



Ask Dr. A

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We are introducing a new column into each issue of *Moving With Style*. Dr. Anurag Agarwal, a Board Certified Facial Plastic and Reconstructive Surgeon, will interview leading doctors in Naples, Florida, to help answer medical questions that pertain to you. Topics will include plastic surgery, sports related injuries, preventive medicine, dermatologic issues, etc.

EVERYONE wants to look and feel great. This month's column will focus on aesthetic enhancements of the face. The following questions are those that I am asked frequently:

Q: What is the difference between an endoscopic midface lift, lower face and neck lift, and The UpLift™?

A: The endoscopic midface lift should lift the outer eyebrow, the upper and lower cheek, and the upper neck only. The lower face and neck lift corrects the jawline, upper and lower neck, and in some cases, the lower cheek. A modified lift, like The UpLift™, targets the jawline and upper neck only. A consultation should help determine which procedure or combination of procedures is best suited for your face.

Q: If I have a facelift or laser procedure, how long does it last?

A: No plastic surgeon can stop the aging clock permanently. However, we can set it back. The best way to think about this is: If you are 55 years old now, and after your facelift you look 45 years old, then 10 years from now you will look 55 years old, not 65 years old. Therefore, you should always look younger than your chronologic age.

Q: Can a laser do the same thing as a facelift?

A: No. They are complementary. A laser targets the skin only, and can improve surface wrinkles. A facelift repositions skin, muscle, and fat, but does not buff the skin surface.

Q: How old is too old to have a facelift?

A: I don't think this should be about a number. It's about overall health, attitude, and your activity level. I have seen some spry 80 year olds have facelifts, and then some 50 year olds who are not good candidates.

Q: I've had a facelift before, but I feel that I look older after the lift? What can I do to soften my look?

A: The most common problem that I see in patients who have had prior facelifts is that too much tissue (skin, muscle, and fat) has been removed from the face, OR the actual problem of was never appropriately addressed. The answer is in restoring VOLUME to the face. This can be done in several ways, including injecting fat from your body into the face, or using permanent facial implants (i.e. cheek, chin, etc.). If you don't believe me, go back and look at photographs from your 20's. I would bet that in the absence of significant overall weight gain, your face was softer because it was fuller.

The information presented above is not a substitute for visiting your own physician for a thorough consultation. I have presented you with information based upon my experience, training, literature review, and discussion with other physicians. If you have comments or would like to suggest topics for the future, please do not hesitate to email me at anurag57@hotmail.com