



PLASTIC SURGERY GUIDE

LOOKING YOUR BEST THROUGH THE DECADES

PHILLIP CHANG, MD



AESTHETICA
COSMETIC SURGERY & LASER CENTER



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Intro

We expect our bodies to change as we age, and too often, we dislike what we see. As cosmetic science evolves, correcting unwanted characteristics is only getting easier. When I graduated from my cosmetic surgery residency, Botox wasn't widely available, facial fillers were rare and lasted only about 3 months, and very few surgeons would perform a mini facelift, which is now one of the most common facial surgeries worldwide.

Because many of the non-surgical procedures were either very rare or didn't exist at all, cosmetic surgery didn't quite make sense until you were much older. But loss of facial volume begins as early as your twenties, and corrective surgeries are being becoming progressively earlier and more common. Studies by The American Society of Plastic Surgeons reports that, among 19 to 34 year olds, the total number of cosmetic procedures doubled between 2005 to 2017.



You may consider plastic surgery as an instant fix to flaws in your appearance, but no matter what age, you must be in good physical and emotional health and expect realistic results. Plastic surgery isn't right for everyone, and you should have an honest discussion with your doctor about your desires and reasons for seeking plastic surgery.

My primary goal in the practice of cosmetic surgery is to provide a result that is both NATURAL and SAFE. So with that in mind, let's examine the symptoms of aging by decade and outline corresponding cosmetic procedures to help decide which cosmetic procedure is right for you, from a surgeon's perspective.

Today, my philosophy is to have smaller procedures over time to maintain your appearance of youth into your middle age when you can still appreciate it, instead of having drastic surgeries in your 60s when you are less able to appreciate it.

Things to Consider Before You get Plastic Surgery

The earlier you start paying attention to your appearance, the better. A good treatment plan can both enhance your appearance now and help reduce the signs of aging down the road... “preventative maintenance”, if you will. A combination of healthy living practices and non-invasive procedures will set you up for a successful, satisfactory surgery. Let’s look at some factors that accelerate aging and point out the roadmap to looking youthful longer.

Aging Factors

Genetics	Genetic manipulation is an infant medical procedure, and for the foreseeable future can only influence characteristics prior to birth.
Obesity	Obesity is unhealthy on many levels, but cosmetically it causes body parts to oversize, causing skin to develop unsightly bulges and stretch marks, and lose elasticity.
Pregnancy	Pregnancy radically affects the body and many women go through the trauma multiple times in their life. It leads to weight gain, weight fluctuations, temporary breast enlargement, stretching of the abdominal muscle wall, and stretch marks.
UV Exposure	UV exposure whether from the sun or from a tanning booth breaks down and changes your DNA leading to abnormalities in new and developing cells. The result is the change from baby skin to older skin with abnormal texture and pigment, and the development of moles and skin cancers.
Substance Use/Abuse	Smoking cigarettes can cause your teeth to yellow and make your hair brittle. The damage alcohol does to your liver makes it harder for your body to maintain healthy skin, leading to liver spots and wrinkles.

Plastic Surgery Has Limitations

Study after study shows that cosmetic beauty can improve a person's self-esteem, self confidence, ability to find a more attractive mate, or the ability to get a raise or a higher paying job.

Most people simply want to slow the aging process or get their bodies back after weight loss or having babies. These are potentially great reasons for wanting a cosmetic improvement. Poor reasons include having a cosmetic procedure to impress or at the direction of others.

Plastic surgery is not for everyone. As I stated above, our cosmetic goal should be to achieve the appearance of natural beauty, but it doesn't change lives, restore relationships, produce promotions or improve your social life. In addition, an excellent procedural outcome may not even be appreciated if the patient does not have reasonable expectations.

If you're facing difficult changes in your life, or experiencing a personal low, plastic surgery is not the right option for you at this time. However, if you've carefully considered a procedure, you're in a positive state of mind, and you're making decisions

for yourself and not to please someone else, then talk to your surgeon about the next step.

Good Physical and Mental Health is Key

Health is a key factor to qualifying for any procedure. Your health will not only define the potential risks associated with surgery, but also impact the final outcomes and healing process. You should always disclose any health issues you've dealt with, past and present, along with all medications you're taking. Let your doctor know if you smoke or drink alcohol.

Good mental health is just as important. Having a positive attitude and supportive community often impacts the surgery and recovery experience of the patient. Surround yourself with friends and family that are excited for you and support your decision to pursue plastic surgery. This will go a long way to keeping your spirits high throughout your procedure and recovery.

It's important to be sure you're pursuing plastic surgery for the right reasons.

