

Ask Dr. Kornstein - When should I begin to consider facial rejuvenation?



There's a "new" doctor in town. Well known New York plastic surgeon and Fairfield resident, **Dr. Andrew Kornstein** shares his perspectives on cosmetic enhancement with our readers. *Are you ready for his prescription?*

This is the first in a series of columns dedicated to answering commonly asked questions and exploring popular misconceptions regarding cosmetic enhancement.

When should I begin to consider facial rejuvenation?

My experience has led me to determine that for the vast majority of women **facial** aging tends to accelerate after age 46. Until the mid 40s, aging might best be described as slow and controlled. I strongly urge anyone interested in addressing facial aging to seek a consultation earlier as opposed to later. Being proactive will prohibit the aging process from reaching a state of "free fall." Women who miss this window of opportunity reach their late 40's and early 50's realizing they are aging at a more rapid rate than before. This can lead to a sense of panic and despair that is unnecessary. No matter where you are on the aging continuum there is something I can offer that will allow you to improve your look, as well as stabilize the aging process.

Facial rejuvenation can be generally classified into two categories: **anti-aging and enhancement**. Depending upon when you first seek consultation with a facial aesthetic physician your concerns may involve one or both of the above.

In patients who are happy with their overall facial aesthetic, **anti-aging** is the primary concern. The aging process is one of atrophy. Medicinally active skin care products are pivotal to replenish lost skin content as well as improve circulation. Keep in mind it is easier to preserve what you have as opposed to getting it back once it's lost. The facial tissues, namely the facial bones and facial adipose tissue, age in a highly predictable manner allowing a perfect stranger to be relatively accurate in predicting your age when meeting you. Since the beginning of my career, I have focused my efforts on understanding these subtle changes and redirecting them in a positive way, resulting in a natural and long lasting facial aesthetic, while providing significant anti-aging benefits.

Oftentimes patients will come in for a consultation desiring **enhancement of features** that are not aesthetically balanced or in harmony with their overall facial aesthetics. Common examples include an overly elevated hairline with a high forehead, full upper eyelids, dark hollows under the eyes, a nose that dominates the face

or a jawline that is underdeveloped. These issues can become an Achilles' heel and tend to get worse with age making you look tired, angry, weak or simply out of proportion. In fact, your worst features tend to age more rapidly than your best features.

When evaluating facial cosmetic patients today, it is of utmost importance to have a mastery of a wide variety of treatments and procedures. There is no single "silver bullet." Two patients with anatomically similar concerns may choose diametrically opposed treatments due to budget, lifestyle or personal reasons. There is no shortage of providers of non operative procedures such as toxins or fillers as well as non invasive technology based devices incorporating light, ultrasound and radio frequency. Competition has driven down the prices allowing mainstream access to virtually all of these modalities. Remember however, that access is not synonymous with an aesthetic outcome. These injectables and devices are only as good as the physician who drives them.

Surgically, virtually all facial rejuvenation procedures also require a restoration of youthful facial volume. Fat grafting, a hallmark of my practice for 20 years, enhances perceived youthfulness while reducing the rate at which you age. A unique aspect of fat grafting is that your surgical procedure doesn't end in the recovery room because stem cells in the fat graft continue to do their job long afterwards. Patients look dramatically younger 5 years later and may require no significant touch up for 10 years. Alternatively, I use Ulthera with my own protocol not only to shrink and rejuvenate the skin but to help deliver a youthful facial contour. Patients look natural and require less volume enhancement due to the reduced amount of skin excess, making fillers less necessary. In contrast to the notion of the "liquid facelift" Ulthera has absolutely no downtime. Filling procedures can entail significant swelling and bruising lasting days up to a week or more of recovery. This however is usually the case only for the first filling procedure. Toxins are required for dynamic wrinkles or those associated with facial movement. But some patients opt for a procedure where the muscles targeted by Botox are permanently removed thru an upper eyelid incision preserving full facial animation but saving them the cost of injectables every 4-6 months.

Whether you are a candidate for surgical intervention or something less invasive, choices can be confusing and unfulfilled promises abound. I consider it my responsibility to educate patients about the ramifications of all the options, helping them make the best choice for themselves.

Andrew Kornstein, M.D., F.A.C.S. is a fellowship trained, board certified plastic surgeon. Widely recognized as having reached the highest levels of surgical training and clinical experience, Dr. Kornstein values the artistry and aesthetic judgment inherent in every procedure he performs. His offices are located in Manhattan and Fairfield where he specializes in a full range of surgical and non-surgical aesthetic treatments.

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