

////////////// INTRODUCTION



We all want to put our best face forward, for personal and/or professional reasons. We're healthier than ever, and we want to look as young as we feel. But is it time for a facelift? You want to look younger, but you want to look natural, too.

Thanks to major advances in surgical techniques and our understanding of the aging process, modern facelifts produce results that are nothing like the old "caught in a wind tunnel" procedures. In fact, today we have multiple types of facelifts, so you can achieve the natural look you want without overdoing it. This fits beautifully with Dr. Jeffrey Raval's philosophy: Less is More.

It's even possible that considering a facelift is premature. If you're young and your skin is still supple, non- or minimally-invasive options such as dermal fillers or Botox may provide the results you desire. However, fillers and injectables don't adequately address certain concerns, or a patient has multiple needs. And in many cases, they simply aren't enough to turn back the clock in the way that you want.

This e-book explains the three types of facelifts we perform at Raval Facial Aesthetics. You'll learn how they differ and what kind of results you can expect. And you'll discover that "facelift" is no longer a one-size-fits-all procedure but a facial rejuvenation surgery that can be tailored to meet your specific goal to look really great for your age.

DR. RAVAL PERFORMS THREE TYPES OF FACELIFTS:

- Mini-lift
- Necklift
- MACS facelift (Minimal Access Cranial Suspension)

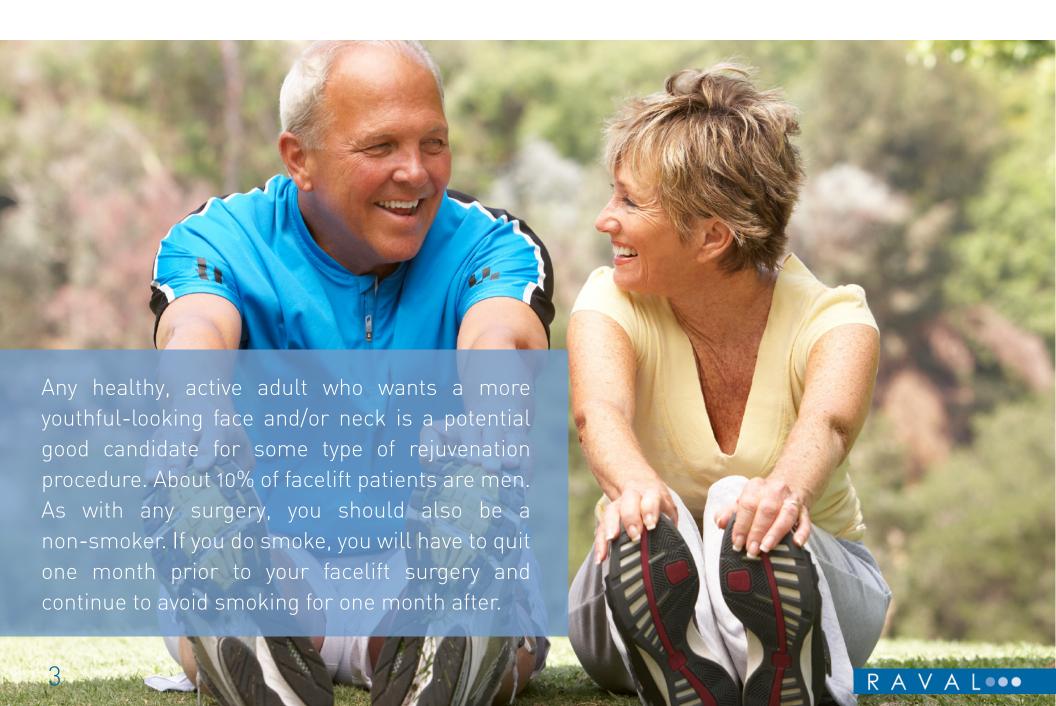


Nationwide, facelifts account for about 20% of all surgical cosmetic procedures performed each year. Not surprisingly, most people think a facelift surgically alters the entire face. This is not true. Rhytidectomy, as it is formally known, is a procedure that addresses the lower third of your face -- from the mouth to mid-neck - by lifting and removing excess skin. It is meant to reverse the sagging caused by gravity as we age.

With a traditional facelift, facial skin was drawn straight back for tightening. The result was a telltale "wind tunnel" appearance. Since the goal is to reverse the effects of gravity, we now lift skin upward instead. However, aging also causes a loss of fat and volume in the cheeks and other parts of the face. So a facelift may also incorporate treatments such as fat transfer or dermal fillers to replace lost volume. This combination produces the most natural results.

There are separate surgical procedures specifically designed to improve the appearance of the eyelids or the forehead. In many cases, these may also be combined with a facelift. It's not unusual for patients to want full facial rejuvenation, but that requires more downtime. And increased time under anesthesia can increase risks. So people often choose to divide their facelift into stages.

CHAPTER 2: WHO IS A GOOD CANDIDATE?



CHAPTER 3: WHAT DOES EACH TYPE OF FACELIFT ENTAIL?



As the name implies, the mini-lift is a more subtle procedure. The surgeon makes a small incision near the ears, then removes excess skin and re-suspends the remaining skin and underlying muscle. This surgery is shorter, and there is less recovery time, compared to a MACS facelift.

The mini-lift is a good choice for those in their 40s to early 50s who have begun to develop jowls and want to give their jawline a boost. The mini-lift does not address the neck. It is a way to "re-invent" yourself just enough to look younger but still entirely natural.

