not limited to adverse anesthesia reactions, bleeding, infection, and poor healing. I strongly recommend that you find a surgeon that is highly qualified and experienced in facial rejuvenation and exclusively performs facial surgery.

Initial Consultation with Your Surgeon

Should you opt to go forward, your next step is to select a highly regarded, experienced surgeon. This is, without a doubt, the most important part of the process. To start, consider doing a web search, or ask a trusted doctor or rhytidectomy patient for a referral.

Board certification, in my opinion, is a minimum standard. It does not, however, constitute training in a specialized area. It is strongly recommended that you choose a surgeon who has dedicated his or her primary practice to include this procedure. Ask the prospective surgeon if rhytidectomy is a major focus of his or her practice. If the surgeon or the staff can look you in the eye and say *yes*, you are most likely dealing with a highly skilled and experienced doctor.

Such doctors are likely educating others on a national or even international level and are considered leaders in the field. This is the level of competency and care you want for your surgery.

Once you schedule an appointment, consider what information you would like to know about the surgery and the doctor performing it. Don't be reluctant to ask for the surgeon's credentials or rhytidectomy experience. Feel free to bring photos or other visuals to help you communicate your concerns.

A confident and competent surgeon will appreciate this opportunity to assure you and put you at ease. It's also a wonderful way to build rapport, facilitate greater communication, and increase the likelihood that your expectations will be understood and met.

Depending on where you live, there may not be a thriving local practice or many to choose from, but don't let that get in your way. Consider the option of traveling to the best surgical practice for an initial consultation, which, in most instances, will be worth the additional time and relatively modest consultation fee of about \$150.

Once you arrive at the office, you will be given paper work to fill out prior to your pre-consult with the doctor's staff. You may also have the option, as in my practice, to download and print out necessary patient information forms from the practice's website, complete them ahead of time, and bring them to your appointment.

In my practice these include the following:

New-Patient Information Form

New-Patient Medical-History Form

HIPAA Contract*

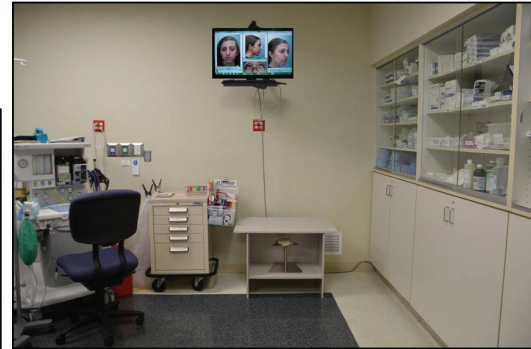
HIPAA Notice of Privacy Practice*

Patient Medicine-Reconciliation Form

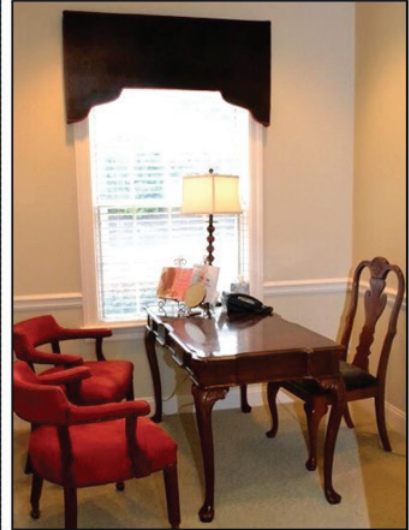
Preop Anesthesia Form and the Postop Instructions for Plastic Surgery are given to you when you book your surgical procedure.

*These forms explain your rights under HIPAA—the United States Health Insurance Portability and Accountability Act of 1996—regarding how your medical information may be used and disclosed and how you can get access to this information.

Take a Look Around



While you wait to meet with the surgeon, take a look around the office. Does it exude competence and caring? Do you feel at ease? Is the waiting room clean and comfortable? Is the staff courteous and professional? Are there articles about the doctor, videos from local and national media, certificates of board approval, professional journal articles, or perhaps thank-you cards from previous patients that assure you are in a first-class practice?



Rhytidectomy-Consultation Checklist

I have included a helpful rhytidectomy -consultation checklist to take with you to your consultation. Although a good surgeon will cover all the necessary points, it is best to have a written list so nothing important is missed—especially as you may be understandably nervous during the consultation.

As you consider the best surgeon for your rhytidectomy , there are important questions you want the surgeon or his or her staff to answer. The consultation checklist below includes such questions and provides an easy way to remember them as well as keep track of a surgeon's responses.

Plastic-surgeon's name:

Office phone number:

Date of consultation:

Time of appointment:

Credentials

Are you board certified? Yes No

American Board of Facial Plastic and Reconstructive Surgery? Yes No

American Board of Plastic Surgery? Yes No

Additional board certifications: _____

Rhytidectomy Experience

How long have you been performing rhytidectomy procedures?

How many rhytidectomy procedures have you performed?

How many times do you perform rhytidectomy procedures in an average year?

Do you teach other surgeons rhytidectomy surgery? Yes No

Have you been published on the subject of rhytidectomy ? Yes No

Surgical Procedures

Ask to see before and after photos of some of the doctor's rhytidectomy patients.

Can I speak with one of your past rhytidectomy patients? Yes No

Where will the surgery be performed? _____

Is the surgical facility an accredited ambulatory surgery center? Yes or No

If yes, by which accrediting agencies? _____

Feel free to ask for a tour of the surgery facilities.

At which hospitals do you have admitting privileges? _____

Medical Conditions and Medications

Write down any of your existing medical conditions to discuss with the plastic surgeon. Also make a list of the medications you are taking, and don't forget to include vitamins and other supplements as they can cause interactions with anesthesia or other medications. I have included a list of medications, vitamins, and supplements to avoid on pages 38 and 39 to help with this process.

Rhytidectomy Costs

What is the cost for the surgery?

Does this include the costs of anesthesia, and surgical facilities.? Yes or No

If not, what are the additional costs?

Do I need to buy any medications before or after the surgery? Yes or No

Do I need to buy medical supplies (ice packs, etc.)?

If so, what will they cost?

What kind of pain medications will I be given?

What are they, and what might they cost?

Who can I talk to about my payment options, including insurance coverage and financing?

Anesthesia

What type of anesthesia will you use? _____

Who will administer the anesthesia? _____

What are his or her credentials? _____

The Rhytidectomy Procedure

Describe the procedure, and provide any imaging or diagrams that will help me understand it. _____

How do you remember what was discussed during my consultation? _____

What complications can occur? _____

Postoperative Care

Are there any special instructions I should follow once I get home? Yes No

Are they available online? Yes No

What should I be on the alert for after surgery that might indicate a need to call you?

You will be given a consent form for the CGI. Be sure to read this carefully so you fully understand all the points listed on it.

During the consultation, with the aid of imaging, diagrams, and hand sketches, the surgeon will give you a comprehensive overview of the rhytidectomy procedure and discuss your options, such as where the incisions are placed. Most experienced surgeons have a portfolio of before and after pictures of their rhytidectomy operations that demonstrate their skill and expertise. These pictures can help you and your surgeon “get on the same page” about what is achievable in cases similar to yours. A good practice can also arrange for you to speak with patients to discuss their experience with the practice and the surgery as you decide whether or not to go forward.

I’ve noticed that some patients worry that I may forget the particulars of their case, given the span of time between their consultation and the date of surgery may be several weeks apart. For this reason, I let them know during our preoperative appointment that I take very detailed notes, thoroughly review imaging photos, and then design a specific plan for their surgery.

Fees, Costs, and Payment Options

At the end of the consultation, you will meet with the surgeon's staff to review fees, costs, and payment options.