Maintain Reasonable Expectations

The best candidate for any cosmetic procedure, surgical or not, is a healthy

patient with realistic expectations. Factors such as smoking, obesity, high blood pressure, and diabetes can all affect healing and your cosmetic outcome.

It is unreasonable to think that you will have a perfect result in terms of scar appearance, symmetry, and amount of lift.

Scars are an unfortunate part of having a cut or incision. Every technique is made to give you the best surgical scar possible. This includes decreasing the amount of pull (the tension) on the scar as possible by placing strength sutures in the deep tissue as well as closely approximated sutures on the surface. Scar healing, however, is very unpredictable and depends on your body's healing abilities as well as environmental factors. Some people simply don't heal well. An example of your body's healing properties include your ethnic background.

Dark skinned patients and redheads for example heal on average with more visible scars than white caucasian patients.

Symmetry is another example of an unreasonable expectation. You should, of course, have reasonable symmetry. But perfect symmetry is impossible when you have pre-existing asymmetry. No patient ever, for example, is symmetric before surgery. Their rib cages are often at different levels, the amount of breast droop is often asymmetric before surgery. In the face, the bones usually asymmetric and even resorb with age.

Finally, my predisposition is always to produce as natural a result as possible in a safe way. This implies that I also don't try to pull you as tight as possible. My patients will more often be under treated as opposed to over-treated.

Good Candidate	Poor Candidate
Has realistic expectations	Chooses plastic surgery to impress
Is in good health and reasonably fit	Is in poor health or unfit
Has normal blood pressure	Has high blood pressure
Does not have diabetes	Diabetic, chronic smoker, or alcoholic
Has a supportive community	Small or absent support community

Cost of Plastic Surgery

Search out a plastic surgeon that will provide you with natural results under the safest conditions... not just on price. Your safety and sensibility should be your number one priority as plastic surgery is not without risk. Like most things in life, cheaper does not usually equate to better. Remember that complications usually equate to more money.

There is truth to the statement “you get what you pay for.” Looking for a cheaper alternative may seem like it could ease some pressure, but the end results could actually cost you more. You should get an idea of what the going rates are in your area, but then your choice should come down to the qualifications of the surgeons you’re considering. If you choose a cheaper route, results may be unsatisfactory and require additional procedures to correct.



Experience and expertise are worth paying for when it comes to plastic surgery.

Roadmap

Our “roadmap,” the next five chapters, will review some of the changes that we go through, broken up into decades. It will also review specific cosmetic procedures that are possible and popular for any given decade.



Life
Stage:

Teens & Young Adults

Self-awareness begins in your teens. Body image and appearances consume a larger and larger part of a teenagers life as puberty alters their lives from the appearance of a child to that of a young adult.

The teen years are characterized by dramatic and potentially awkward changes in a teenager's mental, hormonal, and physical development. Teenagers are generally motivated by the psychosocial need to fit or stand out with their peers in an attractive way.

