

Body Contouring

Abdominoplasty (Tummy Tuck)

The tummy tuck is an operation that is designed to remove excess skin from the abdomen at the same time, tightening the abdominal muscles. It is indicated in cases where there is laxity of the abdomen resulting in bulging due to abnormal stretching of the abdominal muscles and skin. Unlike liposuction surgery, which just removes fat, this operation involves removal of skin and fat, with tightening of the abdominal muscles. For this reason, it is more extensive than liposuction. The actual extent of surgery will depend on the amount of excess skin and the laxity of the abdominal muscles.

Prior to tummy tuck surgery, the amount of skin that is to be removed is carefully marked. The operation is usually carried out under general anesthesia. An incision is made in the bikini line and the excess skin is pulled down and inward, and is removed along with underlying fatty tissue. The muscles are tightened as required, the skin is carefully re-draped and the incision closed with several layers of suture.

Breast Implants

Breast enlargement, or augmentation mammoplasty, enhances the body contour of a woman who is unhappy with her breast size. It may also be used to correct volume loss after pregnancy, or to help balance breast size asymmetries, as well as a reconstructive technique following other breast surgery. The operation is carried out under general anesthesia and usually on an outpatient basis. An implant (prosthesis) may be placed through an incision, under the breast tissue or under the muscle or through an incision in the belly button region. The incision can be made under the breast, around the nipple or in the armpit. It generally takes one to two hours to complete the entire procedure. A breast implant is usually composed of an outer silicone shell filled with saline (salt water). The outer surface may be smooth or textured, and implants come in various shapes to meet the individual woman's needs.

While breast augmentation will enlarge the breasts, it will not alter basic defects in breast shape or form. Major asymmetries may be improved but will not be completely corrected. A slight difference in the size or shape of the two breasts is considered normal and should not be a cause for concern. If breast size or nipple position asymmetries are severe then additional procedures to further improve symmetry may be necessary. Long experience with this operation has demonstrated it to have highly satisfactory results for the majority of patients who are considered suitable candidates for the surgery.

Breast Lift

Breast lift surgery, or mastopexy, restores a more youthful appearance to a woman's breasts. Over the years breasts can lose their shape and firmness due to pregnancy, nursing and loss of skin elasticity, causing them to sag. Mastopexy will

raise and reshape breasts – slowing the effects of aging and gravity. This procedure can reduce the size of the areola, the darker skin surrounding the nipple.

Mastopexy is commonly performed in conjunction with breast augmentation (implants) to increase breast firmness and size. This may appeal to women who have lost breast volume after pregnancy. Pregnancy and nursing often result in stretched skin and therefore decreased volume. If you are planning a future pregnancy, it is advisable to postpone your breast lift as additional pregnancies will likely cause further stretching.

As with all cosmetic surgery, realistic expectations and emotional stability are important. Though breasts of any size can be lifted, women with smaller breasts enjoy longer lasting results.

Breast Reduction

Large breasts can cause problems in many aspects of a woman's life. When they are larger than the usual standards of attractiveness in our society, the breasts are considered aesthetically displeasing. There can be a feeling of uncomfortable fullness, neck or back pain, and shoulder grooving. These symptoms may contribute to limited performance in certain occupations and in sports. Finally, large breasts can also be difficult to assess for lumps or masses, thus making cancer detection much more difficult for the patient or for her physician. Because of these medical problems, in many cases, medical insurance may cover some of the cost of breast reduction.

The goal of reduction mammoplasty is to reduce, recontour and reshape the breasts. The breasts are made smaller. The nipple areola complex is repositioned upward, and if indicated, reduced in size. Excess skin and breast tissue is removed from the lower and outer portions of the breast.

A preoperative plan is made which allows both the surgeon and the patient to share in the decision as to the proposed size of the breast after surgery. The surgeon will attempt to make the breasts as identical as possible, but some asymmetry may remain. Further more, it is not possible to predict exactly how large the breast will finally be after surgery. Healing results in some progressive change in breast size, since some swelling may be present for several months following surgery.

Incisions are made in the lower breast resulting in three scars: one around the nipple, which usually heals very nicely; a vertical incision from the nipple to beneath the breast, which remains visible; and finally, an incision in the fold beneath the breast. Breast tissue is sculpted using a combination of sharp dissection and occasional liposuction. The nipple remains attached to the deeper breast tissue. Care is taken to close these incisions as carefully as possible. Nevertheless, patients must realize that resultant scarring is as much a factor of tissue response as it is surgical skill, and occasionally wide scars can form despite a nice overall breast shape. Most often, with time, these scars do tend to blend into the normal skin, becoming less noticeable.