Rhytidectomy costs can vary widely depending on which specific facelift procedure you are considering. These costs range from \$4,900 to \$12,000, which does not include anesthesia, operating-room facilities, medications, or medical tests. Again, additional fees range from \$1,200 to \$2,900.

When choosing a board-certified plastic surgeon for facelift surgery, remember that the surgeon's experience and your comfort with him or her are just as important as the cost of the surgery.

If you are certain rhytidectomy is for you and you have chosen the right surgeon, you can schedule your surgery along with preoperative requirements, such as an EKG or physical examination. Remember, you are not obligated to commit to the surgery at the end of the initial consultation. If you need more time to think over your decision, by all means take it. You owe it to yourself to consider any reservations.

You will not be the first or last person to opt for a non-surgical approach after a consultation. The key to a successful consultation is thorough preparation. Good communication between you and your surgeon will increase the likelihood of getting the look you want. Speak up and take an active role in the consult and in the process that follows.

Chapter 4

BEFORE YOUR RHYTIDECTOMY (PREOPERATIVE PREPARATION)

During your initial consultation, your surgeon should discuss with you any potential complications that may occur with your surgery, such as bleeding or infection. In the hands of an experienced facelift surgeon, these complications occur very infrequently.

At your preoperative appointment, your doctor's staff should give you instructions to follow before and after your facelift surgery. These should include when to schedule your next appointment, swelling and pain medications, and recommended supplements for faster healing.

Some surgeons recommend taking bromelain (a protein extract), vitamin C (ascorbic acid), as well as *Arnica* (a natural herb) two weeks before and after surgery as they can decrease swelling and bruising. It's best to obtain all prescriptions and medications before your surgery so they are ready when you return home.

Again, be sure to let your doctor know about your daily medications (bring a list for easy recall or use the one on page ___ as a guide) so he or she can let you know which of these can be taken (with just a sip of water) the morning of your surgery and which must be avoided.

If you are taking prescription blood thinners, such as Coumadin and Plavix, do not stop taking them without a discussion with the prescribing physician. Be sure to also discuss any vitamins, herbal supplements, or diet pills as they may contain elements that thin the blood and interfere with anesthesia.

It is very important that the contents of any over-the-counter preparations be checked carefully as well. Many headache preparations, cold remedies, and “hangover cures” contain aspirin (chemical name for aspirin is acetylsalicylic acid) or ibuprofen and should be avoided two weeks before the surgery. You can substitute Tylenol occasionally for the products above.

Examples of Drugs Containing Aspirin (acetylsalicylic acid)

ASPIRIN AND ASPIRIN-RELATED PRODUCTS

Aspirin and aspirin-related products should **not** be taken 2 ½ weeks before and up to 1-2 weeks post-surgery because they increase the tendency of bleeding. For this reason, it is very important that contents of any “over the counter preparations” be checked carefully prior to their use. Many headache preparations, cold remedies and “hangover cures” contain ASPIRIN. The chemical name of aspirin is acetylsalicylic acid.

Examples of drugs containing salicylates are as follows:

Aceclidine	Coricidin	Excedrin	Menadob	Robassisal
Alka-Seltzer	Cephalgesic	Feldene	Mobidin	Roxiprin
Amigesic	Cheracol Caps	Fenoprin	Monogesic	Rufin
Anacin	Clinoril	Florinol	Nabumefone	Saleto
Anahist	Congesprin	Fraben	Nalfon	Salflex
Anaprox	Children’s ASA	Flurbiprofen	Norgesic	Sine Off
Anaproxin	Choline Salicylate	Gelprin	Norwich EX	Sine Aid
Ansaid	Cope	Genpril	Ocufen	Soma Compound
APC	Corticosteroids	Genprin	Orudis	Suldinac
Argesic	‘Caumadin	Goody’s Body	Oruvail	Synalgos DC
Arthra G	Daypro	Haltran	Oxyphenbutazone	
Arthropan	Depakote	Halfprin	Oxybuta	Tanacetum
Ascodeen	Dilofenac	Ibuprin	Oxyprozin	Trandate
Ascriptin	Dipyridamole	Ketoprofen	Pamprin	Trigesic
Aspergum	Discalid	Ketorolac	Peptol Bismol	Trental
Aspirin	Divalproex	Lortab ASA	Pecodan	Trilsate
Baby Aspirin	Doan’s Pill	Liquiprin	Persantin	Tusal
Bayer	Dolobid	Magan	Phenaphen	Vanquish
BC Powder	Dristan	MG Salicylate	Piroxicam	Voltaren
Bromo-Quinine	Easprin	Meclofenamate	Ponstel	Warfarin
Bromo-Seltzer	Ecoltrín	Meclofen	Prednisone	WillowBark
Brufen	Emprazil	Medipren	Quagesic	Zactrin
Bufferin	Empirin	Mefenamic	Relafen	
Butazolidin	Endodan	Midol	Rexolate	
Examples of aspirin-related products (Ibuprofen, Indomethacin, Naproxen, Tolmetin)				
Advil	Naprosyn	Indocin	Tolectin	
Aleve	Nuprin	Motrin	Toradol	

You can substitute **TYLENOL** for these products, on occasion but this should *not* be taken **daily** for the 2 weeks prior.

It is important to discontinue the use of the following supplements 2 weeks prior to surgery and for up to 1-2 weeks after surgery:

- Bilberry ■ Cayenne ■ CoQ10 ■ Dong quai ■ Echinacea ■ Feverfew ■ Fish Oil Caps
- Garlic ■ Ginger ■ Ginseng ■ Ginko Biloba ■ Hawthorne ■ Kava Kava ■ Licorice Root
- Ma Huang (ephedra) ■ Melatonin ■ Red Clover ■ Valerian ■ St. John’s Wort ■ Vitamin E
- Yohimbe ■ Multivitamins

Prescription Medications: If you are taking prescription medications, Anesthesia will review your chart and you will receive a phone call the day before surgery with instructions as to which meds to take if any the morning of surgery.

If on insulin, please bring both insulin and blood sugar monitor to the facility the day of surgery.

If you are taking prescription pain medications, e.g., for arthritis, please ask your physician if you can safely continue these medications. Some of these medications contain aspirin or aspirin-like products, which may cause you to bleed. (See list of aspirin-related products above)

If you are asthmatic, it is okay to use your inhalers the morning of surgery as necessary. Please bring inhalers with you the morning of surgery. Check with your pharmacist if you are not sure the medicine you are taking contains aspirin.

You can substitute **TYLENOL occasionally** for the products above, however, avoid taking them *daily* for two weeks prior to surgery.

As I said before, if you are taking regular prescription medications for high blood pressure, diabetes, heart disease, or asthma, *please* check with your doctor before disrupting your routinely scheduled medications.

Supplements—It is important to discontinue the use of the following supplements two weeks prior to surgery, and for up to two weeks after surgery:

- Bilberry
- Cayenne
- CoQ10
- Dong quai
- Echinacea
- Feverfew
- Fish oil Caps
- Garlic
- Ginger
- Ginseng
- Ginkgo biloba
- Hawthorne
- Kava kava
- Licorice root
- Ma huang (ephedra)
- Melatonin
- Red clover
- Valerian
- St. John's Wort
- Vitamin E
- Yohimbe
- Multivitamins

Alcohol—Ideally, abstain from drinking a week or two prior to and after surgery as this can inhibit healing.

Nicotine—Nicotine interferes with healing by reducing blood flow. Avoid smoking, as well as gums and patches that contain nicotine, for at least two weeks prior to your procedure.

Increase fluids a few days prior to surgery. We find that patients recover faster from anesthesia when they are well hydrated, and we encourage them to increase their water intake a few days before surgery. Just remember—do not eat or drink any food or liquids after midnight the day before the surgery, including water, candy, mints, or gum. You can brush your teeth.

