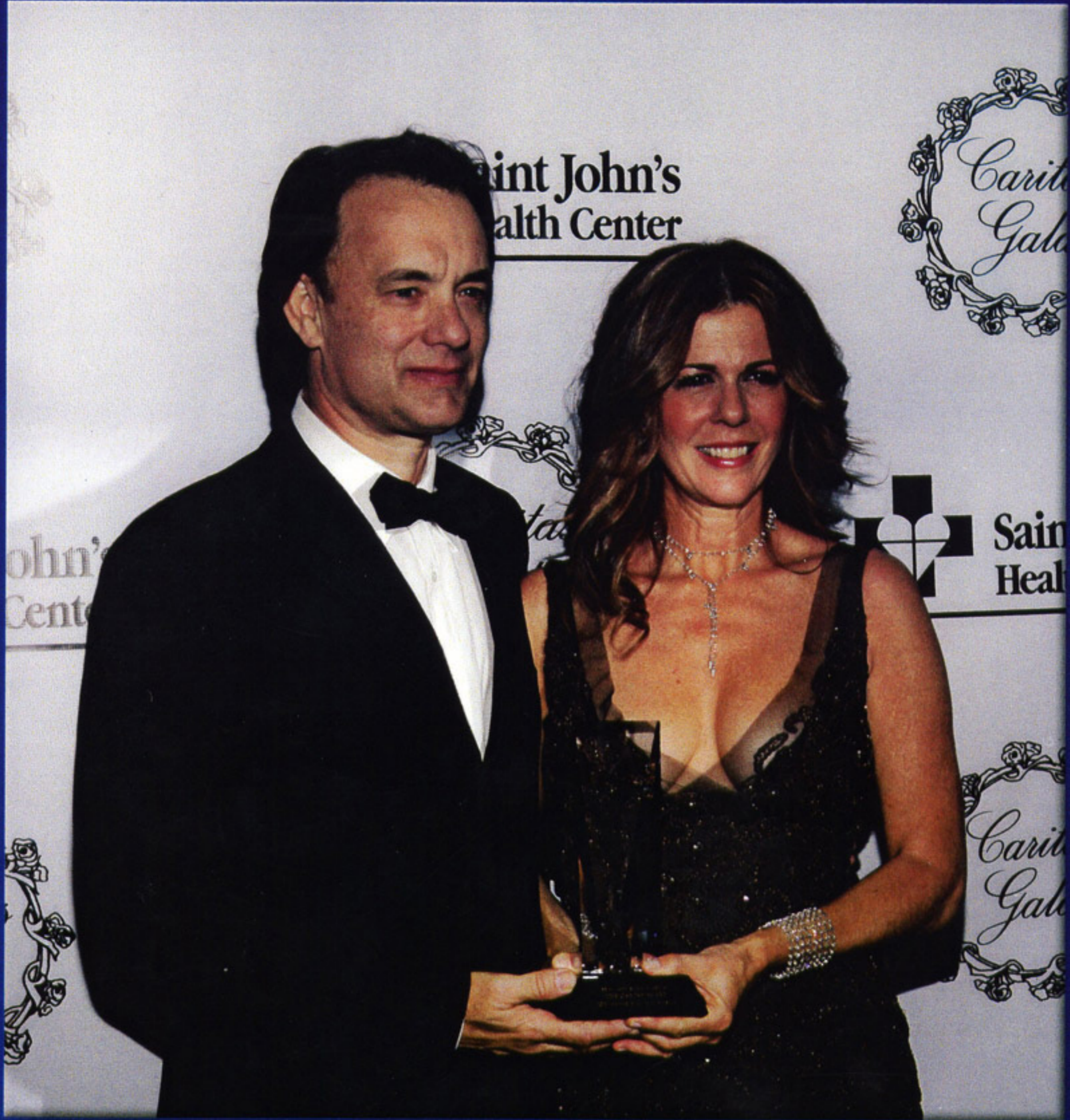


CELEBRITY SOCIETY



NOVEMBER-DECEMBER 2005

DR. CHESKI ON COSMETIC SURGERY



Facial rejuvenation, like all plastic surgery, has greatly improved over the last decade with great improvements that allow for more natural results with significantly less downtime and recovery. The traditional facelift primarily pulled the skin laterally toward the ears and the temple, leaving an unnatural pulled look, like being in a wind tunnel.

The philosophy of treating age related changes to the face has now evolved to address each individual cause of facial aging. As we age, we lose fat and volume in our cheeks, around our mouth, lips and temples. The cheeks, brow, and jowls descend in a vertical manner, pulled down by gravity. The skin loses tone and texture, and changes in pore size and pigmentation occur.

To reverse this, we must address each cause of aging. Modern face lifting occurs with a vertical lift, raising the cheeks, smoothing out the nasolabial crease (the line between the cheeks and the upper lip), raising the brow and jowls, and giving a sharper angle to the neck and jaw line. Most of the work is done underneath the skin, rather than tightening the skin directly. The muscles of the face and neck are tightened, the cheek and jowls are repositioned, and volume is restored to the cheeks and brow. The skin is then simply redraped over the rejuvenated, underlying facial structure and the extra skin is removed, leaving a natural, non-surgical look.

The incisions are more hidden than ever. In fact, many facial rejuvenation surgeries can occur without any visible incisions. Access to raising the cheeks and smoothing out the nasolabial crease can be performed through incisions in the mouth and/or in the hair-bearing skin of the temple.

The neck can be tightened and the jawline and neck angle enhanced through small stab incisions behind the ear. Even facelifts are done without incisions along the hairline behind the ear, so that women can wear their hair up without any visible scar.

Volume is restored to the face with the proper selection of either fat injections to the cheeks, lips, temple and face, or with selective use of facial implants such as cheek and chin implants. I recommend custom carving each implant to custom fit each patient and address their individual needs.

Each patient's treatment needs to be individualized to address their specific age related changes. It is important that a surgeon be able to provide the full range of options in facial rejuvenation in order to custom tailor the approach to each patient. Also, surgery is only part of the process in the entire continuum of anti-aging. Attention must be made to proper diet and exercise, skin care, and physical and mental health. Most surgeons are incorporating this holistic approach to their patients, and can provide advice on skin care, diet, and other anti-aging techniques, with referrals to proper experts in these respective fields. A positive mental attitude can make all the difference, and we see evidence of this in all aspects of life. As they now say: "thirties are the new twenties, and fifties are the new thirties."

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, 2nd Floor, Los Angeles, CA, 90025. (310) 575-1500. www.drcheski.com.

