

# New Year, New You! Facial Rejuvenation with Natural Results

by Dilip D. Madnani, MD, FACS



How do we slow down the effects of Father Time and Mother Nature and age gracefully? Diet, exercise and healthy living are a great start but sometimes a cosmetic boost could help fully satisfy your goals. As a dual board certified facial plastic surgeon, I offer solutions for facial rejuvenation that range from maintenance treatments, such as skin care, laser skin resurfacing and injectable fillers to surgical options such as facelifts, lipo-filling and eyelid procedures.

### **Dull skin or lines and wrinkles getting deeper?**

Laser skin resurfacing combined with a good skin care regimen is a wonderful start. Resurfacing removes fine lines, freshens dull skin and improves overall tone and texture. Temporary injectables like Xeomin, Botox, Belotero, Juvederm, Voluma, and Radiesse are additional options to fill and soften lines. Some fillers are used to soften the lines around the mouth (nasolabial and marionette lines), to plump up the cheeks or used under the eyes to soften dark circles. These injectables are also used to help soften forehead lines, crows feet or lines around the eyes and the glabella or the typical "11" lines between the eyebrows

### **Tired eyes?**

Does the excess skin hanging from the upper eyelids hide your bright eyes or do the heavy bags and lines under your eyes make you appear tired all the time? Eyelid rejuvenation procedures are available that remove excess skin from the upper eyelids and the 'bags' from the lower eyes to brighten and refresh the eyes. Make up is easier to apply after these procedures to further augment the results. These procedures are performed under local anesthesia with minimal discomfort and downtime.

### **Sagging neck and jowls?**

The earliest signs of aging begin in our 30's - 40's, where we start to lose volume under our eyes and cheeks. The 'apple of the cheeks' starts to deflate, our eyes appear tired and the lines around the mouth (nasolabial and marionette lines) become deeper. As our skin ages, our jowls become more prominent and our neck starts to sag. These signs have become more obvious as we spend time chatting sharing pictures and videos on social media. Trying to find a forgiving pose by lifting our chins, strategically placing our hands or wearing scarves to hide our necks can be difficult.

The ideal procedure combination for this is a face/neck lift with lipotransfer. This tightens the jaw line and neck profile and returns volume to the cheeks, removing years from your appearance.

Many of us already look in the mirror and use our fingers to lift our necks and faces back 'the finger lift', to reveal a younger looking you. If you perform the 'finger lift' with a smile, you will see that your cheeks fill and you neck and jowls tighten and that is the type of natural result that can be obtained.

### **How do you know what's right for you?**

As a surgeon who only specializes in facial rejuvenation, a consultation would be the first step. An additional bonus is if the fear of general anesthesia has kept you away from considering your options, then you need not to worry. I am able to perform all these procedures without the use of general anesthesia, I find that this further hastens your recovery and provides an added level of safety.

*Review my picture gallery on my website at [www.drmadnani.com](http://www.drmadnani.com) and come attend one of my monthly seminars on Current Techniques in Facial Rejuvenation for more information.*

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to soften the lines  
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