

Thomas E. Zewert, M.D., Ph.D.
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(831) 644-9800



Services » Face

Face Lift

Inevitably skin will loosen on the face and neck as one ages. While heredity and lifestyle affect aging, wrinkles, lines and sagging are part of the normal aging process for everyone.

A face lift or rhytidectomy can improve your looks by restoring a more youthful or natural appearance to the face. Face lifts involve the removal of excess fat, tightening of underlying muscle and redraping of the skin on the face and sometimes neck.

A face lift can give you a younger and fresher appearance, however, it will not remove all wrinkles nor will it stop the aging process. Just as heredity and lifestyle play a role in the aging process, so too will they affect how long the surgical improvement from a face lift will last.

Generally candidates for face lift surgery are in their forties to sixties. However, depending on a person's anatomy and physical condition, successful face lifts can be performed on patients in their seventies and early eighties. The best results occur with patients who have some sagging of the skin but who have good skin elasticity and well-defined underlying bone structure.

It is crucial that patients understand the limitations and risks associated with a face lift procedure so that their expectations are realistic. While many patients report being pleasantly surprised at how little pain is involved, a facelift is a complicated surgical procedure. Your surgeon will determine the best placement for incisions, trim, suction, or contour fat, and tighten underlying muscle. There are many types of face lifts, such as short scar, mid-face, SMAS, and subperiosteal. Dr. Zewert has extensive experience in each of these procedures and can help you choose the technique most appropriate for you. Dr. Zewert works to achieve a vibrant, younger, more rested look without changing the character and personality of the underlying facial structure.

Face lifts are often performed in conjunction with other procedures such as eyelid lifts, nose reshaping, neck lift, and brow lifts. Trust only a plastic surgeon that is both qualified and experienced in these procedures.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.

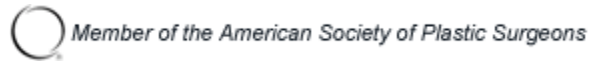
Forehead and Brow Lift

Drooping eyebrows, sagging or hooded upper eyelids, wrinkles in the forehead and frown lines all can contribute to an angry, tired and prematurely aged appearance.

The forehead lift or brow lift removes excess tissue and releases muscle, which results in a tightening of the skin and a gentle "lifting" of the brows. The procedure may be performed in a traditional open method or may be done endoscopically through small incisions hidden in the hair.

For some patients the forehead or brow lift may be performed in conjunction with eyelid surgery. In others, lifting of the forehead or brow alone may be enough to make a significant improvement in the patient's appearance.

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Forehead and Brow Lift (Continued)

Forehead or brow lifts impact the face by giving it a more youthful and rested appearance. The goal of the surgery is to provide a lift that is gentle and natural in appearance without giving the patient a surprised or obviously operated on look.

Dr. Zewert can tailor the least invasive procedure appropriate to address your desired results.

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Neck Lift

For some patients, a saggy or thick neck is a lifelong condition, the result of genetics. For others, it is the result of age and gravity pulling down skin and muscles in the face to create a loose jaw line and fatty deposits sagging into the neck.

A neck lift or lower face lift and neck lift may be appropriate to tighten the jowls and reduce the loose, sagging skin from the neck. Depending on the elasticity and condition of a patient's skin, liposuction to contour the neck may be sufficient to achieve the desired results.

Dr. Zewert can evaluate your facial and neck anatomy to determine the best, least invasive procedure to accomplish your desired results.

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Eyelid Surgery

Wrinkles, puffiness, excess skin and bags around the eyes are reasons to consider eyelid surgery. The problem may be purely cosmetic or in some cases the drooping of the upper lids can impair vision. In Asian eyes, this surgery can add an upper crease to the eye.

Eyelid surgery or blepharoplasty removes excess skin, fat and muscles from the eyelids. Eyelid surgery is frequently performed on both the upper and lower eyelids. The scars on the upper lids are usually hidden in the crease of the eye. The scars on the lower lids are usually hidden inside the lower lid. The incisions are closed with very fine sutures, leaving nearly invisible scars.

Patients who have fat but no excess skin to remove may benefit from a modified procedure called a transconjunctival blepharoplasty. This procedure is typically done on younger patients and involves an incision made on the inside of the lower lid and leaves no visible scar.

Often performed in conjunction with a forehead or brow lift, eyelid surgery can provide patients with more open, youthful, and attractive eyes.

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Lip Enhancement

Thin lips and wrinkles around the mouth are reasons to consider lip enhancement. Full lips are often associated with youth and beauty. Lip enhancement or augmentation can reduce wrinkles, create fuller, more attractive and more youthful looking lips.

Popular techniques for lip enhancement include injections with collagen, Restylane® (hyaluronic acid), or a patient's own fat. There is variation in how long each of the techniques last both amongst the techniques used and between individual patients who receive treatments with identical techniques. Collagen is effective as a filler with results generally lasting 3 to 4 months. Hyaluronic acid, a component of skin, can be injected with results generally lasting for 6 months. A more permanent result may be achieved by grafting fat from another part of the body or by using an implant. Grafting of a patient's own fat typically involves harvesting the fat from the abdomen or hips.