The night before surgery, feel free to wash your hair and face. Don't apply makeup on the morning of the surgery. Leave all jewelry at home, including rings, earrings, watches, and any piercings. Contact lenses should not be worn the day of the surgery. Eyeglasses are acceptable and can be brought into the operating room with you.

You'll want to wear comfortable clothing, such as yoga pants or sweatpants and a shirt or sweater with front closures to avoid pulling it over your head.

Preparing for Your Surgery

At our practice, patients have two preoperative assessments. The first being the Pre-anesthesia assessment.

Approximately four to five weeks prior to your surgery, our operating room nurse reaches out to patients via phone for a 30-minute call to review your health history. During this time, you are asked to schedule a pre-op appointment with your own primary care provider to obtain medical clearance as well as any further testing such as an EKG, cardiac clearance, bloodwork and/or imaging based on your medical history.

Pre-Op Nurse Consultation

Approximately two weeks prior to your surgery, our patients visit our office to meet with one of our nursing staff members to answer any questions regarding pre- and postoperative care, scheduling postoperative appointments and to sign consents to the surgery. A patient may also be given pre-treatment medications that are relevant to their surgical procedure.

Risks and Complications of Anesthesia

Anesthesia is very safe, especially when administered by an anesthesiologist or nurse anesthetist, but safe does not mean there is no risk. You need to understand what the risks are and tell your surgeon if you have any heart or respiratory problems. Other underlying problems, such as liver or kidney disease, can interfere with anesthesia and raise the chance of an adverse event. Smokers are more likely to have problems with anesthesia than people who do not smoke.

Remember, thousands of people have anesthesia every day. Most of the associated risks are very small and unlikely to happen. The vast majority of people undergoing surgery with any type of anesthesia do just fine.

This information is not meant to alarm you but rather to inform you so you can make a well-educated decision about your anesthesia.

ANESTHESIA OPTIONS

**Fasting Before Surgery**

Your stomach needs to be empty in the event you become nauseated during or immediately after your surgery. This also means no breath mints, lozenges, or gum. If you must take a medication the morning of your surgery, consult with your surgeon first. It is important to follow your surgeon's preoperative instructions to avoid any problems.

The Day of Your Surgery

On the day of your surgery, your surgeon will review the details captured in your chart from previous consultations and talk with you about your agreed-on goals for the procedure. At our center, we do this after the patient has checked in. I also let my patients know their photos and images will be displayed on the monitors in the operating room as we use them as a guide since patients tend to look a little different lying down than in an upright position. I feel it is an important consideration for achieving the optimal and best outcome for a cosmetic procedure. These help me refer to the subtler aspects of their face, which may be less obvious during the procedure due to swelling from local anesthesia and from the patient lying flat on the table.

Next, a nurse or other health professional will start an IV with fluids. Facelift surgery is usually done in an outpatient ambulatory surgical center. Our surgery center is very private with one on one nursing care. Depending on the amount and location of tissue being removed, facelift surgery takes one and half to three hours depending on the type of facelift and your particular anatomy. An experienced surgeon should be able to give you a good idea of how long surgery will be at your consultation. During the procedure, you will be pain-free, relaxed, and kept still thanks to anesthesia, which is administered by a certified registered nurse anesthetist (CRNA) or an anesthesiologist (a medical doctor who specializes in anesthesia). Your surgeon will also inject numbing medication while you are sedated.

During the procedure, your surgeon will make precise markings based on a customized and specific preoperative evaluation of your underlying facial-muscle and bone structure and the symmetry of your face. Sutures are carefully applied to smooth and reconfigure the incision areas around the ears. A tight wrap will go around your head for the first twenty-four hours but will not block your ability to see.

If a brow-lift procedure is also done at the same time, incisions are made in the scalp area to tighten the skin and lift the underlying brow tissue. A carbon dioxide (CO₂) laser or deep chemical peel may also be done at this time to enhance the procedure by resurfacing skin and smoothing out any remaining wrinkles in the eyelid and eyebrow area.

As the local anesthetic wears off and the nerves wake up from being “asleep,” the area will feel sore for a few hours. Typically, acetaminophen (Tylenol) should be taken on a proactive basis (every four to six hours)

and is usually adequate for this temporary discomfort. However, some patients require prescription pain medication.

By the evening of the surgery, pain is minimal. Most patients experience soreness around their neck. Most patients do not need any pain medicine by the next morning. By the second day, discomfort is minimal or no longer experienced.

CHAPTER 5

AFTER YOUR FACELIFT SURGERY (POSTOPERATIVE PROCEDURES)

After facelift surgery, some tightness and soreness in the neck and lower face region can occur. Patients should keep their heads elevated as much as possible during the first few days and regularly apply cold compresses to help reduce swelling and bruising. Most patients do not complain of discomfort but often describe it as being sore and tight feeling.

If you are concerned about anything you consider significant, do not hesitate to call your doctor.

General Instructions Following Facelift Surgery

1. Sleep on your back or side if possible, with head elevated above your chest for the first week.
2. Facelift surgery usually involves little or no postoperative pain. If you experience significant sharp or dull pain that persists, notify your doctor's office immediately.

3. Cold compresses over your cheeks and neck should be used every twenty to thirty minutes for up to seventy-two hours to minimize swelling.
4. Bruising is quite common along with a little asymmetrical swelling. This does not affect the outcome of surgery.
5. Do not engage in vigorous exercise or sports for at least three weeks or until approved by your doctor.
6. It is normal to feel slight itching and tightness in your face during the early healing period. Avoid salty foods before and after surgery as they can cause increased swelling and pain.
7. If you are prescribed an antibiotic after your surgery, remember to take it with food.

Postop Instructions Following Facelift Surgery

1. Follow the instructions for facelift surgery above.
2. Clean the incision line with distilled water, and then apply an antibacterial ointment (Bacitracin) as instructed by your nurse. Use Aquaphor when your dressings are removed on the third postoperative day.
3. *Optional:* Two weeks postop, you may begin taking ibuprofen, such as Advil, or Aleve (as directed). Take until all swelling is gone—but no longer than three weeks.

CHAPTER 6

ADDITIONAL POSTOPERATIVE RECOMMENDATIONS

Rest quietly in bed (or in a reclining chair) with your head elevated (above the level of your heart) for the first forty-eight to seventy-two hours after surgery. Continue sleeping elevated for approximately one week, and, if possible, on your back for a couple of weeks afterward. It is common to have low energy levels following surgery. Unnecessary activity will encourage swelling, discomfort, and bleeding. Minimize all activities for several days until these symptoms resolve.

Resist using your recovery period to catch up on errands, moderate exercise such as walking, or home projects. You need to rest during recovery so please take that time for yourself.

When and What to Eat

In most cases, a healthy appetite will return within twenty-four to forty-eight hours of anesthesia. Start eating when you feel hungry. Consider light liquids (broth, ginger ale, crackers, toast, etc.), and progress slowly to regular foods. Increase fluids such as water and fruit juices (no citrus fruits). Avoid alcohol, nicotine, and caffeine as these can slow the healing process.

First Postoperative Appointments

Your first return appointment will be the day following surgery.

At your second post op appointment on day three, your dressing will be removed and the incision cleaned again. The nurses will show you how to properly care for your incisions during this appointment.

At this point, you can go home and enjoy a nice shower. Just be sure to re-apply Aquaphor afterwards.

Some patients experience discouragement or mild depression after cosmetic surgery. It is natural to be concerned when your face is a bit swollen and bruised but this usually resolves within seven to ten days.