Buttock Implants

These procedures are for the individual who is unable to develop proportionate Gluteal muscles, lacks buttock fat, or simply desires more augmentation in the buttock area. The buttocks are augmented with the use of implants specifically designed for such a use or with your own fat, if applicable. Weightlifters sometimes request buttock implants to augment underdeveloped gluteus muscles to give a more balanced look as they have less actual body fat percentage for liposuction and re-injection. Buttock implants and buttock augmentation with fat grafting are for anyone who would like more curves where they have none.

Calf Implants

Calf enlargement is a procedure that can help to restore symmetry to the legs when the calf is much smaller in relation to the thigh than looks balanced or when the lower extremity as a whole is thin as compared to the upper body.

For body builders, the calf muscles are usually the most difficult of all muscles to enlarge by exercise and they often request calf implants or calf augmentation for this reason.

Occasionally, after a disease such as poliomyelitis or after a surgical muscle release procedure as in club-foot, there is asymmetry between left and right sides and only one leg needs augmentation. In keeping with the anatomy of the main calf muscle which has two heads, two implants are usually required in each calf to achieve maximum enlargement, but occasionally only inner side implants are required such as in "bow legged" patients.

Silicone elastomer implants are available in at least four sizes. With few exceptions, most men require an extra large, large, or medium size implant, and most women require a medium or small implant.

Gynecomastia

Gynecomastia affects an estimated 40 to 60 percent of men in the United States. Due to hereditary factors, excess unwanted fat deposits, located in the chest area, can cause overdeveloped or woman-like breasts in men. For men who feel self-conscious about the appearance of their chest, male contouring for overdeveloped breasts using the liposculpture procedure (tumescent method), a recently developed surgical technique, can address this area. Liposculpture can be an effective tool for the permanent removal of these localized excess fatty tissues, to restore a slimmer, masculine, natural chest contour.

The ideal candidate for liposculpture is a healthy man with localized areas of unwanted fat deposits in the breast area that are disproportionate to the rest of the chest. Following surgery, the patient will wear a specific, snug fitting garment for several weeks to accelerate skin shrinkage and to minimize swelling and bruising. Returning to normal activity varies depending on the amount of fat removed and the

number of areas involved. Generally, most patients return to office based work in one week.

Liposuction

Liposuction is a very common, popular procedure. It is designed for the permanent removal of fatty tissue, commonly referred to as “cellulite.” It is an elective procedure that allows the cosmetic surgeon to remove undesirable, subcutaneous fat in isolated areas that do not respond to diet and exercise. These areas include the hips, thighs, abdomen, knees, ankles, face and neck. Liposuction is most successful in people with good skin tone who have fatty deposits. It is not a treatment for obesity. If weight gain occurs following liposuction, the fat will be deposited in areas that have not been treated. The procedure can be repeated, if necessary. To maintain the safety of the procedure, there is a limit on how much can be done at one time.

A variety of factors can affect the results: Physical condition, genetic makeup, diet, exercise, smoking, alcohol intake, and skin elasticity. Liposuction is done under general anesthesia on an outpatient basis in a hospital or surgical center. The surgeon makes small (less than ½ inch), discreet incisions in the areas to be treated. A cannula (flexible tube) is inserted in a small incision and attached to a suction machine. The procedure may take an hour or more, depending on how many areas are involved. Recovery from liposuction is relatively easy. Expect a fair amount of swelling and bruising in the following two weeks. You will wear special garments provided to apply pressure, minimize swelling and provide support while healing. These garments also assist in retraction of the skin. Stitches will be removed in a week to ten days.

Results are recognizable almost immediately and will continue to improve as swelling subsides. You should be up and walking around the day after surgery. Increase your activity daily until full activity is resumed at 2-4 weeks. You will be ready to return to office work in 3-5 days and more active employment at 10-14 days. Avoid the sun until all bruising has subsided. A sunscreen should be used routinely; it is easy to get sunburned during recovery because of decreased sensation.

The results of liposuction are permanent. If you were to gain a large amount of weight you might note rippling in the treated areas, depending on your skin elasticity.

