



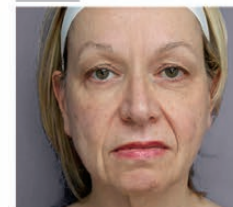
discovery.



THE NEED TO
NIP AND TUCK

It's not just fillers, lasers and skin tighteners that are able to target lower layers of skin—plastic surgery, particularly a facelift and necklift, can, too. "For a facelift to be effective, more than just excess skin needs to be addressed," says Dr. Lee. "The underlying SMAS (the muscle layer) needs to be lifted for long-lasting, rejuvenated results." The deep layer of fat needs attention, too.

BEFORE



AFTER



A facelift, Botox Cosmetic and fillers, done by Newton Centre, MA, plastic surgeon Joseph Russo, MD, gave total rejuvenation.

◀ **FACELIFT**

When loose skin, jowls and a loss of definition in your cheek area are problems staring back at you in the mirror, the best option is a facelift. Through an incision behind the ears and in the hairline, fat is redistributed, muscles are lifted, tissues are repositioned, and excess skin is removed. If just the outer layer of skin is addressed and the deeper structure is ignored, the results will look unnatural and be short-lived. "Removing just skin is ineffective, as the continued loss of elasticity leads to the return of sagginess," says Dr. Lee.



Boston, MA, facial plastic surgeon Linda N. Lee, MD, performed a necklift with liposuction to restore this patient's neckline.

◀ **NECKLIFT**

Designed to treat severe signs of aging in the neck, a necklift can turn back the hands of time and redefine youthful contours in the area. "It surgically removes excess skin resulting from gravity and age-related laxity," says Dr. Nguyen. **It's important that the muscles are repaired and excess fat is removed, otherwise saggy skin will return. "Addressing skin, fat and muscle is necessary to achieve long-lasting, excellent results," says Dr. Petroff.**



New York plastic surgeon Sharon Giese, MD, used internal ultrasound liposuction to contour this patient's jowl area.

◀ **LIPOSUCTION UNDER THE CHIN**

For stubborn pockets of fat that don't respond to other noninvasive treatments, liposuction is considered the gold standard. Through a tiny incision made on the underside of the chin, fatty deposits can easily be removed, giving a more streamlined look to the chin area. Getting deep down to where the fat lives is crucial for a good result that isn't dimpled or wavy. While the surgery and recovery aren't as intense as with a facelift, liposuction is not a procedure to be taken lightly.



To remove extra skin from under this patient's eyes and refresh her look, San Diego facial plastic surgeon Amir Karam, MD, performed full-face fat transfer and a skin pinch.

◀ **FAT TRANSFER**

When there is a lack of fat in the face, fat can be taken from elsewhere on the body (usually the thighs, butt or stomach), cleaned and reinjected into the face to add fullness. "Fat transfer is commonly done in the hypodermal level to replace the fat where it has been lost. In certain areas, like the cheeks, the fat can also be placed above the bone," says Dr. Attenello.

SKIN SAVERS

In order to **get the most out of any surgery**, your plastic surgeon may put you on a specialized skin-care regimen prior to the procedure and have you use the products indefinitely.

Addressing what's underneath the skin is important, but it's just as **important that the outer layer of skin is tended to**, too, for a cohesive and natural look. **Resurfacing lasers are often paired with surgery** to really buff out the skin and **erase any lingering signs of discoloration**. Products that contain medical-grade ingredients like **retinol and peptides** may be prescribed to help stimulate collagen at the source and **strengthen and thicken the skin**.