It's advisable to keep your activity level to a minimum for three to five days after surgery. To keep your blood pressure down, you should avoid strenuous activities for three weeks to one month. This includes heavy lifting, bending, and participating in sports activities. Also, to be avoided are things that cause fluid retention, such as high-fat, salty foods and excessive amounts of alcohol. Don't avoid drinking water though! Proper fluid intake is important to your health and healing.

At six days following surgery, all or part of your sutures will be removed. Some patients are asked to return two days later (eight days after surgery) to have the rest of their sutures removed.

Most patients feel comfortable going out in public after a week or two. When you resume social activities, and return to work really depends on you. The average patient returns to work or social activities within seven to fourteen days.

At about two weeks, you can start with aerobic activities; however, avoid any sport involving contact for an additional week or check with your doctor's office. After this period, most patients are healed and can get back to life before their surgery.

Caring for the Face

After upper- and lower-facelift surgery, the face typically feels tight; accompanying soreness may be treated with analgesics. For the first



DAY 9

couple of days following the surgery, the incisions should be treated with ointment to keep them lubricated. Cold compresses can be placed on the face to reduce swelling as well.

Incision lines (scars) are a normal outcome of surgery, and are placed in areas that are either concealed within the hairline or within natural folds of the skin and fade eventually. Placement of incisions will be discussed in detail during the consultation process.

Also, facelift surgery can cause slightly more bruising, especially if you opt to have multiple surgical procedures at one time and/or if fat transfers or liposuction are used on the lower third of the face.

Camouflaging cosmetic products can be used to help cover any remaining bruising and are often available from your plastic surgeon's office as well as many places where makeup is sold. Just make sure you check with your surgeon to ensure that your products won't cause an adverse reaction.

Healing After Facelift Surgery

Healing after surgery takes time. Your scars will eventually fade and become nearly invisible. Until that happens, you can expect that the scars will be pinkish. The pinkness can persist for six months or so. That's why sunscreen is important. The sun can make scars appear more prominent, so protecting them from the sun is essential. .

- Recovery time is one to two weeks depending on the procedure. In depth education, working with a specialized surgical team, and the use of advanced techniques all lead to less bruising. Light to normal activities of daily living can be resumed the day after surgery.
- After outpatient surgery, you may return home. Our out of town guests usually stay at several nearby hotels.

You will also need to arrange for a responsible adult to escort you home after your procedure and to stay with you for a minimum of twenty four hours following the surgery.

How Long Does Facelift Surgery Last?

Facelift surgery has some of the longest-lasting results—so much so that after you have one, you probably won't need to get another ever again. Many experts will say facelift surgery last from ten to fifteen years, but in my experience this is not a hard and fast rule. While some retouching may be necessary, most people undergo facelift surgery once and do not seek additional surgery for many years.

This is not to say that once you recover from your facelift surgery, your face will stay exactly as it is for the rest of your life. Plastic surgery can improve your appearance, but it can't prevent you from aging, and your face will continue to change as the years go by.

However, it is not unusual for me to see a patient ten to fifteen years after their facelift that still look better than they did in the photo taken at the time of their original facelift.

CHAPTER 7

NON-SURGICAL FACIAL PROCEDURES

Minimally invasive procedures are those that require little or no downtime these include BOTOX®, Restylane, Juvederm and Sculptra, medicated skin creams, medical facial peels, laser treatments, and skin rejuvenation programs.

All of these have transformed the war against wrinkles. It's all about technique. They are used in creative ways to complement each other. BOTOX® Cosmetic is used to minimize wrinkles in the forehead, around the eyes, the space between your eye brows (glabella), upper lips and neck by relaxing the muscles.

BOTOX COSMETIC TREATMENT TO THE LARGE MASSETER MUSCLES



Juvederm, Restylane, and Sculptra are fillers used to restore a more youthful appearance. Areas it can be used in include lips, nasal labial folds, cheeks, marionette lines, chin, jawline and hollowness under the eyes.

These products are combined for a “non-surgical lift” that is ideal for patients who want a viable and safe alternative to surgery.

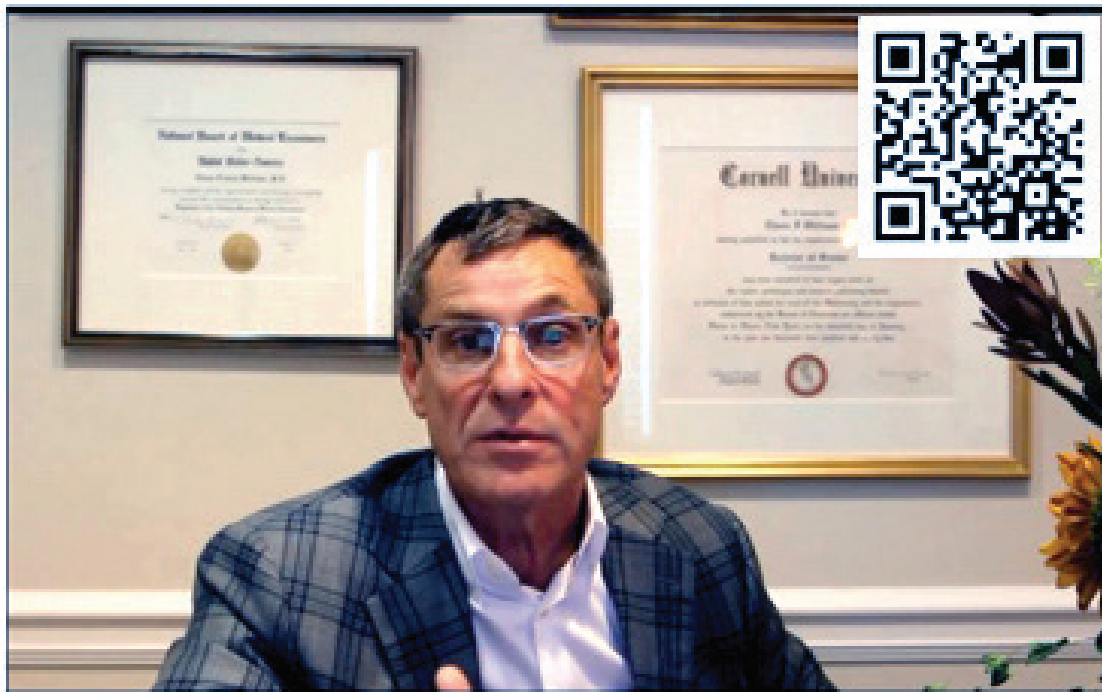
Medicated creams, medical facial peels, and laser treatments are all scientifically proven to stimulate collagen production. As we age, we lose collagen, so it makes great sense to stimulate it. Increased collagen production helps tighten the skin and smooth out lines.

Medical peels help medicated creams and moisturizers penetrate cells more effectively. These peels are also effective for pigmentation irregularities and help to even out skin tone. Depending on the strength of

the medical peel, recovery time can be from three to seven days while some laser treatments can have up to a seven-day recovery period

Our highly trained cosmetic nurse specialists teach you how to properly apply these creams to obtain their maximum benefits and avoid skin irritation. These along with others can also lighten brown spots, and can be used in conjunction with the cleansers and moisturizers that are recommended by your registered nurse skin consultant.

WHAT ARE THE BENEFITS OF DEFENAGE



Laser treatments are effective in the treatment of rosacea and spider veins. Our Center's laser was scientifically proven to stimulate the production of collagen in a study published in the "Facial Plastic Surgery Archives" magazine. These laser treatments will affect the color, texture, and tone of your skin, giving you a brighter, more youthful look.