Thigh Lift

Thigh lift is surgery that removes excess skin and fat from your thighs. The goal of the procedure is to improve the appearance of your thighs by removing the “dimpled look” produced by cellulite. Some surgeons say the procedure is more effective for the front and side thigh areas, less effective for the back and inside areas. The incision does leave a scar at the hip, but it fades in time and can be hidden by a bathing suit.

A thigh lift usually lasts several hours and can be an outpatient procedure or require a short hospital stay. You may be given local or general anesthesia depending on the surgical plan you and your doctor have developed. The surgery begins with an

incision in the groin area, near the hip. After the incision is made, your surgeon separates the skin on your thigh from the fat and muscle below by pulling the flap of skin upwards. Then, your surgeon removes the excess skin and stretches the remaining skin back in place.

When the procedure is complete, your surgeon closes the incisions with small stitches and covers them with bandages. A small drainage tube may be inserted in your skin for several days to drain excess fluid from the surgery.

Upper Arm Lift

Over time, gravity gets the best of us all. Skin that becomes droopy and unattractive can be enhanced through a series of lifts. Lifts can be utilized on most areas of the body from head to toe. Arm, thigh and face are the most common areas while buttocks lifts are growing in popularity. Lifts are also beneficial to stomach-staple patients who lose a large amount of weight and are looking to remove the excess skin that many patients develop. Liposuction can be used in place of an arm lift in special instances where there is excess fat but the skin is still tight. If the skin is loose, however, the only method for correction is the arm lift. The drawback to the lift procedure is the noticeable scarring. Scarring therefore is the trade-off. Many people find that they prefer the scarring over the excess tissue and also find that the scarring can fade over time.

Normal activity can be resumed within 7 - 10 days. No lifting should be performed for the first 3 - 5 days and no heavy lifting for 2 weeks. Swelling is typical and there may be some mild to moderate discomfort over the first few days. Medication may be prescribed as needed.

Facial Cosmetic Surgery

Blepharoplasty (Eyelid Surgery)

Eyelid surgery, or blepharoplasty, is an operation that corrects sagging, or drooping eyelids as well as bags and bulges around the eyes. These conditions develop as a result of laxity of the eyelid skin and protrusion of fat around the eyes. It is not limited to older patients, as many individuals inherit a predisposition toward development of fat pouches at an early age. Excess skin is treated by excision or occasionally by laser resurfacing. If excess fat is present, it can be removed simultaneously. Care must be taken to not remove excessive amounts of fat to avoid a hollowing appearance with increasing age of the patient.

Surgical correction is appropriate for all age groups. In some cases, the condition will be caused by other medical problems such as allergy or thyroid disorders. In these patients, the proper treatment may be medical rather than surgical.

Facelift

Facelift surgery, or a rhytidectomy, is designed to restore a more youthful appearance by removing major wrinkles and sagging skin. It involves tightening of the facial and neck muscles as well as the removal of any excess skin. The skin begins to wrinkle and sag as a result of age, sun exposure and genetics. Children and young adults have smooth, round faces due to evenly distributed fatty tissues in facial contours. Over time, the skin sags and folds in the chin, jawline and neck become prominent. Not only does a facelift improve facial appearance but also has a dramatic effect on the neck, enhancing its contour and profile.

A facelift is frequently performed in conjunction with blepharoplasty (eyelid surgery), forehead lift, chin augmentation, and/or liposuction to create an overall rejuvenation of the face. The procedure can be repeated as gravity continues its effects after the first surgery.

Facelifts are performed in outpatient surgical centers or in an accredited physician's office. Local anesthesia with intravenous sedation is most commonly used, with premedication to help you relax. General anesthesia is generally not required but can be used if desired.

The surgeon will make incisions inside the hairline at the temple, in front of the ear, then around the earlobe and behind the ear, ending at the scalp area. Excess skin is removed and sagging muscles and connective tissues are tightened. In some cases, fatty deposits are removed from beneath the chin and neck. Incisions are closed with small sutures.

The procedure may take up to 5 hours depending on whether any procedures are performed at the same time.

In the weeks following the surgery, the facial skin and area around the ear may be numb. There may also be some temporary discoloration as healing begins, which may take a few months to disappear. Occasionally, the facial nerve is bruised during surgery, resulting in temporary loss of function or sensation. However, actual permanent damage to the facial nerve is rare.

