

# FACELIFTS

# EXPERT Dr. Benjamin Bassichis, Advanced Plastic Surgery Center

**Let's face it.** Time, heredity, gravity, and life in general all take a toll on our faces. While today's medical advancements in health and nutrition are helping us feel young, we also want a face that looks and feels refreshed. Thanks to technological breakthroughs and surgical advancements, physical self-improvement is a safe, effective, and life-changing option that can quickly give any face the healthy boost it needs. A facelift is a surgical procedure that improves the appearance of the face by reestablishing support for underlying facial tissue and removing excess skin to achieve a smoother, more youthful appearance. In today's image-conscious society, it's no wonder that the facelift is one of the most desired surgical procedures.

## CHOOSING THE RIGHT DOCTOR: FACIAL PLASTIC SURGEONS

When choosing the right surgeon for your facelift, experience and expertise are everything. Be certain your facelift surgeon specializes in aesthetic facial plastic surgeries and is board-certified in the area that you wish to have surgery. General plastic surgeons and facial plastic surgeons are required to complete specialty training in cosmetic facial surgery. Carefully look at your physician's education to ensure that they are the best choice to operate on your face. The doctor should also have medical privileges at an accredited hospital or surgery center to perform your surgery; these medical institutions uphold strict, high standards for the doctors associated with the facility.

Dallas' own double board-certified facial plastic surgeon, Dr. Benjamin Bassichis, focuses exclusively on plastic and reconstructive surgeries of the face, neck, and head. A specialist in facial cosmetic surgery, Dr. Bassichis feels that it's important to customize each surgery for each patient for natural, beautiful results. "My philosophy of facial rejuvenation and facelift surgery is not facial changing, but a restoration to enhance the ageless beauty of my patients," Dr. Bassichis says. "I strive to turn back the hands of time and allow their own natural beauty to emerge."

## LONG-TERM RESULTS: WHAT YOU NEED TO KNOW

While facelifts of the past primarily pulled back the skin tightly back or upward, yielding an artificial-looking result, today's advanced techniques create harmony and balance through judicious tightening combined with volume restoration, offering patients a natural-looking outcome.

For lasting results, avoid "lunchtime" facelifts and other quick-fix regimens. If you are seeking more than surface changes to your skin, only a proven surgical procedure will give you real, long-term results.

The best candidates for facelift surgery are nonsmoking, healthy individuals with good facial skin elasticity. Make sure to discuss all of your options, goals, risks, benefits, and reasons for considering facial plastic surgery with your surgeon before you decide on a particular procedure.

## ENSURING A BEAUTIFUL RESULT

When considering your facelift, ask your surgeon about the possibility of adding topical treatment for your chest, face, and hands, such as laser resurfacing and rejuvenation procedures, microdermabrasion, and chemical peels to optimize and customize your surgical results. These procedures will not only help minimize wrinkles and other skin concerns, but your refreshed complexion will also complement your newly rejuvenated facial contours. Talk to your doctor about your options for achieving that healthy, radiant glow you've always wanted.