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# CELEBRITY SOCIETY





# Dr. Cheski On Cosmetic Surgery

Last issue, we discussed the latest advances in non-surgical facial rejuvenation. In this issue, we shall explore minimally invasive surgical procedures that have little to almost no downtime, hidden or no visible external incisions, and provide a more natural, less “plastic” result than the surgeries of old. More patients are engaging these procedures, not only to improve subtle signs of age, but also to prevent the need in the future for a traditional facelift. These less invasive procedures can also be performed in conjunction with a traditional facelift, giving the best of both worlds.

As we age, we lose fullness in our cheeks, temples, along the jawline, and in our lips. The brow, cheeks, jaws, and neck descend in a vertical direction. This also exaggerates the nasolabial crease (the line between the cheek and the upper lip). All of these changes give the telltale signs of aging. The facelift of old predominantly pulls in a lateral direction, giving a windswept appearance. Thus surgeons have tried to adapt the traditional facelift to provide more of a vertical pull. However, this has left many patients with a raised hairline in front of the ear.

Thus, minimally invasive, more natural approaches to facial rejuvenation have been developed with the assistance of advanced techniques. Forehead lifting can be achieved in a more natural way with hidden incisions behind the hairline, and the forehead is suspended with a suture technique that I developed which avoids burring into the skull or screws in the skull. This suture technique provides progressive tightening and elevation of the brow at the end of the surgery. In fact, in a number of patients, we have performed all of the surgical procedure except for the level of brow height. After the surgical dissection is complete, anesthesia is reduced so that the patient is comfortable, but awake. The patient is then given a mirror and helps to direct the degree of brow elevation that they desire. The more we tighten the sutures, the more elevation of the brow we achieve. Once the patient has achieved the look that they want, we tie the sutures at that level which achieves the desired level of brow for the patient.

Another minimally invasive and natural approach is with vertical suspension cheek lifting. An incision is made inside the mouth at the apex of the gums and the cheek. Thus no external incisions are seen. The cheek is dissected free from the bone so that it can be elevated without any tension and heal in its new elevated position. The cheek is then suspended with sutures that secure the cheek in a superior elevated position, thus raising the

cheek and minimizing the nasolabial crease. Another option to raising the cheeks is with small barbed threads that are inserted with a cannula. This barbed suture technique, called the “feather lift,” can raise the cheeks, and even the eyebrows without any incisions. However, it is not as long lasting as the other procedures.

Restoring volume to the face is also very important. This is predominantly done with fat grafting or fat transplantation to the temples, arch of the brow, cheeks, nasolabial crease, along the jawline, and the lips. Fat is harvested from one area of the body with liposuction. The fat is prepared for transplantation, and then is injected into the desired areas to provide more fullness. Cheek volume can also be restored or augmented with a cheek implant, which is placed through the mouth.

Another procedure to both correct age related changes in the lower face and neck, yet is largely ignored, is liposuction of the lower face and neck. Liposuction not only gets rid of the fat, but can also tighten the skin and allow the skin to heal down to the underlying muscles in the neck and along the jawline. Many younger patients are having this done, because if this is done at a younger age, before the skin is too loose, the skin will stick in place and not loosen as much with time. Thus it is a preventative procedure to both tighten the skin now and also hopefully prevent or delay the need for a lower face and neck lift.

As one can see, there are a myriad of options in facial rejuvenation. I recommend that patients consult a qualified surgeon who can evaluate them and explain the various techniques. Not all techniques are the right ones for each patient. You and your surgeon should develop a specific game that that addresses all of your needs.

If you have a question about a particular procedure, Dr. Cheski will take your questions for upcoming issues. Please forward your question to: *Dr. Peter Cheski, 2034 Cotner Avenue, 2<sup>nd</sup> Floor, Los Angeles, CA, 90025. (310) 575-1500. [www.drcheski.com](http://www.drcheski.com).*