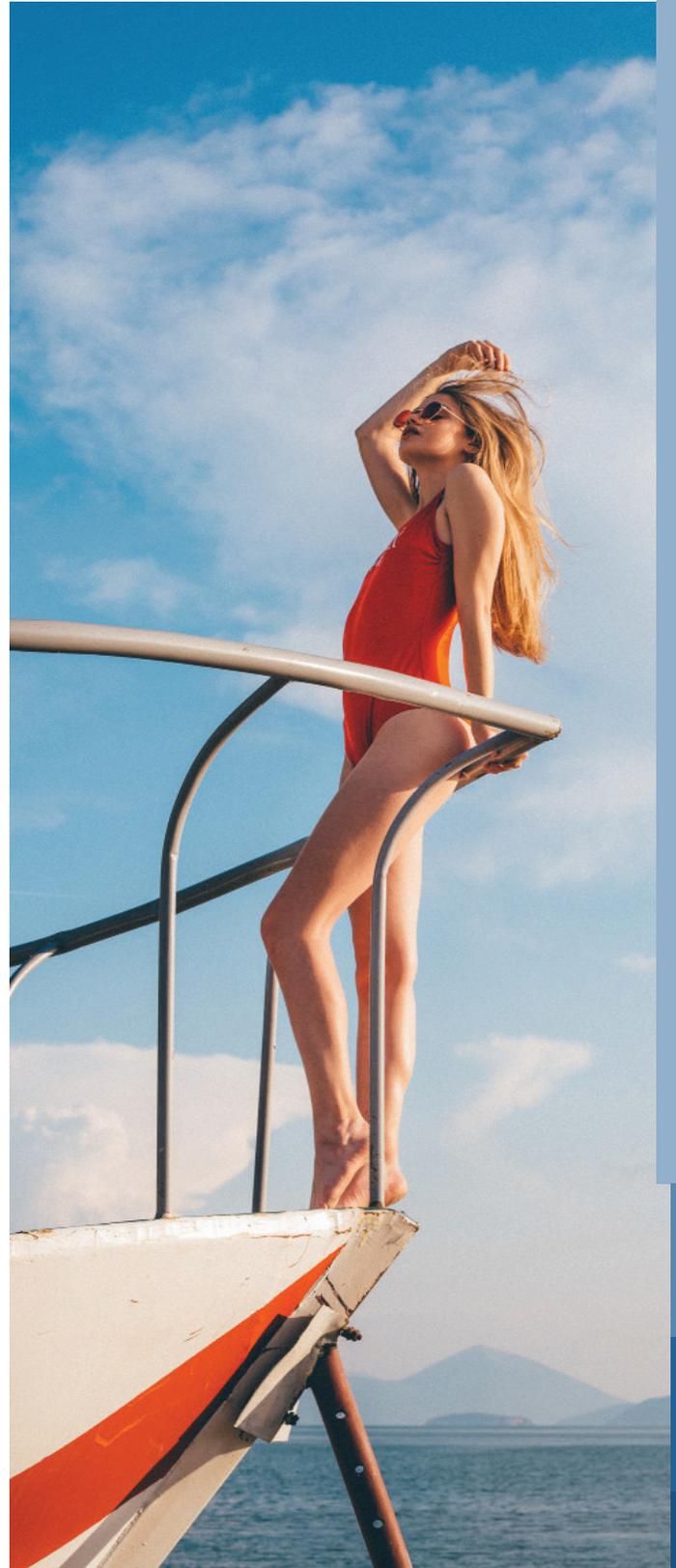
The twenties are filled with change as you begin to focus on seeking out a permanent partner while focusing on a career. Here are a few cosmetic procedure considerations that may help you as you explore job opportunities and a potential spouse.

Common Procedures for Teens and Young Adults

Cosmetic surgery in teenagers is more common than you might think. It has been shown to improve the self-esteem and self-confidence of the teenagers who have sought it out. Parental consent is always required for teenagers less than 18 years of age.

Some obvious and not-so-obvious cosmetic concerns for teenagers include:

- Small breasts in girls
- Large breasts in girls
- Asymmetric breasts in girls
- Large breasts in boys (gynecomastia)
- Genital development including the labia
- Body hair development
- Nose shape
- Ear shape
- Body shape and curves
- Acne



Common Cosmetic Procedures for Teens and Young Adults



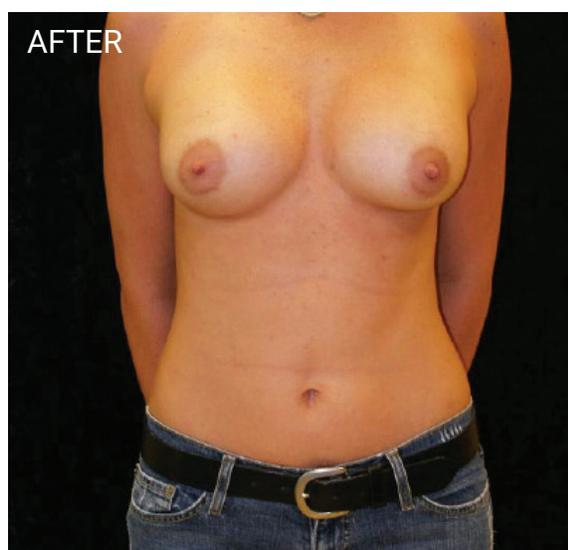
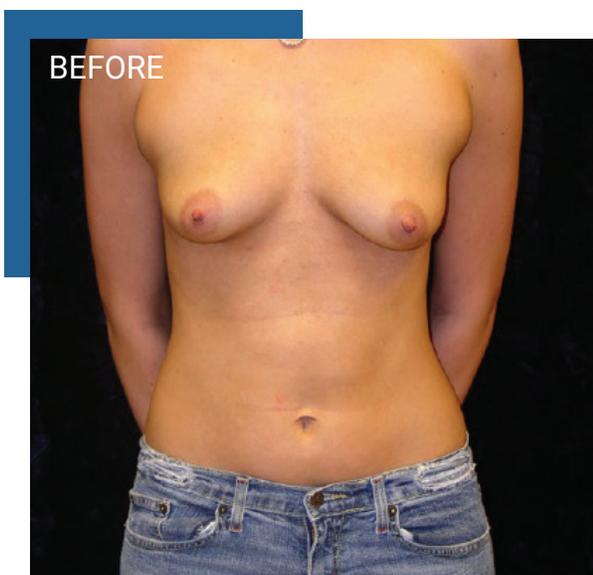
Correction of Breast Concerns

Breast development in both male and female teenagers will often define budding sense of sexuality. Perceived breast size can often impact a teenagers self confidence. Breast size is often a topic of extreme sensitivity in both boys and girls. The perception that their breast size is either too large or too small can make a teenager self conscious. The perception of asymmetry is the worst.

