



## Latest Innovations

### Procedure of the Month—Facelift

Facelift, or technically a rhytidectomy, refers to a facial rejuvenation procedure which aims to reverse the signs of aging. There are many techniques for face-lifts from minimally invasive procedures which can be performed on awake patients in the office to extensive facelifts which require more anesthesia. The more extensive, the longer the expected results and the greater the improvement in appearance. The trade off is that more extensive ones will incur a greater cost and longer recovery time.

Regardless of the extent of facelift performed, the incisions made are generally the same. In certain patients, the length of the incision can be limited though generally an incision in front of the ear is required. These incisions are designed to minimize the long term scar and will usually heal with only a minimal line. It is important to ask your physician where the incisions will be placed as some incisions will be more visible than others.

Because facial rejuvenation procedures are individualized for each patient, no single facelift applies to every patient. What is colloquially referred to as a facelift actually refers to a lower facelift aimed at addressing the neck and jowl area. When referring to facelifts, the face is divided into three areas: the forehead, the midface and the lower face and neck.

The midface refers to the area from just above the lips to the eyes. A midface lift helps to move the cheeks back into their natural position. It will also help to improve the nasolabial folds, the deep lines that run from the side of the nose to the mouth. There are two general approaches to the midface either through an incision in the lower eyelid or from an incision in the hairline. An additional incision may be necessary in the mouth. A qualified surgeon can talk about the suggested incisions and benefits of both approaches.

The forehead or brow lift helps to raise the eyebrows and smooth some of the wrinkles of the forehead. There are several approaches to the brow lift. A surgeon will be better able to talk with you about the possible alternatives depending on your hair style and your goals.

The key to any facial rejuvenation procedure is tailoring the wide array of choices to produce the best result based on the patient's expectations. A realistic understanding of results that the surgeon can attain and the patient expects are key to a successful surgery.

It is important to choose a surgeon who has training and certification in the procedures you are considering, especially if considering a facelift surgery. Research should be done to ensure that the surgeon is qualified in the procedures they offer. Once a surgeon is chosen, care should be taken to clearly outline expectations for the procedures during the preoperative consultation. The surgeon should be able to tell if they think they can attain the desired results. While surgeons can generally define their expected results, realize that cosmetic surgery is as much an art as a science and final results are affected by many factors.

For more information about facelifts, neck lifts, brow lifts, or other facial rejuvenation procedures, visit Dr. Verret at [innovationsfps.com](http://innovationsfps.com) or call for a complimentary consultation 972.608.0100.

### Innovations Lift

For younger patients with minimal aging changes who want to look fresher and well rested, the Innovations Lift may be a good alternative to more traditional facelift procedures. The Innovations Lift is a mini-facelift which aims at erasing the jowls and correcting some of the laxity in neck skin. The procedure is done using local anesthesia, similar to the medicine used in the dentist's office, in the office so there is very minimal recovery from the anesthetic. For patients who want the results but are not comfortable with local anesthesia, more sedation can be used in an outpatient surgery setting. The procedure is designed for people age 40-60 with minimal aging changes who are looking to turn back the clock. Recovery time is limited and most people can return to normal daily activities in 2-3 days though bruising and swelling may last longer. Call today for a free cosmetic consultation and ask Dr. Verret if you are a candidate for the Inno-

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#### Ask the Doctor

*Is it important to have a physician perform my Botox and Juvederm injections rather than a nurse?*

When considering injectibles such as Botox, Juvederm, Restylane, or others, it is important to consider who performs the procedure. Anyone can be taught how to technically perform the procedure. What is important is having someone who knows the anatomy of the area to be able to prevent complications and have someone perform the injections who is able to deal with possible complications. While the vast majority of injections are performed without a problem, some complications can be life threatening and it is important to have a trained, skilled physician readily available to deal with any problems. This is why in my practice, I perform all injections personally.

-D.J. Verret, MD  
Facial Plastic & Reconstructive Surgery

#### Events and Specials

##### September 2008

Catch Dr. Verret in the special cosmetic surgery edition of D Beauty Magazine.

##### October 2008

Catch Dr. Verret in D Magazine's 2008 Best Doctors in Dallas Edition. Dr. Verret was selected to the Best Cosmetic Surgery Doctors Category.

##### November 2008

Keep an eye out for our next special night of Botox and facial fillers coming in November, just in time for the holidays.

#### Blog—Get your questions answered

Check out <http://dallascosmeticsurgeryblog.com> for more information about cosmetic surgery.