

## The More Advanced and Enlightened Approach to Rejuvenation

Rejuvenation of the fairer sex requires a multi-faceted approach.

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I think women are superior to men in so many ways. Women can multitask... manage to work full-time, have babies, keep the house immaculate, and raise their kids and a husband (often another kid). They do it all and still look beautiful. This article is about what's new in facial plastic surgery, but it is also a celebration of why we love women so much.

As a general rule of thumb, men and women become more masculine as we age. This is great for men, but not so good for women. The pleasing feminine features of a youthful female face become dominated by a squarer and heavier lower face, the nose lengthens and "grows," the jawline loses its defined heart or egg shape as the face and neck melt into one, the lines around the eyes and lower part of the face become deeper and longer, high

cheeks begin to descend and fall, the corner of the mouth sags, the eyes become deeper, the brows drop lower and lose the arched appearance, and the temples become hollowed and less smooth. The goal of facial rejuvenation surgery and procedures for women is to re-feminize the face and redefine the qualities which make a woman beautiful. Thus, aging is more complex and can't always be treated with just a facelift.

Over the past 15 years, facial plastic surgery has undergone a major paradigm shift in the concept of aging and what makes people look younger. As facial plastic surgeons, my sister and I

were taught that aging is mostly related to the loss of elasticity of the skin and muscle; and we were taught to correct this problem by tightening the skin via surgery or nonsurgical methods. Aging is much more complex than just loss of elasticity. As we've discussed, the changes are three dimensional in nature and involve replacing tissues and bones, which have become thinner and smaller over time. It is no longer appropriate to simply pull skin and muscle back to tighten, as that will not necessarily make someone look more refreshed or younger.

Having highlighted that there has been a major paradigm shift in maintaining a refreshed, youthful look; I will first discuss when a facelift and necklift is appropriate. Individuals who have jowls and/or a lot of loose sagging eyelid, facial or

neck skin, will often need eyelid surgery with fat repositioning, facelift, and a necklift to redrape skin and muscle. The modified -SMAS facelift and necklift procedure is a technique we utilize to produce a refreshed, natural, and long-lasting appearance. This procedure will make you look refreshed and less tired and give you the appearance you have lost weight.

To look younger, we also need to discuss volumizing the face and creating more smoothness to the face and skin. As we age, our boney skeleton changes shape. Bone changes shape because our body becomes less efficient in forming new bone, and we lose bone minerals and density over time. This translates into our chin becoming more prominent, while the cheek bones, orbital bones, and other facial bones becoming less prominent. Fat cells will atrophy and become smaller over time in most of our face, except in the jowls and submental region. Skin and muscle atrophy as we lose the integrity of collagen and the matrix in the skin. Skin also loses hydration over time which translates into deflation of the face, sagging skin, and a tired look.

Reversing signs of aging is multifactorial and needs to be addressed that way as well. Often achieving and capturing youth involves replacing the volume loss in our face with fat, permanent implants or dermal fillers. Fifteen years ago, my professor of surgery at Stanford used to tell us that fat injections do not work. "Do not do fat injections because they will fail." Fifteen years ago, collagen was a revolutionary dermal filler, but we quickly realized that the product didn't last very long (1-3 months) and allergic reactions prevented the full acceptance of this product. New techniques of fat transfer called liposculpture were developed, and scientific studies show the proven longevity and enhancement of overlying skin with fat. There is still debate about what survives in a fat transfer... is it fat, is it fibrosis which surrounds fat, or is it the stem cells in fat which mature into muscle, fat and bones? I believe that all the above are true. The hormones and growth factors/proteins released by your own fat cells also seem to improve overlying scars, skin wrinkles and texture of the skin.

During a fat transfer procedure, fat is harvested using the latest in liposuction techniques. Fat cells are obtained intact and spun down to strain out all blood products and other debris. Once purified, fat is precisely injected into the face to create more volume. Swelling gradually resolves over a few weeks. After approximately four to six months, we have an idea of how well your stem cells/fat cells have adapted in this process. Occasionally, more than one session of fat transfer will be needed to correct your problem. This will depend on how well your fat takes. My own experience shows that less fat survives in pa-

### Center for Facial and Body Rejuvenation Upcoming Events

- ◆ May 16: Annual Spring Open House, 4pm-7pm
- ◆ June 5: Spring Eye Focus Event, 3pm-5pm
- ◆ June 13: Cool Summer Cool Sculpting Lunch & Learn Event, 12pm-2pm
- ◆ July 10: Stop the Clock Thermage Event, 3pm-5pm
- ◆ August 7: Summer Shape Up Event - Botox, Juvederm, Voluma, Latisse, 2pm-6pm

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