

# EXPERT ADVICE FROM A FACIAL PLASTIC SURGEON

The aesthetic industry has expanded very rapidly, leading to poor results, exaggerated marketing, and fears among those wanting to improve or rejuvenate their appearance. However, it is possible to get high quality and natural results by avoiding the gimmicks and carefully choosing the proper providers. Below are a few things to consider for the following procedures.

## RHINOPLASTY

- Have multiple consultations with different surgeons that specialize in Rhinoplasty...comparing info is worth the consult fees
- Do computer morphed images with the surgeon while discussing your specific changes and goals
- Have the surgeon explain what they anticipate from your specific anatomy and how to change it.
- Make sure the surgeon focuses more on changing the shape, using grafts to maintain support where appropriate, rather than merely reducing cartilages.
- Don't be swayed by gimmicks of special tools or techniques (open, closed, preservation, ultrasonic etc...) that's not what gives the results

## LIP LIFT

- Choose a surgeon with true expertise in this delicate procedure
- Make sure they account for the following:
  - Lip Length & Facial Proportion
  - Lip Fullness / Volume
  - Tooth show
  - Nasal base support
  - Corners of the mouth
  - Oral competence (ability to close the mouth)

## INJECTABLES: Filler & Toxins

- Over inflated / fake results are avoidable with good & honest judgement for each individual case
- Make sure the focus is on improving aesthetics not over-selling
- Avoid solving surgical issues with filler... "lifting" with filler can lead to over inflation... filler should be used to replace volume loss, not to compensate for laxity
- It's easy to get used to your new volume...avoid excessive additional filler



DR. ZFACE  
PLASTIC SURGERY



@DRZFACE

DR. RUSLAN ZHURAVSKY

(786) 347-6211 | 2925 Aventura Blvd., Suite 303 | Aventura, FL 33180

[www.ZFacePlasticSurgery.com](http://www.ZFacePlasticSurgery.com)

