

TURNING BACK YOUR TIMECLOCK

Plastic Surgery Breakthroughs Can Keep You Looking Young

On a landmark birthday, a dear friend affectionately puts her arm around you and says, "You're not getting older, just better." Doubtless, you've worked hard to keep your body trim and fit and your positive attitude has helped to keep mind, heart and spirit youthful. Now, cosmetic surgery's latest breakthroughs can do the same for your face so that it's a more accurate reflection of the inner you.

Just What Happens in the Aging Process

As you grow older, the layers of skin begins to shrink and the muscles of your face and neck loosen and become slack. That healthy glow of youth may fade a bit as skin becomes less elastic and supple, dryer and more brittle. Gradually, as the years advance, you may begin to notice wrinkles around your eyelids, on your forehead and on the sides of your mouth. Your nose may droop at the tip and thicken at the base, while pouches may sprout along the jawline creating the dreaded double chin. Women are especially prone to the development of extra folds that form over the front part of the neck as the muscles become lax during the aging process. People with delicate skin may be vulnerable to numerous fine wrinkles that become etched in various parts of the face.

These changes, the result of aging, heredity and gravity, are hastened by over-exposure to the sun, smoking, drinking and poor nutrition. Fortunately, cosmetic facial surgery provides some solutions and can minimize many of these problems.

Getting Back the Nose You Knew

Your nose ages along with the rest of your body and may tend to thicken, become more bulbous, and droop at the tip usually during the fourth decade of life. An attractive woman in her early 70s with a nicely shaped nose that has lost some of its earlier definition as a result of the aging process decided to undergo finesse sculpting rhinoplasty (the term for correction of imperfections of the nose) as part of a facelift. Closer to an art than a science, finesse rhinoplasty involves sculpting and molding bone from inside the nose to restore its natural, original contour. This procedure is accomplished without any external cutting and preserves the basic anatomy of the nose, as well as its normal function. My patient felt rejuvenated after her operation which gave her back the attractively shaped nose she had earlier.

Fresh Face-lift Options

About 95 per cent of all cosmetic surgery is performed on the face. In the past, the classic face-lift operation focused only on the skin.



This 35 year old woman underwent nose, refinement which boosted her confidence and gave her a new lease of life.



Before



After

Making the nose younger changes the entire face and makes the eyes, nose, and lip components attain a more youthful appearance, as displayed in the images above and below.



Before



After

Sagging fat deposits were removed from the skin of the cheek, jawline and neck were elevated and stretched. Formerly, the results of this procedure were temporary, lasting only about two years. Why? Because the procedure failed to reach and correct all the facial layers, including the very important muscles (the platysma) which wraps around the front of the throat and the area beneath the chin.

In a newer, more extended procedure called the SMAS-platysma (superficial musculo-aponeurotic system) face-lift, the surgeon pays attention to all the facial layers, including the vital structures that underlie the skin. These deeper facial structures form a fibrous and muscular layer which is responsible for the mobility of your face and for facial expression. In the SMAS platysma facelift, the surgeon detaches and lifts the muscles of the face as well as the outermost layer of the skin, lending some permanency to the realignment of the facial structures.

One can create the well-defined line of the throat and the smooth slender line of the neck, the sagging jowls along the jawline, as well as trimming any other excess tissue. The SMAS-platysma facelift, which produces results that last at least ten years, can be combined with many of the other procedures discussed earlier, such as cosmetic eyelid surgery.

When is the Best Time for a Facelift?

It's an individual matter, but there are some points in favour of having a facelift performed earlier (before you really need it) rather than later. First of all, the younger the face, the more successful and longer-lasting the results. The conventional wisdom that facelifts may make the skin age faster, forcing one to have repeat operations at increasingly shorter intervals is a myth that needs to be laid to rest. These days, many people are beginning to consider cosmetic surgery during their 40s and 50s rather than in their 60s and 70s.

Making the nose younger changes the entire face; makes all components surrounding the nose i.e. eyes, mouth, lips, also attain a more youthful appearance.