Both fat injections and collagen can be used elsewhere in the face as fillers. These injections can fill out wrinkles and sagging appearing in the nasolabial folds which are the lines running from nose to mouth that appear with age.

There are currently a number of products on the market and new ones are routinely introduced. If you are considering one of the fillers discussed above or any others, contact Dr. Zewert's office to discuss the risks and benefits of each product.

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Facial Fillers -- Botox®, Collagen, Restylane®

Over time soft tissue in the face breaks down creating lines, wrinkles, and creases which age one's appearance. Often patients complain that frown lines or lines around the mouth cause them to look angry or tired when they are not. Fullness of the lips can decrease with age or may not be present in youth.

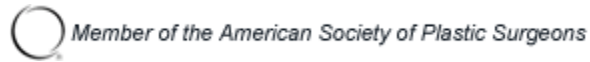
Soft tissue fillers offer a non-surgical technique to reduce the appearance of lines and wrinkles in the face and to add fullness. Facial fillers produce a more youthful, rested appearance. These injections can fill in sunken areas of the face and provide definition to the cheeks, chin, and lips. Soft tissue fillers may be used alone or in conjunction with other procedures such as laser resurfacing of the skin or face lift.

Genetics, age, skin quality, location of the treatment, and the underlying need for the treatment all affect the degree of improvement that might be achieved. Results will also vary depending on which filler is used. Some results last just weeks, others will last months or may be permanent. New fillers are being developed all the time. Some popular ones include Botox®, collagen, and Restylane®. Because Dr. Zewert is not only a plastic surgeon but also holds a Ph.D. in chemistry, he has a great understanding of the substances in facial fillers. He can help you decide if one is right for you.

Dr. Zewert also performs a fat grafting procedure called autologous fat transplantation or microlipoinjection where he takes fat from the abdomen, thigh or elsewhere and reinjects the fat cells into the facial skin.

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Chin and Cheek Augmentation

Conventional facial beauty does not require perfect features. Instead, facial beauty is usually the result of features that are in proportion to and in harmony with one another. Cosmetic plastic surgery can help achieve balance and harmony in facial features.

For example, sunken cheeks will magnify the appearance of any bags or fatty deposits under the eyes. Augmentation of the cheeks, also called malar augmentation, will fill out flat cheeks. When someone suffers from under eye bags, cheek implants may reduce the appearance of the puffiness under the eye without the need for a blepharoplasty or eyelid surgery. In other instances, a patient may simply desire more a pronounced cheek bone appearance to create better facial proportion and “lift” to the face. Dr. Zewert can lift the cheeks or redistributes fat in the cheek when appropriate.

Similarly, chin implants or reductions may be suggested in conjunction with or in place of nose surgery. A small chin makes the nose look larger and a large chin makes the nose appear smaller in comparison. Chin implants or fat-grafting can augment and reshape the chin. To achieve the most significant result to chin shape and size, the bone of the chin may need to be altered. This is called an osteotomy.

Please contact Dr. Zewert’s staff for more information about this procedure at (831) 644-9800.

Nose Surgery

Surgery to reshape the nose (rhinoplasty) can alter the size, shape, tip and angle of one’s nose. It is a popular form of surgery and can be performed any time after a patient has completed his or her growth spurt which usually occurs in the mid-teen years. Good health and realistic expectations are prerequisites for nose surgery.

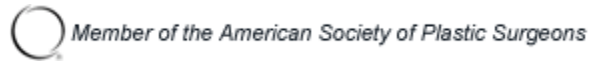
Skin type and the bony structure of the patient’s nose will affect the degree of improvement that may be achieved. Ideal candidates for rhinoplasty seek improvement but not perfection in their appearance. The goal is to create a nose that rests in natural harmony with other facial features.

While often thought of as a purely cosmetic procedure, nose reshaping is also performed to correct injury after accident and to provide relief for certain breathing problems. The medically necessary component of nasal surgery will often be covered by medical insurance.

Nose surgery can often be performed in an out-patient surgery center. Nose surgery is a procedure that frequently is performed in conjunction with other procedures such as chin augmentation, facelift, or eyelid lift.

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Ear Surgery

Large or protruding ears can be a source of embarrassment or ridicule for both adults and for children. Adults often tire of having to wear particular hair styles in an effort to “hide” their ears. For children, it is usually a worse situation as kids with large ears can be victims of cruel taunting by their peers.

Ear surgery or otoplasty may be performed on adults or children, typically 5 years of age or older. Ears are nearly full grown by age four or five and the earlier the surgery, the less teasing a child may experience.

Plastic surgery can be performed to not only “pin back” the ears, but also to alter the size, shape, position, or configuration of the ear. Patients of all ages experience very little pain with this procedure.

Please contact Dr. Zewert’s staff for more information about this procedure at (831) 644-9800.