OVERWHELMED BY SKIN CARE OPTIONS



Non-surgical rejuvenation treatments can be classified in two categories:

1. **Resurfacing Options** – Resurfacing techniques are used to modify the surface of the skin. They correct the effects of photo aging, including fine lines, irregular pigmentation and blemishes. Common resurfacing techniques include chemical peels and laser resurfacing.
2. **Injectables** – Injectables include a broad range of substances. They are used primarily for the treatment of lines, wrinkles and folds, as well as hollowing and volume loss. Three of the most common types include: Neurotoxins such as Botox and Dysport and traditional fillers and collagen stimulators. Minimally invasive procedures are those that require little or no downtime. Also, numbing creams are used to minimize any discomfort during the injections.

The most common injectables are described below:

Neurotoxins – Botulinum toxin (such as BOTOX®) is used to weaken muscles and minimize dynamic lines. It is injected directly into the muscle. Only lines caused by muscle contractions will be affected by botulinum toxin injections. The most common locations for treatment are in the upper third of the face – on the frown line, crows’ feet, and on the forehead lines. However, such neurotoxins are being used on the lower third of the face including the lip lines, chin and neck. Also, becoming more common is Mesobotox, the application of botulinum toxin in a more diluted form which is not injected into specific muscles, but can treat large areas of the dermis. In our practice, we have seen Mesobotox be effective in treating skin with fine lines and wrinkles.

Traditional Fillers – These are soft substances, liquids or gels, which can be injected into the skin to improve the appearance of fine lines and wrinkles, plump lips, fill out cheek hollows, and repair other facial imperfections. They work by filling out the space below the wrinkles, replacing lost fat. They can be injected into the dermis or subcutaneous layer of the skin, depending on the filler and treatment goal.

Collagen Stimulators – As you age, it is important to replace the collagen your body loses. Collagen stimulators such as Sculptra and Radiesse are injected into the dermis or subcutaneous layer, filling the spaces where collagen has been lost. The newly-produced collagen provides a structural framework to hold hyaluronic acid and elastin that helps restore the dermis. Hyaluronic acid attracts water molecules to the dermis and restores skin moisture. Elastin provides elasticity and helps the skin stretch.

Kybella – KYBELLA® is an injectable treatment that addresses what we commonly call the double chin.

When injected into the fat beneath the chin, KYBELLA® destroys fat cells, and once destroyed, can no longer store or accumulate fat. The result is a noticeable reduction in fullness under the chin and an improved chin profile.

Administered by a KYBELLA®-trained healthcare specialist, you receive multiple small injections under your chin, which takes about fifteen to twenty minutes. The number of injections needed will depend on the amount of fat you have under your chin. You may receive up to six treatment sessions, spaced at least one month apart. Many patients experience visible results in two to four KYBELLA® treatments. After reaching your desired aesthetic, further treatment is not expected. After reaching your desired goal, further treatment is not required.

It is important to seek a licensed and trained specialist who has experience treating patients with KYBELLA® who will take the time to understand your treatment goals and develop a treatment plan that is right for you.



1. **Skin Creams:** Medicated skin creams that contain Trentenoin (Retin-A) are scientifically proven to stimulate collagen production. At our Williams Rejuva Center, we make these creams available to our patients as many patients have not been properly instructed on the use of these medicated creams. Our highly trained cosmetic nurse specialists teach you how to apply these creams to obtain their maximum benefits. I feel that most patients benefit from Tretinoin, and have formulated this ingredient into products with a creamier less irritating base. These products stimulate collagen, lighten brown spots, and can be used in conjunction with recommended cleansers and moisturizers.

CHAPTER 8

CONCLUSION

It is my hope that this book and the referenced videos give you all the information you need to decide if a facelift is right for you and how to get the best, most successful AND NATURAL facelift possible.

By anticipating and answering your most common and frequently asked questions, you are now armed with the information that takes the mystery out of cosmetic facial plastic surgery.

Even a quick study of the Before and After photos show just how facial enhancements and anti-aging techniques performed by expert hands, can create the natural-looking, undetectable vibrant and fresh look you want.

CHAPTER 9

FAQS

How long will the effects of a facelift last vs. skin resurfacing, fat transfers or fillers alone?

The short answer here is that fillers will not last as long as a surgical lift especially when complimented with volume loss with the use of fillers or fat transfers.

The aging face can usually benefit from both treatment modalities to maintain a youthful, full look without changing your fundamental facial appearance.

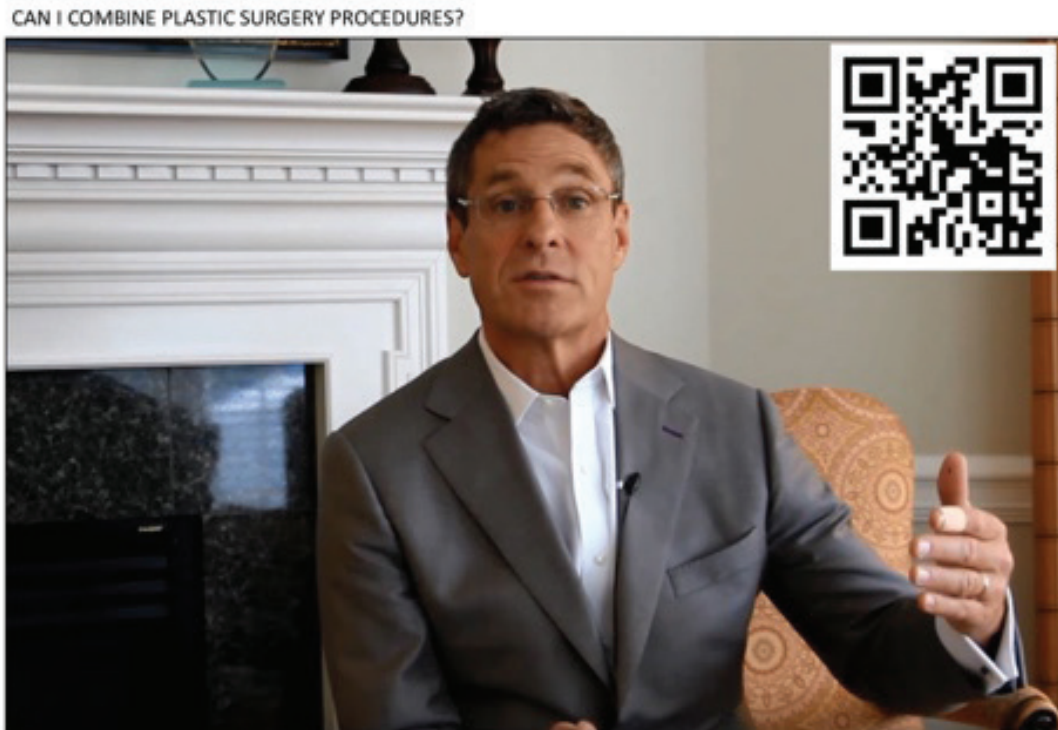
Depending on the type of filler used, results can be immediate or gradual. However, all injectable fillers have temporary results that typically last a few months to a year or two. Fat transfers, on the other hand, can last for more than two years depending on your lifestyle and generally last longer than other injectables.

Surgical facelifts can last a number of years, although the longevity depends on several factors including skin quality, significant weight changes and environmental factors such as excessive sun exposure and lifestyle choices including smoking and alcohol use. Interestingly, my facelift patients still look better even with the continued aging ten years from their surgery.

I've been considering another procedure (rhinoplasty, fillers, etc.). Should I do the procedure in conjunction with my facelift? If not, how should I prioritize?

It will depend upon the patient, but the most common procedure done with facelifts is eyelid surgery (blepharoplasty) and fat transfer. In fact, these procedures are more often performed together.

