COVERING ATLANTA AND THE SOUTHEAST

season

ESTABLISHED IN 1981

WINTER 2002

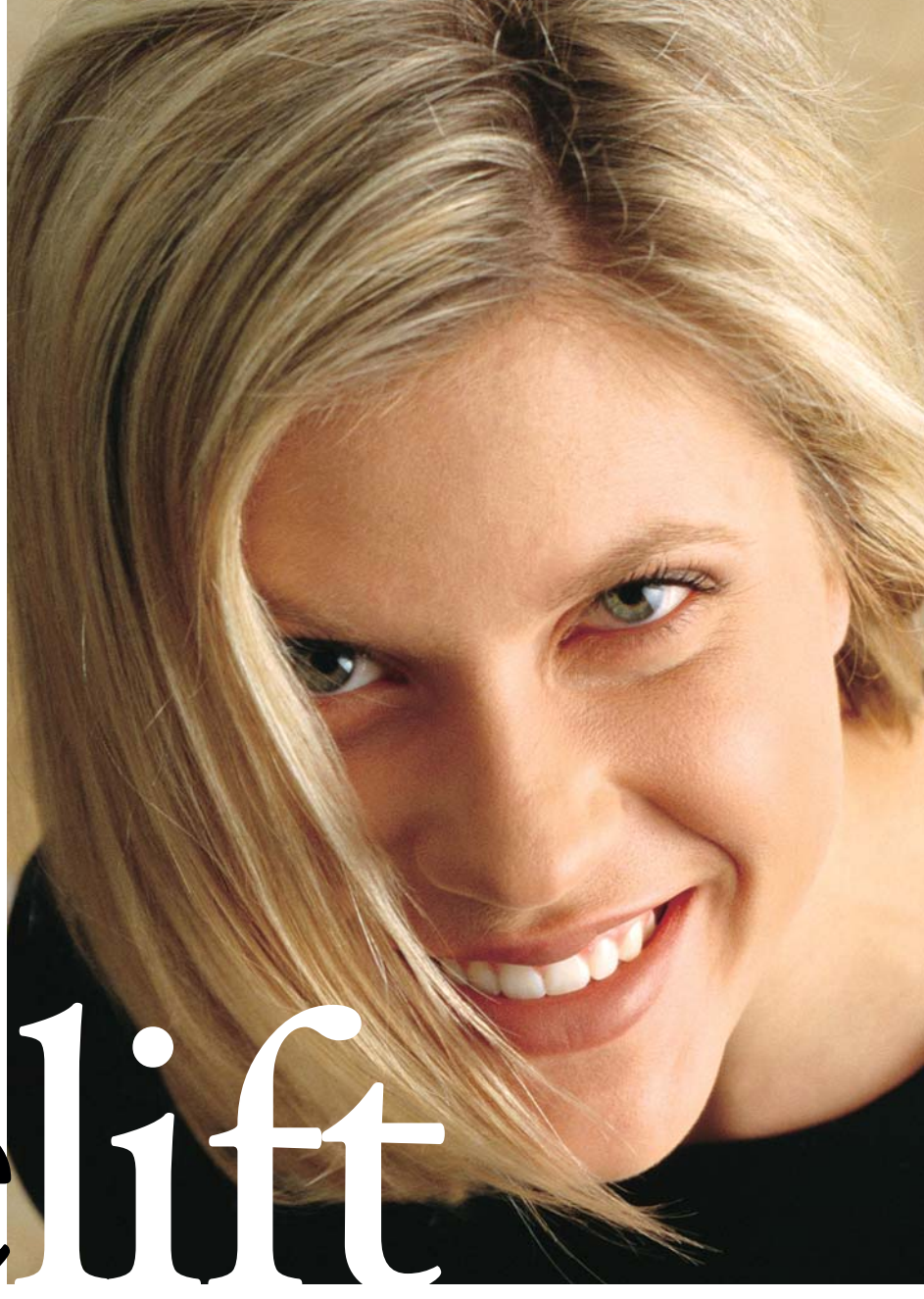
GIFTS
AND PARTIES FOR THE SEASON

HOLLYWOOD SOUTH
MAKING MOVIES IN GEORGIA

REESE WITHERSPOON

INDIA.ARIE
AT THE TOP OF THE CHARTS

CHRISTMAS IN GEORGIA



NOT YOUR MOTHER'S facelift

Facelift surgery conjures up images of wealthy celebrities and socialites disappearing for a few weeks and returning to the public with tightly-pulled skin to remove any signs of the wrinkles that were there before. The two-week hiatus often occurred so that most did not see what was often a tedious recovery period with bruising and swelling of the face. Fortunately, due to new advances in techniques and equipment, Pradeep K. Sinha MD, PhD, FACS at the Atlanta Institute for Facial Aesthetic Surgery is able to offer choices for rejuvenation of the face that are more numerous than ever, allowing for a customized approach to meet the needs of all patients.

