



## NON SURGICAL OPTIONS FOR THE AGING FACE

As we age, our face can develop wrinkles, sags and bags. Also, that plump, full and healthy look that we enjoyed in youth may disappear as we begin to lose volume and develop that gaunt look of age. So, what can we do about it?

There are many misconceptions about what can be done and the side effects we might develop if we try to restore a youthful looking face. After all, the television and internet are full of horror stories of “surgery-gone-bad”, extreme anesthesia, stretched faces, over-plumped cheeks and lips, as well as frozen eyebrows and smiles. But, it doesn't have to be that way. It is possible to obtain a more youthful and natural looking result with minimal down time and simple office procedures. A lot can be accomplished in an office visit and many times, surgery may not be needed. This is especially true if we treat the signs of facial aging early.

First, facial wrinkling, age spots and surface irregularities can often be improved with “Medical grade skin care,” office peels, and specific laser treatments. In addition to wrinkles, facial hollowing can develop in the temple, tear troughs (the area between the lower eyelids and upper cheek), the smile lines (nasal labial folds or melo labial folds). The mid portion of the cheeks may also sink in, causing a gaunt look. Volume loss can be restored with simple office injections. Another problem encountered is the deep muscular grooves between the eyebrows, creating a tired or angry appearance. This can often be improved with Botox®, Dysport®, or Xeomin®.

The good news is, many of these problems can be improved in the office, without surgery in a relatively simple “renewal process”; a program designed for facial re-inflation, muscle relaxation, and reducing wrinkles. We call this renewal process The RENEWlift™.

The RENEWlift™ is not a single treatment, rather a non-surgical process that utilizes various dermal fillers, Botox® (Dysport®, Xeomin®), and possible skin resurfacing. The fillers provide long-lasting, safe and natural looking results. Some of the advanced fillers include, Sculptra Aesthetic®, Radiesse®, Restylane®, Juvederm Ultra Plus®, and Perlane®. Most of the dermal fillers used, are developed from substances that are natural or well tolerated by the human body. Some of these products actually help you build your own collagen.

The RENEWlift™ can typically last 1-2 years (except for Botox®), depending on what type product is used and what part of the face it is injected. Injections usually take around 15-30 minutes and do not require any anesthesia (other than topical numbing creams) or laughing gas. For female patients, makeup can be applied following an injection.

Wrinkle reduction can be accomplished with medium-type peels. Sometimes an office laser treatment may take an hour or hour and a half. Lasers can be accomplished with a topical numbing cream and oral medication. TCA peels usually require no medication or topical numbing. Makeup will need to wait until the flaking and peeling has subsided in about 5 days or so.

By combining 1-Resurfacing (laser/peels) with 2-Fillers, and sometimes 3-Botox® (Dysport® or Xeomin®) into an overall “renewal process/ the RENEWlift™ can improve many of the signs of aging in simple office visits and with very little down time. The overall outcome can range from subtle to dramatic. The RENEWlift™ is designed to:

- Offer a rested, refreshed and youthful facial appearance
- Restore loss of facial volume

- Reduce and improve lines, wrinkles and facial folds
- Brighten complexion, improve skin tone and skin texture

Each product used in the RENEWlift™ has distinctive attributes that work in a particular way to rejuvenate and re-inflate specific areas of the face. A one-on-one consultation can be made with Dr. Langsdon or his staff to discuss each person's particular needs and a personal, customized RENEWlift™ can be designed for each individual.

If sags and bags are present, surgery might be needed.

Phillip Langsdon, M.D., F.A.C.S. of The Langsdon Clinic, has provided world-class expertise in facial cosmetic surgery as well as non-surgical facial aesthetics for 26 years. He is the only surgeon in this area of the nation whose practice has been limited to facial plastic surgery and non surgical aesthetics for 26 years. More than a decade ago, Dr. Langsdon created and developed the Daylift™ and now introduces the RENEWlift™. Contact The Langsdon Clinic at 901-755-6465 to schedule a consultation or visit [www.drLangsdon.com](http://www.drLangsdon.com) for more information regarding the RENEWlift™.



Phillip Langsdon, M.D., F.A.C.S