

FACIAL REJUVENATION

Why a picture *really* is worth a thousand words...

by SAM M. SUKKAR, MD, FACS

sukkar
aesthetic
plastic surgery



I like to say a picture is worth a thousand words. It's a true statement. That's why I rely so much on photographic case studies during consultations with patients. It's one thing to tell them how the surgery will make them look, but all the more powerful if you can show them actual patients who have had a similar procedure. A good photo gallery on a surgeon's website is also very illustrative of the quality of work you can expect. The sheer number of aesthetically pleasing results in the gallery on DrSukkar.com represents only my work, and gives my patients a better understanding of what outcome to expect. Showing only one result of a certain procedure is worse than showing none at all, in my opinion.

At Sukkar Aesthetic Plastic Surgery, we are so proud of our results that we want to show them off! We would never compromise the confidentiality of our patients. We only use those cases where specific photo consent has been obtained. This is especially important when discussing facial rejuvenation. I want to thank the patients who gave us permission to show their results after facial procedures performed at Sukkar Aesthetic Plastic Surgery.

Everyone wants maximal improvement with no down time. Often the media simplifies procedures and presents unrealistic, short healing times. In my practice, we will give you an honest, realistic idea of the expected recuperation period and tailor your procedure accordingly.

4 approaches to reverse the changes of aging

I like to approach the face in an individual way. This process can be broken down into 4 broad categories or approaches to reverse the types of aging changes that I frequently see:

LIFTING

facelift, eyelid lift, forehead lift, necklift

RESURFACING

skin tightening

REPLACING LOST VOLUME

fillers, Radiesse®

WRINKLE REDUCTION

Botox®

Many times, a patient needs all 4 modalities to optimize the result. When I examine a patient, I recommend the options available, after listening to their goals. Keep in mind that the entire face ages at the same time, so rejuvenating only one area many not give uniform improvement.

CASE 1 - LIFTING

Case 1, a 63-year-old female, illustrates a **facelift** and **upper eyelid lift** procedure which is designed to lift and restructure the deeper facial tissues that have fallen out of their normal anatomic area. The skin is closed under gentle tension and is not significantly resurfaced with this procedure. Her surgery was designed as a 2-stage process. In the future, her residual skin looseness and laxity can be tightened with a skin resurfacing procedure if she chooses. Recovery time for this type of procedure is 4 to 6 weeks. The post-procedure photo was taken at 3 months.



before



after

CASE 2 - RESURFACING

Case 2 illustrates a 65-year-old female who had severe skin wrinkles from sun exposure, as well as a history of smoking. She initially came to see me for a facelift, but after evaluation, I felt that she would benefit more from a **deep skin resurfacing** procedure. She is shown 4 weeks after a deep phenol peel. The peel has to be mixed carefully so that it does not penetrate too deeply. I know of no other procedure that can give such a dramatic result in one sitting.



before



after

CASE 3 - REPLACING LOST VOLUME (RADIESSE®)

Case 3 shows a 52-year-old female who had volume deflation around the mouth area. She wanted a procedure that was long-lasting with a minimal amount of down time. She is shown before and after **Radiesse® injection** to the nasolabial folds and marionette lines. Recovery time is around 1-3 days. The post-procedure photo was taken at 3 months.



before



after

CASE 4 - WRINKLE REDUCTION (BOTOX®)

Case 4 shows a 41-year-old female who desired a refreshed look. I injected **Botox®** to the forehead, crow's feet and lateral brow for a mild lift. She has a more youthful and rested appearance 2 weeks after the procedure. Botox®, which acts at the facial muscle level, needs to be injected by an individual with proper training in facial anatomy, who understands the opposing muscular forces that are at play in creating dynamic facial wrinkles.



before



after

In summary, we now have several different, but complementary ways to rejuvenate the face. A consultation will help define your goals and pick the right procedure for you. Sometimes, starting with a relatively non-invasive procedure such as Botox® or a filler, may help you become comfortable with the idea of facial rejuvenation. Before deciding on a specific procedure, you should consult with a Plastic Surgeon, Board Certified by The American Board of Plastic Surgery. Make sure you see before and after photos so that you get a realistic and accurate idea of the skill level of the surgeon. In addition, make sure that the specific procedure proposed fits into your anticipated amount of down time.

sukkar
aesthetic
plastic surgery

281.990.8487 www.DrSukkar.com
1616 Clear Lake City Blvd, Suite 102
Houston, TX 77062

See more case studies and before & after images at DrSukkar.com!