NECKLIFT

Some people experience more pronounced aging on their neck than along their jawline. Men often complain they can't wear a tie anymore, because their neck sags over the edge of their collar. A necklift is ideal because it is specifically targeted. The procedure rejuvenates by lifting sagging neck skin, removing fat, and tightening the underlying muscle.

You may have heard about Kybella, an injection that is sometimes confused with a necklift. Kybella only removes accumulated fat that causes a double chin, it does not address sagging skin as a necklift does. Which is the best choice for you? Schedule a consultation with Dr. Raval to discuss your specific situation.





OF FACELIFT ENTAIL?

FACELIFT

Like the traditional full facelift, a MACS facelift addresses the entire lower third of the face as well as the neck, but it uses the latest advanced techniques to produce less swelling and downtime. This procedure is usually chosen by patients in their mid-50s or older, who have more severe signs of facial aging.

The concept is similar to a mini-lift, but the procedure is more complex, elevating deeper tissues as well as removing excess skin. To do this, the surgeon makes incisions along the sides of the face. Because a MACS facelift is more extensive, it takes longer, recovery time is longer, and the cost is higher.

In some cases, Dr. Raval may recommend a traditional facelift instead of a MACS procedure, depending on your individual situation.

With all types of facelifts, incisions are as short as possible and placed along the hairline or in other locations where scars will be virtually invisible to others.

THE SURGICAL PROCESS.

All three of these facelift options are performed as outpatient procedures in a surgical center. Dr. Raval prefers to use general anesthesia for all facelifts. Your surgery will take between 3 and 5 hours, depending on the specifics of your procedure.

Following surgery, you will recover on site for about an hour, then you can go home. At first, you will have a drain in your neck to reduce bruising, and usually will be removed the next day. You will wear a special wrap around your face and neck for a few days, and your stitches will be removed after about a week. You'll be back to moderate exercise in a couple of weeks, and swelling should be mostly gone in about 3 months.

The changes made during facelift surgery are permanent. On average, patients look 7 to 10 years younger, depending on which facelift procedure you choose, but it's important to remember that your face will continue to age over time. Nonetheless, you will still continue to look that much younger.

There are always risks with any surgery, but complications from facelifts are rare. Risks can include, but are not limited to:



RISKS CAN INCLUDE:

- Bleeding, which could lead to a hematoma or blood clot. Dr. Raval uses the post-surgery drain to minimize this risk.
- Temporary numbness or nerve damage, in which case it could take up to 6 months for feeling to return.
- Infection.
- An undesirable result.

No facelift can achieve "perfection." The key to avoiding a disappointing result is ensuring you have an understanding of what a facelift procedure can do for you as well as knowing its limitations. This is an important part of the discussion during your personal consultation with Dr. Raval.

Because your personal health and safety matter as much as surgical results, Dr. Raval always performs surgeries in accredited, state licensed surgical centers staffed with the most highly trained personnel. Having an excellent surgical team where the anesthesia is supervised by a physician anesthesiologist ensures that all patients receive superlative care that is worth the price.

There are variables associated with every facelift, because your face and improvement goals are unique. Therefore, the exact cost of your surgery will depend on your individual situation. However, approximate costs of the three facelift options discussed in this e-book are:

- Mini-lift: \$7,500*
- Necklift: \$8,500*
- MACS facelift: \$11,200*

These figures include surgeon fees, facility fees, and anesthesia. Though approximate, they give a general idea of cost to help you compare options. Pricing is one of the things you will want to discuss during your personal consultation.

*As of June 2017; prices are subject to change



////////////////////CHAPTER 6: CHOOSING THE RIGHT SURGEON

Regardless which procedure(s) you choose, surgical skill plays a vital role in the aesthetic and medical quality of your facelift. You want a surgeon who has the training, experience and aesthetic talent to help you achieve your goals.

Jeffrey R. Raval, MD, FACS is board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology/Head and Neck Surgery. He is a fellow of both the American College of Surgeons and the American Academy of Cosmetic Surgery

It's your face. Above all, choose a surgeon you trust and who makes you feel comfortable.

ASK QUESTIONS

A personal consultation is all about you. It's your chance to get all your questions answered and explore your facelift options in detail. You may feel hesitant at first, but that's normal. Be sure to discuss:

- Your facial improvement goals
- Any medical conditions you have and medications you currently take
- Your tobacco, drug and/or alcohol use
- Any previous surgeries you have had



Understanding your medical history and current health status helps your surgeon determine if you're a good candidate for a facelift. If so, the surgeon will explain the outcomes you can expect as well as the risks involved and then recommend a course of action.

///////// CONCLUSION



Which type of facelift is right for you? That depends on how much improvement you want to see and how much you want to invest. The answer is different for every individual. The best way to learn more is by scheduling a personal consultation.

Jeffrey R. Raval, MD, MBA, FACS is a facial plastic surgeon, board-certified by the American Board of Facial Plastic and Reconstructive Surgery as well as the American Board of Otolaryngology. He has been practicing the Art of Facial Plastic Surgery since 2001. He is a member of the American Medical Association, Colorado Medical Society, Denver Medical Society, and American Academy of Cosmetic Surgeons. Dr. Raval owns and directs Rocky Mountain Laser Aesthetics. Dr. Raval is also a national trainer for physicians and nurses interested in learning the best practices for filler and botulinum toxin injections (Allergan and Galderma products).

Which type of facelift is right for you?

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