

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 procedure.

FACELIFT

- Top 2 priorities should be: Safe & Natural results
- Doing less (a smaller / quicker lift) does NOT mean more natural results, and in fact, this can lead to worse results
- Great / Natural results are achieved by repositioning the facial fat pads & skin without excessive pulling, tension, or distortion of facial muscles (most common reason for the "joker smile" or wind swept appearance)
- Avoid gimmicks & marketing hype. Beware of lifts with fancy names that claim better results with less surgery and less recovery. There is no magic and no alternative to good quality surgical techniques.
- Recovery from a quality facelift is part of the investment. Although it's more than a weekend, it's usually not as long as most patients imagine. If you are not willing to make this investment, it is best to wait. It is harder to revise problems
- Avoid hiding incisions up into the hairline (behind the sideburn); this pulls back the hairline, resulting in a wide unnatural temple
- The basis to all good lifts is either a deep plane lift or (quality) SMAS lift. The deep plane lift has the advantage of release from the underlying attachments and muscles, thus allowing a natural repositioning, with less actual pulling and distortion. The SMAS lift has the advantage of avoiding entry into the deep plane, thus a faster surgery, and theoretically less chance of nerve injury, especially by those less familiar with the deep plane technique.
- Understand that facelifts do not change the quality of skin, nor add lost volume ... in some cases, laser resurfacing and fat grafting may be needed as ancillary procedures.
- The term facelift usually refers to the middle and lower face, as well as the neck. The brows are addressed with a lateral or full brow lift, which can be combined with a facelift. Clarify this with your surgeon.
- Discuss these topics during your consultation and ask your surgeon why they recommend a specific approach for your needs.

DR. ZFACE
PLASTIC SURGERY



@DRZFACE

DR. RUSLAN ZHURAVSKY

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

www.ZFacePlasticSurgery.com

