



Plastic Surgery Bulletin

Timely Information for Patients & Colleagues

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Facial Rejuvenation: Maintaining A Natural Appearance

It began in the early 1900s with the first documented facelift. Since then, there have been significant advancements in approaches and techniques to maintain a youthful, natural appearance. As the effects of time and sun exposure manifest and progress on the face, many options now exist for improvement.

Customized Options

Non-surgical options for facial rejuvenation include filler injections such as hyaluronic acid to replace volume and Botox® to minimize fine lines. Thermi-smooth® is another non-invasive treatment modality that is a radiofrequency treatment to tighten collagen. Facial skin resurfacing with chemical peels, laser, and intense pulsed light (IPL) can contribute to an improved appearance.

Thermi-tight® is a minimally invasive procedure that can focus on the lower face and neck region. Using this radiofrequency treatment to tighten collagen can improve contour. Excess fat can also be removed simultaneously with liposuction.

When the skin loses its tone, sagging of the face is evident. Redundant skin and deepening creases become more visible, especially in the lower portion of the face and neck. Jowls alter the once smooth contour of the jawline. Excess skin in the neck region can become particularly noticeable and bothersome. At this point, surgical options will be the next step.

A facelift, also known as a rhytidectomy, is a surgical procedure designed to reposition and refine the face by addressing the aforementioned issues. An important consideration of the surgery is maintaining a natural appearance. The patient can maintain their individual appearance while improving signs of aging.

A frequently asked question is the timing of surgery. This is an important consideration and depends on the individual's aesthetic goals and the physical exam. During the consultation, an extensive discussion is held with the patient regarding goals and expectations. A detailed facial analysis is performed to customize a treatment plan specific for the individual patient.

A pre-operative assessment in conjunction with the primary care physician to review medical issues is very important to ensure patient safety.

The facelift procedure involves incisions in the hairline and around the ear. In certain patients, a limited incision is possible. To also address the neck, an incision under the chin can be performed.



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Underlying soft tissue is carefully repositioned to improve facial and neck contour. Redundant skin is removed with meticulous closure of the incisions. Additional procedures that can be performed with a facelift include fat grafting, brow lift, and removal of excess eyelid skin.

During the recovery period, specific instructions are reviewed in order to maximize patient comfort and surgical results.



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How to Proceed

As with all plastic surgery, the goals and expectations of the patient are discussed. The options are presented to best address the patient's needs. I work closely with each patient on an individual basis in order to achieve the desired results.

For further information, please contact Dr. Zeineh at 714.997.4300.

About Linda L. Zeineh, M.D.

Dr. Zeineh is an active member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. She combines over 12 years of experience with cosmetic and reconstructive surgery in private practice with new technology and techniques in the care of her patients. Her first priority is the satisfaction and well-being of her patients, providing compassionate and personalized care.

A complete range of non-surgical and minimally invasive rejuvenation procedures are personally performed by Dr. Zeineh on her patients to achieve and maintain a youthful, refreshed, and natural appearance, including facial injections, skin tightening and facial/body contouring. Surgical procedures that Dr. Zeineh performs include: facial rejuvenation, body contouring, reconstructive and cosmetic breast surgery, and reconstructive surgery.

Dr. Zeineh respects your time and your privacy. If you no longer want to receive e-mails such as this one, please [click here](#). Note: Please do not respond to this E-Mail. The reply to E-Mail address is not a monitored account.

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