"Our focus on the face allows us to keep up to date with the latest procedures and techniques to tailor a facial rejuvenation program that suits your needs, your budget and your lifestyle."

TRADITIONAL FACELIFT SURGERY A traditional facelift usually addresses redundant skin (wrinkles) located in the lower two-thirds of the face and neck. Most can mimic the results of a facelift by pulling back the skin in front of and below the ears towards the temples.

Wrinkles, jowls and neck folds are substantially reduced or eliminated, resulting in a more refreshed appearance that existed ten to fifteen years earlier in life.

The procedure involves incisions that are hidden inside the ear canal and behind the ear into the hairline. The skin plus a deep tissue layer (SMAS facelift) are pulled to eliminate wrinkles. Pulling of the deep tissue allows for longevity of the procedure.

"Weekend" lifts that only involve pulling of the skin, will also give a "weekend" result; that is, it may only last for a few years as opposed to 10+ years for SMAS facelift.

Facelifts are usually performed under general anesthesia in an accredited and licensed surgical facility. The surgery takes about four hours.

Since a facelift only addresses the lower two-thirds of the face, it is usually performed in conjunction with blepharoplasty (eye tuck), forehead lift and chin liposuction to fully rejuvenate all areas of the face and neck.

NEW TECHNIQUES IN FACELIFT SURGERY Dr. Sinha was one of the first in Atlanta to use tissue glues and medical sealants as an adjunct to facelift surgery. By using these newer medications, bleeding under the skin is nearly eliminated resulting in minimal to no bruising. As well, drains that used to be placed under the skin to help in removing fluid under the skin after surgery may not be necessary.

For the past few years, we have observed that this results in a much faster healing rate and ability to be presentable in public within only a few days!

ENDOSCOPIC TECHNIQUES IN FACELIFT SURGERY Advanced fiberoptic telescopes allow visualization of tissues through tiny "keyhole" incisions that can be hidden behind the hairline. The result is the ability to lift specific tissue areas without the need for large incisions and extended recovery times.

The forehead and brow are common areas that can be lifted through small, hidden incisions.

In addition to rejuvenating the upper one-third of the face, Dr. Sinha is also able to operate on muscles that cause frown lines, eliminating them once and for all. This is a great alternative to Botox injections that have to be repeated to maintain the results.

The endoscopic Midface lift or "cheeklift" is a new and exciting advance for facial rejuvenation surgery. Recent studies have shown that once the cheek tissue starts to droop (age usually near the forties), signs of aging such as hollowed eyes, sagging cheeks, deep nasal furrows and downturn of the corner of the lips can occur. Lifting this tissue with the use of an endoscope and small, camouflaged incisions in the scalp, can eliminate these signs of aging with an outpatient procedure that requires minimal downtime.

Whereas the traditional facelift pulls tissue more horizontally, this technique pulls tissue more vertically. The results are dramatic yet others often cannot tell that surgery was performed, only that the look is more refreshed, relaxed and happy.

FINISHING TOUCHES TO A FACELIFT Dr. Sinha has a comprehensive set of the latest lasers, medical devices and aesthetic procedures to maximize the results of a facelift or an endoscopic lift. Botox, collagen, Fotofacial, microdermabrasion, lymphatic drainage and laser resurfacing are only a few of the many techniques that are available to customize the procedure for each individual.

Our focus on the face allows us to keep up to date with the latest procedures and techniques to tailor a facial rejuvenation program that suits your needs, your budget and your lifestyle. We invite you to schedule a consultation today to start in restoring, refining and rejuvenating your appearance.

MEET THE DOCTOR

Pradeep K. Sinha, MD, PhD, FACS, is a board-certified surgeon with over 10 years of clinical experience. He has successfully treated thousands of patients and is highly regarded by his peers. He completed his MD degree, six years of surgical training at UCLA and further sub-specialty training in Michigan, as well as a PhD degree by the age of 30. He is a clinical assistant professor of surgery at Emory University School of Medicine and is on the medical staff of Piedmont, Northside and St. Joseph's hospitals.

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