

# GOING ALL THE WAY

When non-surgical are no longer working for you, the top surgical procedures for facial rejuvenation are sure to do the trick.

BY CATALINA MARGULIS

**G**etting older is supposed to be about growing up and taking charge of our lives. And yet, as we age, a host of uncontrollable factors contributes to our increasingly older look. Drooping of the forehead, loss of collagen and elastin, bulging fat deposits and bone loss contribute to a sagging, lack-lustre appearance.

Thank Venus, we're not completely helpless. When it comes to chasing a younger-looking complexion, injectables, fillers and non-invasive, non-surgical procedures have been all the rage this past decade. Still, there's no denying the fact that, at some point sooner or later, in the hunt for rejuvenation, some of us will have to face the knife.

Fortunately, when all other non-invasive options have been exhausted, there is yet a host of procedures that can help us attain the seemingly unattainable: youthful-looking skin that looks more like we feel. Forever 21? As long as we can help it.

## LOOKING UP: UPPER/LOWER EYELID LIFTS

"The most popular anti-aging surgery for both men and women is blepharoplasty, also known as eyelid surgery," says Dr. Jerome Edelstein, MD, FRCSC, a Toronto plastic surgeon. According to the American Society of Plastic Surgeons, eyelid lifts and facelifts are among the top three facial cosmetic plastic surgery procedures. Forehead lifts are also common, with 42,119 cases in 2014.

"It's likely that blepharoplasty is so popular because aging is often first noticed in the area around the eyes, but it also tends to require less downtime than other anti-aging procedures," says Dr. Edelstein, who adds that most people seek out blepharoplasty in their 40s to 60s, with the average age being 50.

The procedure involves an incision made in the upper eyelid crease or, for the lower eyelid, just below the eye-lashes or on the back of the

eyelid. Fat is removed or repositioned to decrease bagginess, and excess skin is removed to tighten skin. In the lower eyelid, the muscle can also be tightened. Although the risks are minimal, says Dr. Edelstein, bruising and swelling are common. He notes that scarring, infection, bleeding and eyelid malposition can also take place, though they're uncommon.

**The cost for upper or lower blepharoplasty ranges from \$4,500 to \$5,000, or \$6,500 to \$7,000 when combined. "We usually recommend two weeks of downtime due to bruising and swelling, which can then be covered up by makeup," says Dr. Edelstein.**

## HIGH HOPES: FOREHEAD LIFTS

"If your eyebrows are very, very low and Botox and fillers, which are usually great for eyebrows, don't work, then you can do either an endoscopic or open brow lift," says Dr. Michael Weinberg, BSc, MSc, MD, FRCSC, a Toronto plastic surgeon. "Men have heavy brows, so they benefit most from having a brow lift."

With the brow lift, you can either have an endoscopic procedure, with a few short incisions (one on the midline and one on either side), or a larger incision across the top of the head. "We pull the eyebrows up and take the muscle between the eyes where the 11s are, so you'll never need Botox again," he says. "If you do it early enough and you don't have wrinkles, you'll never get them."

**Risks and considerations are the same as for a facelift, and the cost ranges from \$7,000 to \$12,000. Downtime and side effects are also the same and depend on how much you bruise and swell.**

## FACE THE MUSIC: FACELIFTS

"Facelifts are much less common now because of the explosion of non-surgical, and the patients are older than they used to be 10 years ago, typically in their late 50s and early 60s," says Dr. Weinberg. The procedure usually involves tightening up the fascia around the muscles. "You make an incision just behind the ear, lift up the skin and underneath is the fascia. And then you sew that layer and tighten it."

Dr. Weinberg says that facelifts share the risks of any surgical procedure, along with risk of injury to the facial nerve, but that's really rare. "Certainly it's never been safer to do those surgeries than now," he says.

**The cost of facelift can range from \$9,500 to \$20,000. When it comes to downtime, it depends on the bruising: "If you don't bruise," says Dr. Weinberg, "you can get going in two or three days. If you bruise, it's more like seven to 14 days."**

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