The healing process is gradual, so you will not notice final results for up to 6 months. A single procedure often achieves the desired results. Most patients who have had facelifts are pleased with their new, more youthful appearance.

Forehead Lift

The endoscopic forehead and brow lift is designed to raise the eyebrows and upper eyelids, and soften or flatten deep frown lines between the eyebrows (glabellar). By utilizing a digital microchip camera and video monitor, the surgeon is able to manipulate instruments through tiny, obscure incisions made with a modern approach, which are placed inconspicuously behind the hairline. This technology alleviates the concern of hair loss and unsightly scars previously noted in traditional (coronal) forehead lifts, without the "surprised look." When combined with an upper and lower blepharoplasty, dramatic rejuvenation of the upper one-third of the face

can be accomplished.

This procedure is done under sedation with local anesthesia and takes about one and one half-hours. In most cases, results are immediately visible.

Genioplasty (Chin Implant)

Many people have a chin that is just too small for their face. When one has a lack of chin projection, the face is weakened. It can also make the nose look longer than it really is. For this reason, many patients will seek surgery to improve the appearance of the chin. This is accomplished by an osteotomy or by inserting a small synthetic implant over the natural bone. The operation can also greatly enhance the results of a face lift, since loss of chin projection may occur with aging. Chin augmentation is also commonly combined with facial liposuction, where fat is removed from under the chin and from the neck.

A small incision is made either underneath the chin or inside the mouth. A sterile implant, similar to the consistency of a normal chin, is placed in front of the bone to increase the projection of the chin. The implant is secured and the incision is sutured closed. Alternatively, a bony osteotomy may be performed and the chin and soft tissues are advanced to create facial balance and a natural, improved appearance.

Some swelling and bruising can be expected and usually subsides within the first two weeks. A tape of elastic dressing may be recommended for a period of time. Mild discomfort is usually easily controlled with medications prescribed by your surgeon.

After healing, the skin drapes smoothly over the implants. The implants themselves conform to the bone and are usually undetectable. The added projection of the chin results in significant improvement which is especially apparent in profile.

Malar Augmentation

The skin over the face is analogous to a drape. The shape of the face is determined by the underlying skeletal framework. In some individuals, this framework is not as pronounced as in other individuals and they may appear to have a flattened face or small, recessed chin.

A cosmetic surgeon may be able to add facial implants to the facial skeleton to accentuate the areas of the cheek bone, chin, nose, and angle of the lower jaw. These skeletal augmentations re-drape and tighten the skin of the face. This provides a more healthy and youthful appearance without the need for a more extensive skeletal lift procedure. The surgery is performed from within the mouth with no visible scars. Immediate results are evident.

Otoplasty

Otoplasty (Shaping of the ear) sculpture is designed to correct deformed or protruding ears. In adults of all ages, protruding ears are frequently unsightly and can

even lead to unhappiness with appearance and the inability to select hairstyles. The result of this surgery is immediate, often dramatic, and very rewarding to both the patient and surgeon. The multiple elements of this surgery include external ear (pinna), which is remodeled by placing small incisions behind the ear then reshaping or trimming the cartilage to define how and where the ear bends. Placing the ear in the proper aesthetic position achieves natural balance between the various elements of the ear. The patient wears a snug-fitting bandage for 24 hours, which is then removed and replaced with a ski-type headband to support the healing ears. This band is worn continuously for five to seven days and then at night for six weeks.

Otoplasty is usually performed under sedation with local anesthesia and takes less than two hours to complete. Postoperative discomfort is usually minimal.

Rhinoplasty

Rhinoplasty (nose) is an operation to improve the shape and size of the nose so that it is in harmony with the rest of the face. Rhinoplasty is essentially a surgical sculpting of the nose and is accomplished by careful contouring of the bone and cartilage giving the nose its shape. At the same time deformities that cause breathing problems and some sinus disorders can be corrected. Most incisions (seamless rhinoplasty) are placed inside the nose where they are least visible.

Rhinoplasty is performed under sedation with local anesthesia. The surgery takes approximately one and one-half to two hours. The use of "seamless" nose surgery allows for no visible external scars and with this type of seamless nose surgery discomfort is minimized because no plates, tubes or painful packaging are used.

Rhinoplasty is often an enhancement to facial rejuvenation, particularly in the correction of the aging nose (drooping of the tip). A significant "combo" effect is seen with facial augmentation in conjunction with cosmetic nasal surgery.