When adding more procedures such as rhinoplasty (nose reshaping), the patient should understand that the additional procedure could potentially add a bit more discomfort and perhaps lengthen recovery time. The well-trained plastic surgeon will arrive at a surgical menu that is safe and appropriate for each patient, and the best course of action is to consult with your surgeon to see what he or she recommends.



General FAQs for the Weekend Facelift

Where is facelift surgery performed?

We generally operate at New England Laser and Cosmetic Surgery Center (NELCSC), a free-standing ambulatory surgery center located on the first floor of our office building. If the patient has medical issues preventing this, we would do the surgery in a hospital setting such as our local Albany Medical Center. At NELCSC, our surgeons have their own teams working with them on a regular basis. Our patients are cared for in a state of the art facility offering them a private setting with a highly-trained staff.

Are there risks involved with the Weekend Facelift (Mini-Lift)?

A mini lift is a minimally invasive procedure; however, there are a few limited risks involved as with any surgery. Swelling, bruising, and mild discomfort is the most common.

How soon can I return to work after the Weekend Facelift?

Most patients can return to work in five to seven days after a mini lift. However, some patients may be able to return to work even sooner.

How painful is the Weekend Facelift?

With any surgical procedure, there is a certain amount of discomfort. Our patients typically will take Tylenol for this procedure.

How big is the incision for the Weekend Facelift?

The incision starts in the temple around the hairline and continues down along the hard part of the ear and just under the earlobe.

How noticeable will the incision be for the Weekend Facelift?

As with any incision, initially, it is more noticeable. It can be red and a little raised during the first few weeks. Over time it fades so that one would have to really be looking for it to see it. At approximately six days after

surgery, sutures are removed. Makeup can be applied at about ten days after surgery. We advise our patients with short hair to grow their hair a little longer around their ears to provide better coverage of the incision line during the healing period.

When can I color my hair after the Weekend Facelift?

We tell our patients to have any hair coloring done right before the procedure; otherwise, you would have to wait for four weeks after surgery before any you can color your hair.

When can I go out in public?

The head dressing stays on for three days after the surgery. However, the first day the dressing is snug but is replaced with a lighter less constricting dressing the following day. At the three-day mark, you may wash your hair. Bruising and swelling differs from patient to patient but most can get out and about at this time. As with any facelift surgery, you want to take it easy and not overdo activities too soon.

What is the cost of the Weekend Facelift?

The cost of this facelift is approximately \$4,900. There are additional operating room and possible anesthesia fees.

Extended Weekend Facelift FAQs

Are there risks involved with the Extended Weekend Facelift?

This facelift is a less invasive procedure than the traditional facelift of years ago; however, there are a few limited risks involved, as with any surgery. Swelling, bruising, and mild discomfort are the most common side effects.

How soon can I return to work after the Extended Weekend Facelift?

Most patients can return to work in approximately seven to ten days. However, it really depends on the type of job they have as to how much physical labor is required.

How painful is the Extended Weekend Facelift?

With any surgical procedure, there is a certain amount of discomfort. Our patients typically will take pain medication for a day and then move onto Tylenol for this procedure.

How big is the incision for the Extended Weekend Facelift?

The incision starts in the temple around the hairline, continuing down along the hard part of the ear and right up in back of the ear.

How noticeable will the incision be for the Extended Weekend Facelift?

As with any incision, initially it will be more noticeable before fading over time so that ultimately it is barely visible. It can be red and a little raised during the first few weeks. The sutures are removed approximately six days' post-procedure and you may apply makeup roughly ten days after surgery. To hide the incision lines after surgery, you may want to allow your hair to grow over your ears just prior to surgery. The head dressing remains three days' post-surgery. After that is removed, you can wash your hair. Bruising and swelling associated with the procedure will vary.

What is the cost of the Extended Weekend Facelift?

The cost of this facelift is approximately \$6,800.00. There are additional operating room and anesthesia fees.

FAQs for the Weekend/Neck Facelift

Are there risks involved with the procedure?

This facelift technique is the traditional facelift which has been successfully performed for years. However, as with any surgery, there are potential risks involved. Swelling, bruising, neck tightness, temporary numbness and discomfort are the most common side effects.

How soon can I return to work after the Weekend/Neck Facelift?

Most patients can return to work in ten to fourteen days. However, it really depends on the type of job a patient has and how much physical labor is required, as well as the amount of bruising and swelling one has.

How painful is the Weekend/Neck Facelift?

With any surgical procedure, there is a certain amount of discomfort. Our patients typically will take pain medication for a few days and then only Tylenol after that.

How big is the incision for the Weekend/Neck Facelift?

The incision location for the Weekend Neck Lift / Facelift procedure is dependent upon your unique facial and neck contours. The exact location will be discussed during your pre-procedure appointments. Generally, the incision typically starts in the temple around the hairline, continuing down along the hard part of the ear and up around the back of the ear, and continues into the hairline.

How noticeable will the incision be for the Weekend/Neck Facelift?

Incisions are initially red and slightly elevated after surgery. This discoloration and swelling should subside within a few weeks and ultimately become almost undetectable. Sutures are typically removed six to eight days after the procedure. Make up can be applied to the incision lines roughly 14 days after surgery. Hair color is best applied prior to the procedure or four weeks' post-procedure.

We advise our patients to grow their hair a little longer around their ears if they have short hair as this will allow for better coverage of the incision line during the healing period.

What is the cost of the Neck Lift/Facelift?

The cost for the Weekend Neck Lift / Facelift is \$10,500 to \$11,500. Additionally, there will be operating room and anesthesia fees.

How long does the surgery take?

The surgery typically takes two-and-a-half to three hours from start to finish.

How long do the results from this facelift last?

We see patients coming back to the office after about ten years to have a modified version. These youthful results can last for years.

Who is an ideal candidate for the Weekend/Neck Facelift?

This treatment is effective for both men and women of all races. Ideal candidates for this procedure are individuals in good health with mild to moderate loose or sagging skin around the cheeks, jowls, and neck. Most patients are between the ages of thirty-five and seventy-five; however, individuals in their early 80s may also be considered. To ensure candidates are a good fit for the treatment, we complete a thorough medical history and discuss concerns and expectations with each candidate.

WHAT IS A WEEKEND FACELIFT



FAQS FOR THE WEEKEND/NECK/MID FACELIFT (DEEP PLANE FACELIFT)

How soon can I return to work after the Weekend/Neck/Mid Facelift?

Virtually all prospective clients have concerns about how soon they will be able to return to work following their procedure. Most patients can return to work in ten to fourteen days, although swelling and bruising may still be visible. You should no longer be in any pain or discomfort by that time and, if your job does not require strenuous activity, there is no reason you would be unable to return to work. However, you should speak to your surgeon if your job requires you to work outdoors, as direct sunlight should be avoided for approximately a month.

Is the Weekend/Neck/Mid-Facelift painful?

Following the surgery your face will appear slightly bruised, puffy and pale. Bruising may take up to two weeks to disappear. Patients are prescribed pain medication for a few days post-surgery. Tylenol will then alleviate any pain. A tight feeling may be experienced under your chin area with some soreness along the sides of your neck or jaw. A bit of numbness may occur on your skin which represents a normal response to the procedure. For the first several days, elevate your head as often as possible and apply cold compresses.

Where is the Weekend/Neck/Mid-Facelift incision?

The incision begins in the temple around the hairline, proceeding down along the hard part of the ear and returning upward in the ear's back area continuing into the hairline.

How noticeable is the incision for the Weekend/Neck/Mid-Facelift?

