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## **Aesthetic Surgery: Rejuvenation Procedures**

It is now possible with the latest aesthetic surgery techniques to make you look more youthful and fresh. These procedures are collectively called as 'rejuvenation procedures'. As you grow older, gravity affects various tissues of your body, which start drooping and become lax. The eyebrows droop, eyelid folds and bags develop, wrinkles appear on the face, and the nasolabial folds deepen. Breasts and buttocks sag.

### **Brow Lift**

It is done to lift your eyebrows through either small incisions behind the frontal hairline or through an endoscope. This gets rid of your tired look and makes your forehead look more youthful, as there are no wrinkles and creases.

### **Blepharoplasty**

It is a procedure that removes the excess skin folds or bags around the eyes. This can be done under local or general anaesthetic as a day case. Usually along with the excess skin, some excess fat is also removed or re-draped. This procedure makes the eyes look youthful and fresh. If not done properly, there can be problems such as inability to close the eye properly, asymmetry in lid margins etc.

### **Rhytidectomy or Face Lift**



It is done to tighten and lift the skin and the superficial muscles of the face. This operation is done through an incision in front and behind the ear and in the temporal hair and hence is not visible after wounds have healed. The face may appear swollen and bruised for a few weeks. Some recognized complications include collection of blood under the skin (hematoma), delayed wound healing, skin necrosis and weakness of select branches of the nerves of the face.

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A properly trained aesthetic plastic surgeon will be able to avoid these problems and deal with them if they occur.

### **Cervicoplasty or Neck Lift**

It is advised if there is presence of skin folds or visible bands in the neck. These bands consist of the edges of the muscle called Platysma, and are present just under the skin. To smoothen the neck; these muscle bands need to be divided and the muscle lifted up and sutured at the back. A liposuction is also frequently performed to give definition to the jaw line.

### **Mastopexy or Breast Lift**

Sagging of the breasts is a common problem with aging and is also seen after pregnancy and breast feeding. It occurs because of shrinkage of the breast glandular tissue, while the skin envelope stays the same. This procedure removes the excess skin and moves the nipple and breast gland to a higher and better location on the chest. It is possible to do this operation leaving a single vertical scar, which fades very well. Infection, bleeding, decreased sensation are some of its few complications.

*All these Rejuvenation procedures all together have a potential to make the person look younger by 10 to 20 years.*

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