



PROFILE *perfection*

Two patients share their experiences of how facial plastic surgery changed their lives.

AS TOLD TO HALEY HOFFMAN

PHOTO: THINKSTOCK

CASE STUDY 1

NAME: Wanda
PROCEDURE: Rhinoplasty & sliding genioplasty
PERFORMED BY: Dr. Jeffrey Fialkov

ELEVATE: What procedure did you have done?

WANDA: A rhinoplasty and a sliding genioplasty.

ELEVATE: Why did you opt for this procedure and why did you choose Dr. Fialkov?

WANDA: As part of my graduating class, a side profile was done for all of the graduates. I was mortified when I saw it. Some 30 years later, I decided that I wasn't going to keep hiding behind my glasses. I went online and was impressed with Dr. Fialkov's accomplishments and his world-wide experience.

ELEVATE: What were your concerns about having this procedure done and how did you overcome them?

WANDA: My concerns were just the norm: Would it hurt? How long would I be out of

commission? How would I look at the end? Dr. Fialkov was the one who eased my concerns.

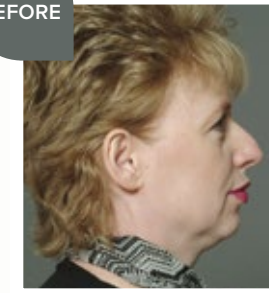
ELEVATE: How has having this procedure done changed the way you see yourself and feel about yourself?

WANDA: I could not believe the difference it made in my appearance. All of the previous years, where I hid behind my glasses, were gone, and I had a lift in my self-esteem.

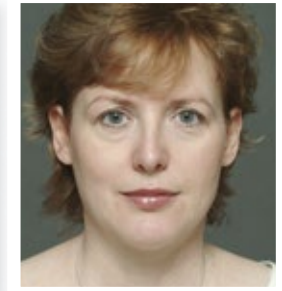
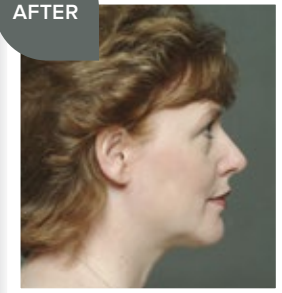
ELEVATE: Would you recommend this procedure and Dr. Fialkov to others?

WANDA: I definitely would recommend these procedures to anyone who needed that extra courage. I did have some issues with the genioplasty, but I called the office and, within a couple of hours, I was in emergency at Sunnybrook on Boxing Day and Dr. Fialkov

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was there to meet me to assess the situation. I definitely would recommend Dr. Fialkov to anyone looking

for a caring, knowledgeable and experienced person whose number one concern is you. ▶

CASE STUDY 2

NAME: Patricia
PROCEDURE: Facial rejuvenation
PERFORMED BY: Dr. Jamil Asaria

ELEVATE: What procedures did you have done?

PATRICIA: I had a face and neck lift, a brow lift, an upper and lower blepharoplasty, chin augmentation, chemical peels around the eyes and mouth and fat grafting.

ELEVATE: Why did you opt for these procedures and why did you choose Dr. Asaria?

PATRICIA: It took me about five years of research and contemplation regarding cosmetic surgery to decide. After seeing a friend's face who was a previous patient of Dr. Asaria, getting details and hearing his effusive praise of the doctor, I didn't even bother consulting other surgeons.

ELEVATE: What were your concerns about having this procedure done and how did you overcome them?

PATRICIA: The length of surgery

(12-plus hours) made me nervous. Since I don't drink or take any medication, I was worried about the effects afterwards. I overcame my concerns through excellent guidance and consultations with Dr. Asaria, as well as with support from my husband and daughter.

ELEVATE: How has having this procedure done changed the way you see yourself and feel about yourself?

PATRICIA: I definitely feel that I have cheated time and the way others see me. These procedures boosted not only my appearance but also my confidence. I feel like myself again and am very happy.