In most instances, change in appearance can be seen immediately.

Non-Invasive Treatments

Botox®

Botox® injections are used to weaken the fine muscles around the eyes and forehead that are responsible for the frown lines and deep wrinkles that occur in these areas. By selectively weakening the proper muscles, the surgeon can eliminate the wrinkles without disturbing normal function.

Treatment consists of a number of tiny injections made through a very fine needle directly into the muscle. Effects of the injections begin to appear within a few days. The results generally last around four to six months, after which time, the injections must be repeated.

Restylane

Restylane is a cosmetic dermal filler made of non-animal based hyaluronic acid. It was FDA-approved in 2003 for the correction of moderate to severe facial wrinkles and folds, such as nasolabial folds, the lines between the nose and mouth. Upon being injected beneath the skin's surface, the gel adds natural volume and lift to smooth wrinkles and folds. Restylane integrates into dermal tissue then attracts and binds to water molecules to help maintain volume. Restylane is gradually degraded by the body's own mechanism and disappears without any residue. Results can be seen immediately following treatment and last six months, or even longer.

Hylaform

Hylaform is a hyaluronic acid-based product used in the temporary treatment of facial wrinkles. Hyaluronic acid is a natural substance present in all living cells throughout the body and helps maintain skin volume. Injected just below the surface of the skin, the products add volume to the skin, smoothing unwanted lines and wrinkles. The body naturally absorbs Hylaform over time. No skin test is necessary before treatment and immediate results can be seen. Hylaform was FDA-approved in 2004 for injection into the mid to deep dermis for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Hylaform Plus, with its larger gel molecules, was FDA-approved for the correction of moderate to severe facial wrinkles and folds.

Collagen

Injected collagen is primarily used to improve the appearance of the skin's texture. It can help fill out deep facial wrinkles, creases and furrows, skin depressions and some types of scars. It can also be used to give a fuller, more sensuous look to the lips. Collagen is not usually sufficient for severe surface wrinkles on the face, such as multiple vertical "lipstick lines" that sometimes form around the mouth.

Some people may be allergic to the product, so a skin test is required prior to use. The results of your collagen injection will vary for each individual as will the length of time it will last. Some patients have reported their treatment lasting a year or longer, while others report a duration of only 3-6 months.

Fat Injections

Fat transfer, also called autologous fat transplantation or micro-lipoinjection, plumps up facial features with a patient's own fat, and is a popular alternative to other wrinkle treatments. Fat transfer to the face is a safe, natural non-allergenic procedure, designed to recontour your face, and can provide definition to your cheeks and chin. It can also be used to correct facial deformities. Since fat transfer uses your own fat cells, you can never have an allergic reaction, because it's from your own body.

With fat transfer, it is possible to have fat liposuctioned from your thighs, for example, and then transferred to any area of your body. Reinjecting fat lasts longer in larger

areas of non-movement, so it is very successful for the correction of sunken cheeks, because this area does not move as often. Fat transfer can also correct atrophic aging of the hands, and post-surgical and post-traumatic defects. But not every area of the body responds well to fat transfer. The breasts for instance, are not appropriate. Injecting fat into the breast makes it much more difficult to detect breast cancer with mammograms.

Fat transfer is performed on an outpatient basis. Both the area from which the fat is taken and the treatment site are anesthetized with a local anesthetic. Using a small needle attached to a syringe, fat is removed from a donor site, where the fat is most tightly packed, such as the abdomen or the buttocks.

Once removed, the fat is processed to remove excess fluids, and then re-injected using another needle, which is placed under the skin beneath the wrinkle. This process may be repeated until the desired correction has been achieved.

Harvesting the fat cells for re-injection is often performed in conjunction with other procedures, such as liposuction, tummy tuck or cosmetic breast surgery. When fat is harvested during another procedure, it is often possible to obtain a larger amount of fat, then freeze and store that fat, for future usage when it becomes necessary.

Facial Rejuvenation

Laser Resurfacing

Laser Resurfacing Surgery is performed with a “super-pulsed” carbon dioxide (CO2) laser to minimize wrinkles and lines on the face. Laser surgery involves a specialized beam of light energy, which is absorbed by the skin and surrounding tissues and minimizes lines or makes precise surgical incisions. In laser resurfacing, lines on the face can be significantly improved. This procedure is performed under sedation with local anesthesia. Redness may persist for several weeks and make-up can usually be applied in seven to ten days.