Incisions are initially red and slightly elevated after surgery. This discoloration and swelling should subside within a few weeks and ultimately become almost undetectable. Sutures are typically removed six to eight days after the procedure. Makeup can be applied to the incision lines roughly fourteen days' post-surgery. Hair coloring is best applied prior to the procedure or four weeks' post-procedure.

We advise our patients to grow their hair a little longer around their ears if they have short hair as this will allow for better coverage of the incision line during the healing period.

What can I expect from the Weekend/Neck/Mid-Facelift post-surgery?

The head dressing remains for three days after surgery. After that time, hair may be washed and brushed. Bruising and swelling differs from patient to patient, but most patients can become mobile outside their home in about ten to fourteen days.

What is the cost and how long will the results of the Weekend Neck/Mid-Facelift last?

The cost of this facelift is approximately \$12,500 to \$14,500. In addition, there will be an operating room fee and possible anesthesia fee. The “Weekend/ Neck / Mid-Facelift” process typically takes three to three-and-a-half hours, though that may vary. Patients often return after about ten years for a modified version. These youthful results can last for years.

Who is a candidate for the Weekend Neck/Mid-Facelift?

You may be wondering whether you are a good candidate for facial rejuvenation cosmetic surgery, whether a Weekend/Neck or Weekend/Neck/Mid-facelift procedure. Both of these procedures address the neck along with other areas. Of course, you should discuss your individual situation with your cosmetic surgeon during your initial evaluation, as all cases must be addressed on a case-by-case basis. However, below are the characteristics of a good candidate for procedures of this kind are:

- Age thirty to eighty-five years of age, who want to reduce the signs of facial aging
- Emotionally and mentally stable and in good physical health
- Have hollowness beneath the eyes or heaviness below the cheeks
- Have concerns of saggy neck skin or jaw line
- Not at an increased risk for complications and who do not have any health conditions that may impede the healing process

Finally, all prospective clients should have realistic expectations about the procedure and understand that it will not stop the aging process altogether, but rather eliminate sagging skin and reduce the visible signs of aging.

CHAPTER 10

BEFORE AND AFTER

RHYTIDECTOMY PHOTOS



Before

After

Twenty Years Younger and Feeling Attractive Again!

This patient traveled some distance to see Dr. Edwin Williams at the Williams Plastic Surgery Specialists in Latham, New York after doing extensive research on the internet. She was very bothered by the heaviness, jowling and all the wrinkles and excess skin on her neck. It made her very self-conscious of her age of 62.

She underwent a Deep Plane Lower Face & Neck Lift to correct this area. She was actually quite emotional at her post op visit since she was so excited with her neck and jawline. She wanted to share her experience and now feels like she looks 20 years younger and states that she feels attractive again.



Before

After

<https://tinyurl.com/Twentyyearsyounger>





Before

After

Looking and Feeling Young Inside and Out.

This patient came to see Dr. Williams because, although she loves her mother, she was beginning to look like the aged version of her. She is very active and wanted to look as young on the outside as she feels on the inside. After doing extensive research she chose Dr. Edwin Williams, the Face Specialist to perform her surgery in his Latham, New York clinic at the New England Laser & Cosmetic Surgery Center. She underwent a Deep Plane Facelift, Facial Liposuction and Buccal Fat Pad Removal.



Before

After

In her patient journey video on our YouTube channel she shares her experience with others who are considering having surgery with Dr. Williams. She couldn't be happier with her experience and her results and states that the most important thing is that she feels again; especially when she is smiling. She was thrilled with the team at the Williams Center who helped her through her "life changing" experience.

<https://tinyurl.com/LookingandFeeling>





Before

After

Good Bye Turkey Neck.

Some male patients who have a very heavy neck are often better served by a direct excision of their “turkey gobble” deformity rather than a lower face and neck lift. This gentleman did extensive research for a facelift specialist and saw Dr. Edwin Williams for a consultation in Latham, New York at the Williams Center.

In examining the patient, the feature that bothered him the most was his heavy neck. He had a round face and a heavy neck and that was the only thing that really bothered him. He said that his grandchildren would grab a hold of the turkey gobble area and that really bothered him.



Before

After

Dr. Williams recommended a direct excision of this area with Liposuction to achieve the most desired outcome. During this procedure, Dr. Williams used the W and Z-plasty techniques to irregularize this incision and help camouflage the scar. In fair skinned male patients, this procedure is very well tolerated and over time is barely perceptible.

<https://tinyurl.com/noturkeyneck>





Before

After

Thrilled with Natural Looking Results!

This middle-aged woman was bothered by her sagging neck and jowl area. She was self-conscious about the loose skin around what we call “turkey neck”. She wanted a natural look and not “pulled” like with an obvious facelift. After extensive research, she scheduled a consultation with Dr. Edwin Williams to talk about facial rejuvenation and a lower face and neck lift.



Before

After

She underwent a Deep Plane Lower Face and Neck Lift which included the mid-face, the jowls and neck region. and she also had a surgery with fat transfer. She is thrilled that she feels so much better about herself; especially with her natural-looking results. Her friends tell her that she looks much younger than she really is.

<https://tinyurl.com/ThrilledwithNatural>





Before

After

No More Tired and Sad Face (Neck Wrinkles Gone Too!)

This is a 64-year-old female from Loudonville, New York.

This is a patient who was tired of the sad look of her lower face and her neck. She did extensive research and chose to schedule a consultation with Dr. Edwin Williams, the Facelift Specialist and met with him in his Latham, New York clinic. She proceeded with a lower-lid blepharoplasty, fat grafting to mid-face and a Deep Plane Face and Neck Lift.



Before

After

She was also bothered by the wrinkles and the texture and quality of her skin. She was very concerned about looking pulled or tight after surgery was complete. Dr. Williams performed the surgery, including a platysmaplasty to tighten the neck muscles. As a result, the facelift was performed in a way so that everything looks natural.

In these pre and post photos she is 5 weeks out and is very proud to show her results and is happy to say she feels much better about herself!



Before

After

No Pulled, Windswept Look for Her. Facelift is Invisible!

After recent lifestyle changes, this 58-year-old woman decided it was time to take care of herself and considered facelift surgery. She wanted a natural look to her face but was concerned about looking ‘pulled’ or overdone. After extensive research, she scheduled a consultation with Dr. Edwin Williams and decided on several procedures including blepharoplasty (eye lift) with fat grafting as well as a Deep Plane Facelift using a minimally invasive approach. She is seen here 2-month post-op and is thrilled with her youthful, natural-looking results.



Before

After

<https://tinyurl.com/NoPulledWindswept>





Before

After

A Peel and Lift Give Patients That Natural and Youthful Appeal.

This 60-year-old woman from Amsterdam, NY met with Dr. Edwin Williams for a consultation.

She found Dr. Williams to be warm, friendly, and knew that he would give her the most natural result without her neck looking “pulled.”

She proceeded with a Weekend/Neck Lift which is a Deep Plane Facelift including a mid-facelift, lower facelift and neck lift with facial liposuction and fat transfer. She also had a TCA chemical peel to help the wrinkles that were around her mouth and cheek areas and the uneven pigmentation.



Before

After

<https://tinyurl.com/PeelAndLift>





Before

After

Natural Looking Plastic Surgery is All About Balance.

This patient is a 61-year-old female from Wynantskill, New York. Finding a surgeon specializing in facelifts was important to her. After extensive research, she scheduled a consultation with Dr. Edwin Williams in his Latham clinic to discuss her options.

After meeting with Dr. Williams, she decided to proceed with a facelift. You can see her cheeks were moved up which helped the appearance of her lower eyelids, the nasolabial folds were softened and her jawline became more defined and the excess tissue on her neck is not seen anymore. Natural looking plastic surgery is all about balance. A chin implant was inserted along with facial liposuction to remove fat under the chin. This patient also had an upper lid blepharoplasty to remove excess skin along with a lower lid blepharoplasty. Fat transfers were performed under her eyelids and on the mid-face for an extremely natural looking result.



