

Central Ohio
Plastic Surgery
Where Art and Surgery Come Together



and

*Imagine...
Medi-spa*



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The Moment of Truth Is It Facelift Time?

“Do I really need a facelift?” patients will ask me. And I have to admit I sometimes detect a pleading tone in their voices.

They want me to say, “No of course not!”

But sometimes I have to break the news: “Yes, it’s time.”



The End of the Tweaking Era

These are usually women who’ve been taking great care of their looks, coming to my office for peels, fillers, Botox® and other early-intervention solutions for years. They look younger and more vibrant than their counterparts.

But eventually the tweaks fail them. What makes the difference?

When is it time to stop tweaking and bring in the big guns?

Lower Face Issues

Is it About the Jowls?

Some women panic when they start seeing jowls. They wonder whether that’s the signal: their straight jawline has given way to drooping muscle and skin.

The answer is “Maybe.” Years ago we might have recommended a facelift at this juncture. But today, we can tweak early jowling with physician grade skin care, chemical peels or adding volume to make jowls less prominent. It all depends on the degree of improvement the patient is looking for.

Is It About Creases?

Other women develop deep creases in the lower face—even before jowls begin to form.

What are your lashes doing this summer?

Buy Two 5 oz Bottles of Latisse® for \$300!
That's a \$40 savings.

Week 0



Week 16 with Mascara

And you will have your own 'Before and After.'
Photos courtesy of Latisse®

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[Breast Lift](#)
[Breast Reduction](#)
[Male Breast Reduction](#)
[Liposuction](#)
[Abdominoplasty](#)
[Mommy Makeover](#)
[Facelift, Neck Lift and Brow lift](#)
[Eyelid Surgery](#)
[Rhinoplasty](#)

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[Injectable Fillers](#)
[Laser Therapies](#)
[Resurfacing Options](#)
[Skincare Products](#)
[Fraxel re:pair®](#)

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Body Contouring

[Arm Lift](#)
[Body Lift \(Belt Lift\)](#)
[Liposuction](#)
[Mommy Makeover](#)
[Thigh Lift](#)

- ◆ “Nasolabial folds” are those deep creases from nose to mouth.
- ◆ “Marionette lines” are those deep creases from mouth to chin.

They're not attractive, they certainly take away the bloom of youth—but they are not a definitive sign that it's time for surgery.

Before



After



Not My Patient

Fillers, such as Juvéderm® and Restylane®, now offer immediate relief from these middle-range signs of aging, by camouflaging the signs of laxity. Peels can also improve many fine lines and wrinkles, possibly making deep creases less visible.

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Upper Face Issues

Some people develop upper-face issues long before their lower face starts to go. They come to my office complaining about:

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- ◆ Crepey skin in the eye area,
- ◆ Hollow-looking eyes,
- ◆ Deep under-eye circles, along with sunken skin,
- ◆ Loss of volume in the cheekbones,
- ◆ Deep forehead creases,
- ◆ Loss of volume in the temples,
- ◆ Sunken cheeks.

While these signs do make them look older, they can be corrected with surgical techniques that aren't classic "facelift" procedures. Examples: an eyelid lift, a browlift, fat transfers, fillers, Botox, or Fraxel[®].



Fraxel re:pair – My Patient

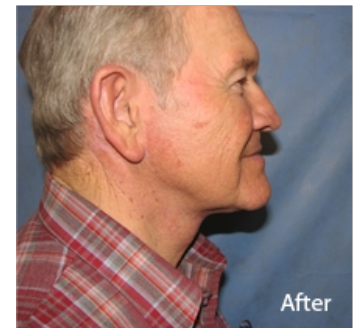
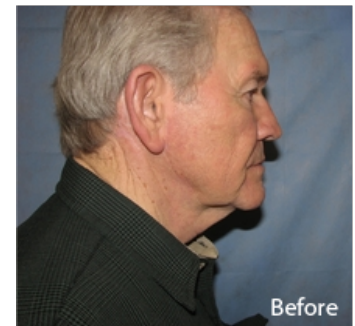
It's the Neck

The truth is, I can tweak pretty much every sign of aging except the ones on your neck:

- ◆ Lax neck skin that cascades into folds in the throat area.
- ◆ Platysmal bands (the muscles from chin to chest) hanging under the chin and protruding all along the neck.

It is the neck that still most commonly needs surgery. The so-called "facelift" has traditionally been a necklift. We called it a "facelift" because back in the day, it was the first (maybe the only) facial plastic surgery procedure most men and women ever had.

Today, we can preserve the maturing face with fillers, Botox, laser skin remodeling, liposuction and Fraxel. The necklift is saved for that moment when we must excise skin to resolve laxity in the neck.



My Patient

Combination of Factors

Facial aging involves a combination of factors—not just the effects of gravity, as we used to conceive of it, but loss of bone, muscle and fat in various parts of the face along with descent of the soft tissue. Fortunately, with today’s understanding of how the face ages, we can address many factors non-surgically.

This is terrific, of course. But it comes with a danger. The danger is that people who fear surgery will overextend the tweaking era of life. They’ll work with physicians who sell them a bill of goods about being able to “save them from a facelift” *ad infinitum* using low-impact treatments.

I Trust Your Intelligence

In my practice, I prefer to educate my patients about the facial aging process. We also need to work together to evaluate pros and cons of each option and understand the expected results.



If patients are educated and are honest about their desired results, we can work together to get the best outcome. Understanding what’s happening to every element of your face—bone, muscle, fascia, fat and other tissues—is the key to knowing “when.”

Feel free to [share this article](#) with your family and friends.

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