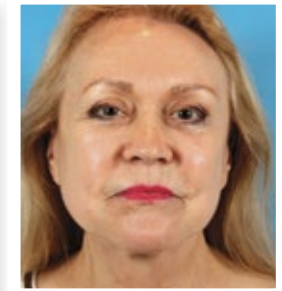
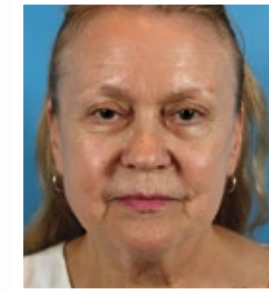
ELEVATE: Would you recommend this type of multi-procedure surgery to others?

PATRICIA: Since I had more

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than one procedure done at once, I would definitely encourage a one-shot deal. I would also definitely recommend Dr. Asaria. His artistic

and realistic vision, coupled with kindness and superb skill sets, made my surgery the exciting, life-changing experience I anticipated. ▶

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ASK THE DOCTOR

Dr. Jeffrey Fialkov, MD, MSc, FRCSC
Sunnybrook Health Sciences Centre, plasty.ca

ELEVATE: What procedure did you perform on your patient?

DR. FIALKOV: A sliding genioplasty and a rhinoplasty.

ELEVATE: What does this procedure entail?

DR. FIALKOV: A sliding genioplasty is performed through an incision in the lower gum line. The chin bone is cut, slid forward a number of millimetres, held in place with tiny titanium screws and a small titanium plate until the bone heals to itself in the new position and shape. In this patient's case, the rhinoplasty was secondary.

ELEVATE: Why was your patient Wanda a good candidate?

DR. FIALKOV: The patient was a good candidate because her chin retrusion

not only gave her facial disproportion but made her look older than her true age.

ELEVATE: What are some of the advantages to a sliding genioplasty in terms of technique and effectiveness?

DR. FIALKOV: A sliding genioplasty is more versatile because it can change the height of the chin and has a much more dramatic effect on the soft tissues of the jawline and neck: tightening the jawline, reducing jowls and creating a more youthful appearance.

ELEVATE: What is the biggest concern that patients have with this procedure?

DR. FIALKOV: Patients are concerned because bone is being cut. Also, patients are concerned about "looking done." Because there is no additional

material being added to the chin and since it is their own chin bone that is changing position, the results look very natural.

ELEVATE: What advice would you give other patients considering this procedure?

DR. FIALKOV: Proper assessment by a plastic surgeon specifically trained in facial surgery is key in determining whether the patient is a good candidate for the procedure.

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ASK THE DOCTOR

Dr. Jamil Asaria, MD, BSc, FRCSC
Face Cosmetic Surgery, facetoronto.com

ELEVATE: What procedures did you perform on your patient?

DR. ASARIA: A facial rejuvenation that included a deep-plane facelift and neck lift, upper and lower eyelid surgery, a brow lift and facial fat grafting.

ELEVATE: What did these procedures entail?

DR. ASARIA: A brow lift and upper blepharoplasty alleviated heaviness above the eyes, and a lower blepharoplasty corrected for the puffiness of the lower lids. A deep-plane facelift with facial fat grafting improved the middle third of the face, and a neck lift tightened the jowls and the loose skin and muscle under the chin.

ELEVATE: Why was your patient Wanda a good candidate?

DR. ASARIA: Her facial aging was fairly consistent throughout her face, and the combined procedure we developed for her allowed for a balanced correction.

ELEVATE: How have these procedures changed in terms of technique and effectiveness over time?

DR. ASARIA: Facelift surgery has changed dramatically in recent years. The more advanced technique I use allows for repositioning of the soft tissues rather than pulling or stretching them. The use of facial fat grafting in combination with facelift surgery has revolutionized our ability to create a smooth and natural appearance.

ELEVATE: What changes can patients expect thanks to newer procedural developments?

DR. ASARIA: We are able to deliver much more natural and long-lasting results for our patients. It isn't simply about "tightening" the face; it's much more about replacing and augmenting lost volume.

ELEVATE: What advice would you give to other patients considering these procedures?

DR. ASARIA: I would encourage patients to explore the most advanced options in facial rejuvenation surgery. Choose a specialist who focuses on the face and who can deliver the best possible results using the most advanced techniques. 📍