Before

After

This patient feels that she looks 15 years younger and is happy that she accomplished her goals of not looking pulled and or tight.

<https://tinyurl.com/NaturalLookingSurgery>





Before

After

Natural, Undetectable Results and What a Difference!

This patient is a 51-year-old female from Scotia, New York.

This middle-aged woman took the recommendation of her primary care physician and set up a consultation with Dr. Williams at his facility in Albany, NY to discuss what her options were.

Her main concern was to look natural and not “pulled.” After meeting with Dr. Williams she decided to undergo a Deep Plane Facelift and conservative chin augmentation. She always had a ‘weak chin’ and during her appointment she was able to view an image of herself on a computerized imaging system. This image of herself allowed her to have a better idea for the anticipated outcome.



Before

After

She is very pleased with the natural-looking results and is happy to share her experience. The patient also could not say enough about the outstanding care that she received at the Williams Center!

<https://tinyurl.com/NaturalUndetectable>





Before

After

Looks 15 Years Younger, Naturally!

This patient felt much younger than she looks because of lines in her neck as well as the sagging of soft tissue especially around her jowls. She was happy with her eyelids and eyebrow position but felt she didn't look the way she imaged when facing a mirror. After a consult with Dr. Edwin Williams, she underwent a



Before

After

Deep Plane lower face and neck lift which addressed not only the midface, lower eyelid, but the area along the smile lines, jawline, and especially the neck. She is thrilled with her new 'face' which looks natural and not "pulled or tight". The incisions are completely hidden in her hairline as Dr. Williams promised and, at this point, they are virtually invisible.



Before

After

Found the Right Surgeon and a Happy Ending to Her Story!

This patient traveled from a few hours away to see Dr. Williams after consulting with several doctors refused to take her case. Her desire to have a facelift was complicated by a fatty tumor called a lipoma located deep in a neck muscle. This muscle is called the platysma and is often lifted and elevated by a surgeon experienced with the Deep Plane facelift approach. She was told having this procedure, given the location of her lipoma, could result in nerve damage.



Before

After

She was also very concerned that her lift look natural and avoided that overdone, ‘windswept’ face. Dr. Williams counseled her that, although there was a risk, he was confident and comfortable with the procedure given his 30 years of experience as surgeon specializing in facial plastic surgery. The surgery was a success and she is thrilled with her results!

<https://www.youtube.com/watch?v=TaShxjU7q7A>





Before

Urban Professional Chooses Local Specialist – and Glad She Did!

This is a 61-year-old female from Montpelier, Vermont.

She is in the beauty industry and had several consultations with plastic surgeons in New York City and Boston. She is in northern Vermont and really wanted to stay closer to home if possible. After doing extensive research, she saw Dr. Edwin Williams, The Face Specialist in his Latham, New York clinic which is located outside of Albany, New York and serves Saratoga, Syracuse, Buffalo, Rochester, Massachusetts, Vermont and Eastern New York.

At the consultation, Dr. Williams recommended a chin augmentation as well as a lower face and neck lift using the Deep Plane approach with fat grafting to address the volumetric loss and wrinkles of the lower lids, mid-face and upper lip.



After

She was thrilled with the results and states that it makes her look 15 years younger. She was very happy with the staff and her entire experience at the Williams Center and offered to share her photographs so that it might help others who are trying to decide about having a Face and Neck Lift procedure.

<https://tinyurl.com/UrbanProfessional>





Before

Getting Back Smile, Sparkling Eyes and a Slimmer Neck.

This patient is a 56 year old female from Guilderland, New York which is located near the Williams Center Plastic Surgery Specialists in Albany, New York. This clinic serves Saratoga, Syracuse, Buffalo, Rochester, Western Massachusetts, Connecticut and New York City.

She came to meet with Dr. Edwin Williams, the Face Specialist because she was bothered by the aging that had developed over the past few years. Her main concerns were the loss of an attractive smile, the heaviness around her eyes and a “turkey neck” with an ill-defined jawline and lower neck line. After consultation with Dr. Williams she underwent fat grafting, blepharoplasty, chin augmentation with facial liposuction and a Deep Plane Lower Face and Neck Lift.



After

Here she is at 2-month post-op and if you look at the angled view you can really see the result at the end of the mid-face that went along with the Deep Plane Facelift with fat grafting. She now has volume restored to her lower lids, mid-face and upper eyes. She has a natural looking result; her jawline is not pulled and she feels so much more attractive now that she has had this procedure done.

<https://tinyurl.com/GettingBackSmile>





Before

Oh, So Natural Facelift Results.

This is a 75-year-old female from Greenville, NY.

Having lived in the New York Metropolitan area this woman could have chosen a surgeon in the 'big city.' However, after extensive research of facial plastic surgery specialists, she scheduled a consultation with Dr. Edwin Williams in her town in upstate NY. After discussing her concerns, she chose a deep plane face and neck lift with liposuction. The patient is extremely delighted with her decision to have surgery and especially pleased with her natural results. She is looking forward to the next chapter in her life.



After

<https://tinyurl.com/OhSoNatural>



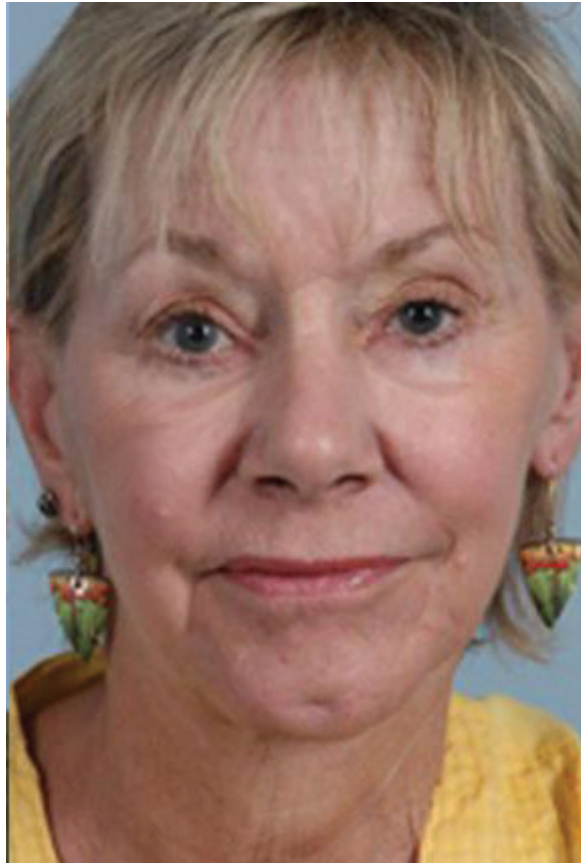


Before

Refreshed, Rested and Ready.

This is a 70-year-old female from Montgomery, New York.

This woman came to see Dr. Edwin Williams in consultation at his Latham, New York clinic to discuss her concerns and surgical options. She underwent multiple plastic surgery procedures that included a Weekend Facelift and Neck Lift, upper and lower eyelid blepharoplasty, fat transfers to her lower eyelids and cheeks, a 35% chemical peel and a chin implant. As we age we tend to lose bone along the jawline and chin. Chin implants are frequently done in combination with Facelift surgeries.



After

The Weekend Facelift and Neck Lift addresses the lower third of the face which include the jowls and neck. Chemical peels help to level out skin color and smooth fine lines and wrinkles. Added fat transfers to the lower eyelids and along the cheeks help to give a more youthful, refreshed and rested appearance.