

Back to Basics

by Schuyler C. Metlis M.D.

The current buzzwords in plastic surgery of the face are Botox, Skin Care, MicroTouch, Alpha-Hydroxy Acids, and Microdermabrasion. These are all treatments to help you look better without undergoing surgery.

However surgery, specifically facelifts and eyelifts, remains the cornerstone of any major improvement in the appearance of an aging face.

Most people with severe signs of an aging face have excess skin of the face, neck, and/or eyelids, including looseness and drooping of that skin. Treatment of these problems usually requires surgery, to tighten up the looseness, and remove or camouflage the excess skin.

A facelift is done, with some variation, through an incision that runs from in front of the ear to the back, and out into or along the hairline. The skin of the face is pulled up and back and the excess skin is cut off.

Depending on the severity of the facial aging, and to some extent the surgical philosophy of the plastic surgeon, the structures underneath the skin, including the connective tissue and muscles, may be tightened.

A facelift usually also involves tightening of the neck. It can sometimes be combined with a forehead lift, as well as some of the non-surgical treatments.

An eyelift involves removing excess skin of the upper eyelids, sometimes from the lower eyelids too. It is often combined with a brow lift, and frequently done at the same time as a facelift.

For a person with moderate to severe signs of facial aging, these operations provide the most improvement. The non-surgical treatments such as MicroTouch and Skin Care then serve as the icing on the cake.

To find out if a facelift or eyelift would benefit your appearance, schedule an appointment.

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