

Healthy in Southwest Florida

Facial Rejuvenation

Garramone Plastic Surgery turns up the heat on noninvasive facial rejuvenation procedures.

Plastic Surgery has a unique perspective on enhancing appearances. Although Dr. Garramone's expertise is facial, breast, and body contouring surgery, he also provides preventative solutions for skin issues such as wrinkles, age spots, and loss of elasticity. Having treated thousands of patients since the early 2000s, he helps people look and feel their best.

"Less invasive procedures can provide excellent results for those experiencing early signs of aging," Dr. Garramone says. "I perform just as many nonsurgical facial rejuvenation procedures as surgical ones."

Leveraging his extensive technical expertise, he performs a variety of inventive, noninvasive facial rejuvenation techniques that cater to the fast-paced lives of patients who don't have time for an extended recovery.

Dr. Garramone says these noninvasive treatments can be used with injectable fillers for even more impressive results. One such offering is Sofwave, which employs ultrasound energy to promote collagen production and to lift and tighten skin anywhere on the body. There's also Morpheus8, which combines microneedling and radio-frequency technology, and a thread lift, which involves placing sutures to lift and elevate the brow, face, and neck using local anesthesia.

"Each treatment is tailored to the individual and based on age, gender, skin type, and color," explains Dr. Garramone. "I want to see the patient, feel their skin, and understand what bothers them." He also prioritizes patient comfort to ensure maximum results, so his treatments may include a topical anesthetic, relaxant medication, cold air, or a coolant tip to counteract the heat.

Life Happens

No one is immune to the visible signs of aging.

Beginning in their 40s, patients may see a loss of collagen and skin elasticity at the cellular level, which eventually causes drooping of skin on the cheeks and neck. Elasticity depletion from smiling and other facial expressions also results in fine lines and wrinkles. As people age, Dr. Garramone says, collagen restoration becomes more difficult. Administering heat or injury, such as the fine needle holes from Morpheus8 to the skin, starts collagen healing, akin to getting a paper cut.

"As patients reach the point where minimally invasive procedures no longer provide the desired improvements, they may become candidates for surgical procedures, like facelifts or necklifts," says Dr. Garramone, who was



Ralph R. Garramone, M.D., FACS

named one of America's Best Plastic Surgeon for Breast Augmentation and Rhinoplasty by *Newsweek* in 2023.

Often performed together as the two areas age in tandem, face and neck lifts can help remedy volume loss through fat transfer. Additionally, Dr. Garramone may combine more minor ancillary procedures with more extensive ones, like upper or lower eyelid surgery and brow or lip lifts, which shorten the length of the upper lip and rejuvenate the mouth.

"Patients have a wide range of options for treatment that will fit not only their desire to look younger but also their lifestyle," he says. "It's a privilege to serve them."

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