



# PLASTIC SURGERY REVOLUTION

By Dr. David L. Mobley

Over the past 17 years, I have been fortunate to practice plastic surgery during a period of breathtaking innovation. As a board certified plastic surgeon, I believe it is safer and more effective than ever before. New procedures and technology enable plastic surgeons to give our patients the best results I have ever seen.

But this isn't your Grandma's plastic surgery world anymore. There's fat grafting and stem cells to improve facelifts, and fractionated CO2 laser to fight facial wrinkles. Facial fillers and Botox are great ways to make you look younger without ever lifting a scalpel. Certain landmark procedures have forever changed cosmetic plastic surgery.

**Mini-Facelifts** – Properly performed, they are a legitimate and effective alternative for facial rejuvenation. Shorter scars and faster healing times make them very popular. Be cautious about hour-long mini-facelifts that are marketed relentlessly on TV, or have catchy names. They are often being performed by non-plastic surgeons.

**Fractional Lasers** – Both Erbium and CO2 fractional lasers work well. The Erbium helps very minimal sun damage and wrinkles. CO2 is most effective for deep wrinkles and severe sun damage. These lasers have dramatically changed how we treat wrinkles and the newest lasers are “fractionated” which translates to much shorter healing times.

**Fat Grafting and Stem Cells** – An important addition to modern facial surgery in the past 20 years, they add back lost facial volume from aging. I use it to enhance most facial rejuvenation surgery. While the effect of the stem cells is still under investigation, it appears likely they greatly improve the results from fat grafting.

**Wrinkle reduction with facial fillers and Botox®** – Hyaluronic acid fillers such as Restylane®, Juvéderm® are extremely effective and safe for deep and fine facial wrinkles. Botox® and the competing Dysport® are the most effective alternative available for reducing wrinkles around the eyes. Sculptra® for adding facial volume gets an honorable mention and is good non-surgical alternative. Contrary

to what some dermatologists recommend, it doesn't replace lifting procedures and doesn't improve loose neck skin.

**Tumescent Technique Liposuction** – This technique revolutionized liposuction by reducing blood loss and making liposuction a safe outpatient procedure. Although newer versions using lasers and ultrasound now exist, traditional tumescent technique liposuction still offers the best combination of safety and effectiveness.

Unfortunately, because of declining insurance payments, many doctors from other non-plastic surgery specialties are now calling themselves “cosmetic surgeons” and are performing cosmetic procedures. There are gynecologists dabbling in liposuction and oral surgeons doing breast enhancements. It is definitely a more difficult and confusing plastic surgery world with all the slick marketing and questionably trained physicians posing as plastic surgeons. It is very important that you do your homework and protect yourself. As a patient, how do you make certain you are consulting with a properly trained, board certified plastic surgeon?

Google the American Board of Medical Specialties to check any physician's true board certification. Ask your internist or family practice physician for a referral. Check to see that your physician has hospital privileges to perform the procedure you are requesting. Google the Florida Board of Medicine web site to check for previous law suits or wrongdoing.

Come to think of it, maybe it is your Grandma's plastic surgery world after all. It must be, because I have the good fortune to have many of them as patients. Just remember, it can be a jungle out there! I hope through this article, I have helped lead you through it, and given you a better understanding of how best to achieve the most successful plastic surgery procedure possible. [🔗](#)

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