



PLASTIC SURGERY

Raymond Jean, MD

Main Line Plastic Surgery
945 Haverford Road, Suite 102
Bryn Mawr, PA 19010

484-222-0010
mainlineplasticsurgery.com



Q: What happens to the face as it ages?

A: Every year after age 30 you begin to lose volume in your face. Bone density decreases, fat volume decreases and skin becomes less thick. Features that were formerly full start to sink – your skin starts to get loose and sags. Meanwhile, the lower face appears more full due to sagging skin. We tend to develop jowls in the lower face, sagging of the neck and wrinkles, which are a result of continually moving facial muscles and eventually creasing the skin. Other folds may get deeper because of the loss of volume and laxity of the skin. Finally, progressive sun damage begins to catch up with us as we age. This leads to age spots, wrinkles and a faded appearance.

Q: You hear a lot these days about injectables. Can you explain the different kinds?

A: There are two main categories of injectables: toxins and fillers. Toxins treat areas of the face where there is movement, including the forehead, between the eyebrows, and around the eyes. Botox is the best-known toxin. People are often afraid they'll have a frozen appearance with toxins, but that is not typical with an expe-



Pictured: Raymond Jean, MD (Top Doctors 2017, 2018)

rienced injector. Fillers add volume to the face and can also be used to fill in lines that are present when the face is not moving. Results from injectables are highly dependent on injection technique so be careful about who you choose to perform your injections.

Q: What are the procedures you offer for rejuvenation of the neck?

A: We offer several different options to improve the appearance of the neck, from liposuction to surgical neck lift. Laser neck lift is a minimally invasive procedure that is done in the office in about 90 minutes. It requires only a weekend recovery. Patients choose this procedure for the exceptional results and minimal recovery. The procedure uses a laser to melt fat under the chin and tighten the skin of the lower neck and face with three tiny incisions. This removes fat and tightens the neck, to create a more defined jawline.

Q: What is fat transfer or fat grafting?

A: For people who want something more permanent or more natural than fillers, we can perform liposuction to remove fat from unwanted areas and use it to provide additional volume in the face or breasts. This is as natural as it gets. It's taking fat from where you don't want it and putting it where you do. Fat transfer to the face can be done in the office within an hour, is relatively painless and lasts five to seven years. Recovery time is minimal.

Q: What should someone look for when choosing a plastic surgeon?

A: Be knowledgeable and informed. Make sure your doctor is a board-certified plastic surgeon, which means they have met very rigorous training requirements and specialize in your surgery. Second, look at online reviews – people spend more time googling restaurants than their doctors. Finally, you want someone you like and respect. At Main Line Plastic Surgery, we're always available to answer questions before and after your procedure.

Q: What's the psychological impact of cosmetic surgery?

A: Cosmetic surgery can greatly increase self-esteem. Many people are turning their lives around with healthy living, diet and exercise but certain body areas can't be addressed no matter what they do. They're doing everything right but don't feel their external appearance matches how they feel inside. For example, when someone loses weight and gets in shape, they lose volume in the face. Their body looks great, but their face may look 10 years older. Restoring volume to the face with fillers or fat transfer can make a dramatic difference not only in their appearance but also their overall sense of wellness.