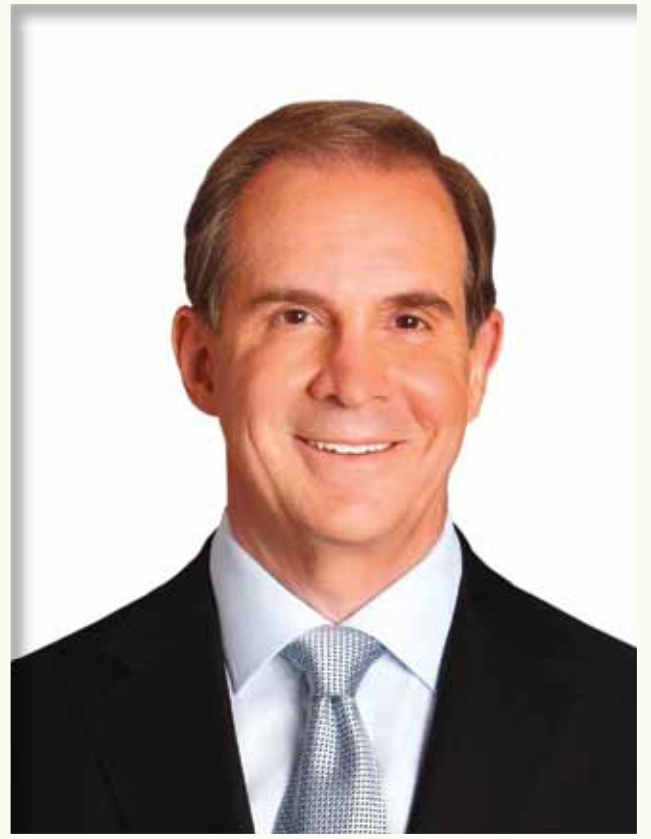


# NATURAL-LOOKING FACIAL RESTORATION

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Facial aging occurs slowly over time. Then, one day we wake up and look in the mirror to see the beginning of jowls, neck sagging, or perhaps some eyelid puffiness. We might notice grooves that have developed beneath the eye region, sunken cheeks or deep smile lines; and then there are wrinkles and age spots. Sometimes we can't pinpoint what is changing we just start looking older.

No one really likes these changes as we all want to look our best. Unfortunately, many people fear surgical procedures because they think they will look "overdone" or "windblown." They may also fear the use of fillers because of overinflated lips we see on television or in our own communities.

However, it does not have to be that way. Fortunately, one can restore her/his youthful appearance without having to look like something has been done. Medical-grade skin care, new types of facial fillers, lasers and chemical peeling can go a long way to help restore volume, smooth and repair skin.

The biggest fear of all the treatment possibilities, though, is the facelift, or rhytidectomy. This is the procedure used to reduce facial and neck sagging, reduce excess fat and remove loose skin. Many people relate the term "facelift" with that stretched or windblown look. However, that does not

have to be the case. In fact, an unnatural look is really associated with less than state of the art results. As with the non-surgical treatments, the less-than-satisfactory, "overdone" facelift look is the result of who is operating.

Also, surgery is not an "all or none" decision. Everyone does not need the same amount of treatment because the degree of sagging determines how much has to be done. Sometimes very short incisions are all that is needed for patients with early sagging. Even patients with more significant sagging and bulging can benefit from strategically placed and well-hidden incisions. Plus, a person does not have to undergo general anesthesia. Newer, less invasive techniques can help accomplish a very significant, but natural-looking result. No matter how much treatment a person needs, they don't have to look stretched or "overdone".

The same natural looking results can be obtained with treatment of the eyelid region. Conservative upper and lower eyelid surgery (blepharoplasty) can be done in a manner that does not create an unnatural shape to the eyelids. Sometimes the very eyelid fat that is causing the problem can be used to improve the deep groove that develops below the lower eyelids at the junction of the upper cheek area called the tear trough. Often surgery can be avoided entirely by using simple injectable fillers to improve the tear trough. It

is remarkable how youthful someone can look by removing the excess eyelid tissue and using fillers in the tear trough.

Injectable fillers can be given in a simple office procedure using topical numbing cream. Several areas of the face can be improved including the temples, tear troughs, cheeks, smile lines and the groove between the chin and jowl. Medical-grade skin care and in office chemical peeling can reduce early wrinkling, clear sun damage and improve skin tone and discoloration.

In summary, today there are techniques to provide natural looking results results that simply remove sagging and excess skin or fat in a way that helps a person re-gain or renew the youthful appearance they once had.

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