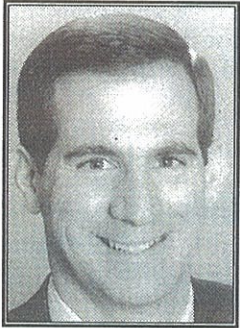


# Fast Track To Your Best Look: The 'Weekend' Necklift

Ross A. Clevens, MD, FACS recently shared his leading edge experience with the 'weekend' necklift and other specialized facelift techniques with 500 other cosmetic and plastic surgeons attending the annual meeting of the American Academy of Cosmetic Surgery.

Focusing his discussion on facelift techniques that employ small incisions, Dr.



**DR. CLEVENS**

Clevens noted that "people are increasingly busy and small-incision or endoscopic procedures offer fast track healing and fewer 'tell tale' signs of surgery while restoring a strong chin, trim neckline and natural look."

Endoscopic procedures use slender telescopes that are inserted through tiny 'key-hole' incisions.

Ross A. Clevens, MD, FACS is Brevard's cosmetic and reconstructive surgeon who specializes in facial plastic surgery. Board certified by the American Board of Facial Plastic and Reconstructive Surgery, Dr. Clevens has limited his practice to plastic and reconstructive surgery of the face, neck and eyelids. An undergraduate at Yale University, Dr. Clevens completed medical school at Harvard and then pursued specialized training in head and neck surgery and facial plastic surgery at the University of Michigan.

"Many people, both retirees and working people, are not willing or able to take three or four weeks out of their busy schedules to allow full healing of some facial cosmetic procedures, but they still want to turn back the hands of time," Dr. Clevens said.

For individuals with significant fat pads under the chin, excess jowl skin and lax neck muscles, the best way to help restore a youthful and rested, natural appearance may be by offering the 'weekend' necklift, small incision facelift or endoscopic brow and cheek lift.

Performed on an outpatient basis, these procedures normally take about an hour and a half, depending upon the specific need of the patient. A snug pressure bandage is applied to support the skin overnight and the patient is given detailed home care instructions for recovery. There is typically very little bruising, pain or discomfort. Within a week, most patients return to their normal activities, looking refreshed and feeling fine.

Limited incision necklifting involves making only a small incision underneath the chin and an inch long incision behind each ear. Three surgical techniques are combined to rejuvenate the appearance of the neck and jawline, liposculpture is performed to remove excess fat, rather than trimming it away surgically. A surgical lifting and gentle tightening of the underlying muscle tissues in the neck accompany the liposculpture technique.

Finally, the latest innovation in laser technology is applied to the skin's underlying surface. The energy emitted from the laser effectively shrinks excess tissue in the neck. In most cases, this method replaces the need to cut away excess tissue. In some patients, a small direct excision underneath the chin may be necessary in order to achieve the best possible result. This is a gentle alternative to conventional facelift that works well in skilled hands.

'Weekend' necklifting may also be combined with other techniques to achieve 'global' facial rejuvenation without the need for conventional facelifting and its



**BEFORE**



**AFTER**

prolonged recovery and 'tell tale' signs of surgery. Endoscopic 'incisionless' brow and cheek lifting may be combined with eyelid surgery and even laser skin resurfacing to achieve a more youthful appearance.

"Most patients want to look better - not different," Dr. Clevens said. "Patients seek plastic surgery without looking plastic. Women seek to enhance their feminine qualities while men wish to restore a more youthful angularity to the appearance of their neck and jaw. Combining minimally invasive procedures turns back the hands of time while restoring a rested, more youthful look."

Platelet gel speeds healing after cosmetic surgery and shortens downtime. Asked to explain platelet gel, Dr. Clevens notes that "platelet gel takes advantage of nature's own remarkable healing powers to reduce recovery time. We are witnessing shortened downtime after facial cosmetic surgery by 25-40%. Platelets are the 'conductors' that lead the symphony of healing after surgery.

"Platelets are special cells present in the bloodstream that direct our bodies to heal and to repair themselves. Platelets aid in the formation of new blood vessels, tissue and skin and they also help guard against infection." Dr. Clevens reports that

patients benefit from platelet gel in eyelid and facelift surgery, as well as nasal surgery and laser cosmetic procedures.

"It is my role," Dr. Clevens said, "to listen carefully to my patients and then to know which technique will produce the best result with the least risk."

To help patients visualize the effect of the procedures being discussed, Dr. Clevens may use computerized video images and shares photographs showing the outcomes accomplished with other patients.

Computer imaging helps a lot of patients visualize their new look. Instead of imagining what you might look like after the improvement, computerized video imaging permits you to see the difference. Seeing before-and-after photos and speaking with other patients instills confidence in the skill and artistry of Dr. Clevens.

The doctor performs his procedures in a fully accredited (AAAHC or JCAHO) ambulatory surgical center with board certified physician anesthesiologists. This important consideration helps to ensure patient safety and comfort.

Dr. Clevens welcomes questions regarding this article or other facial plastic surgery and laser techniques. He has two office locations for the Center for Facial Cosmetic Surgery: 1344 South Apollo Blvd, Suite 100, Melbourne and 255 North Sykes Creek Parkway, Merritt Island.

For information, call the office at (321) 951-3223 or (888) 438-3223.

## **UPCOMING SEMINARS**

Watch for upcoming seminars on facial cosmetic surgery and laser treatments, presented by Dr. Clevens this spring and summer. By special arrangement, Dr. Clevens is available for speaking engagements with your club or organization. For information and reservations, call (321) 951-3223.