Thermage

The ThermoLift Procedure is a revolutionary non-surgical technique for tightening aging skin with no incisions, no scars, and no downtime in the vast majority of cases. It has also been used to produce clearing of acne without oral medications. A new device, the ThermoCool™ by Thermoage, can tighten loose skin and wrinkles by generating a special form of radio frequency, which produces heating of the deep dermis. This may also shrink oil glands in the skin, which may account for improvement in complexion and acne. The simultaneous application of an internal cooling spray chills the surface thus preventing burns.

Because heating the tissue can be uncomfortable, patients are treated with nerve blocks similar to those administered for dental improvement. In addition, many patients request oral and intramuscular sedatives and pain relievers to produce a comfortable and pleasant experience. All patients should arrange for a ride home so they can receive relaxing medications. Complications are uncommon. There has

been redness, localized swelling, and transient depressions and nodules. Superficial blisters and scars have been reported.

Chemical Peels

A chemical peel is a treatment that chemically exfoliates the skin's top layers to reveal the softer and healthier skin below. Chemical peels are used to treat a variety of skin conditions. This can include environmentally damaged/hyperpigmented, acne prone and even sensitive skin types. In many cases, wrinkles caused by sun damage, aging, and heredity can be reduced and even eliminated through the use of a series of chemical peels. Irregular skin pigmentation, sun-damaged skin, and even precancerous keratoses may improve as a result of chemical peels. Chemical peels can increase the skin's tolerance to external factors and control acne. The strength of the chemical peel is determined by the patient's individual skin type and the degree of damage to the skin.

This procedure is not effective in the treatment of more severe wrinkles and sagging which often require a surgical procedure such as a facelift or liposculpture.

Dermabrasion

Dermabrasion is a surgical procedure whereby the skin's surface irregularities are diminished by abrading or "sanding" the skin with special diamond rotary instruments. Your surgeon carefully reduces the skin surface to a specific depth and after a period of healing the skin is smoother with fewer irregularities.

Often, more than one technique is used to give the best improvement in the appearance of facial scars and wrinkles. For example, frequently a dermabrasion will be performed several weeks after scar revision. Sometimes, dermabrasion and chemical peel are performed together or in sequence to treat deeper wrinkles, such as those occurring around the lips.

Most of these procedures are performed using a light intravenous sedative and local anesthesia. Sometimes a surgeon will apply cold packs to the face before dermabrasion. Depending on the amount of area to be treated, surgery usually lasts between 30 to 90 minutes. You should experience little, if any, discomfort.

In general, during the first several days after surgery the skin is somewhat tender and swelling can be expected, most prominently around the eyes. Usually after several days the treated areas appear as if you have had a bad sunburn. In most cases you are able to camouflage the areas adequately with makeup after about one week. It is not at all unusual to have some persistent redness, sometimes lasting several months. Sometimes, several weeks after surgery small white dots, resembling acne, may appear. These disappear in a short period of time. Occasional areas of darkened skin color may appear. This is usually temporary and may be treated with prescription facial creams. Sometimes the treated areas will appear lighter than untreated areas. While this is sometimes permanent, it is usually quite subtle.

Other Treatments

Sclerotherapy

The standard treatment for spider and varicose veins is Sclerotherapy, which involves injecting a chemical (usually salt-water or saline) solution into the blood vessel, which then collapses and is absorbed by the body. Alternative treatments include laser or intense pulsed light therapy, electrodesiccation, surgical ligation and stripping (requiring hospital stay) and ambulatory phlebectomy.

Hair Transplant

In a hair transplant, thin strips of skin containing hair are removed from the scalp and replaced in tiny holes (often created with the use of lasers) in the bald or thinning area. The grafted hair falls out after the procedure but then grows back and should last as long as the hair from the area in which it was taken.

Scalp reduction involves surgical removal of all or part of the bald scalp, followed by the lifting and pulling-together of the remaining hair-bearing skin. Occasionally scalp extenders or tissue expanders are used.

During a skin lift or graft, a “flap” of hair-bearing skin is surgically created and rotated onto the bald or thinning area. Additionally, drugs such as Minoxidil and Finasteride may be applied to the scalp alone or in conjunction with the above procedures to preserve existing hair and stimulate the growth of new hair.

Procedural descriptions provided by the American Academy of Cosmetic Surgery.