I will not perform a cosmetic breast surgery until at least 18 years of age, when breast development has finished and most women have a mature understanding of the potential benefits, risks, and complications of the procedure.

Breast Augmentation

Breast Augmentation requires the placement of breast implants to increase the size of the breasts. Patients less than 23 years of age can only have saline filled breast implants (as opposed to silicone) for reasons of safety. Although patients can choose from any reasonable size, I usually recommend conservative sizes as a young person's breast will inevitably change with age and possibly pregnancies.

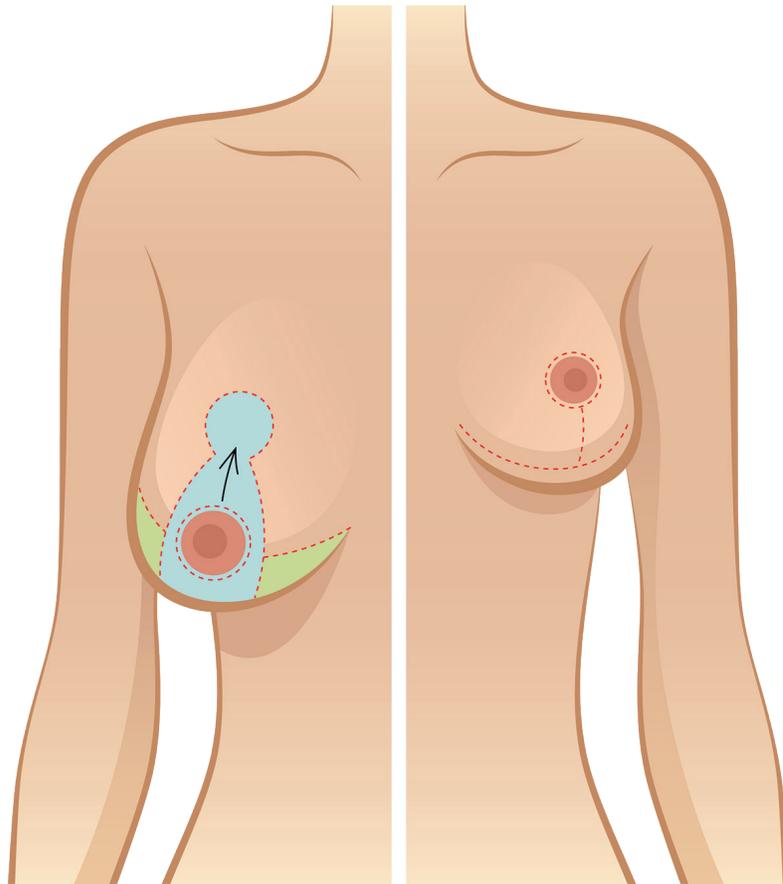


27 year old female 3 months after a breast augmentation using a 310 cc implant on the right breast and a 300 cc high profile implant on the left bringing her from an B cup to a C/D cup. The implants were placed underneath the muscle using a dual plane technique. A keller funnel was used to decrease the size of the incisions.

Breast Reduction

Breast reduction surgery has the highest satisfaction rate of any surgical procedure in plastic surgery. It is also often covered by medical insurance as it can often cause back and shoulder pain, spinal curvature, and the reluctance to exercise.

Breast reduction surgery has the highest satisfaction rate of any surgical procedure in plastic surgery.



Correction of Breast Asymmetry (one breast is larger than the other)

Breast asymmetry correction has a high satisfaction rate and is often covered by medical insurance depending on the degree of asymmetry. The corrective strategy depends on how each breast is perceived compared to the opposite breast

- One “normal” + One large: Reduction for the larger breast
- One “normal” + One small: Augment the smaller breast with an implant
- One “small” + One large: Reduction of the larger breast with augmentation of the smaller breast

Quick Facts About Breast Augmentation

- Silicone breast implants are often referred to as gummy bears
 - Silicone implants are softer and feel more natural
 - Large C is the most commonly desired size
 - Implants are placed underneath the chest muscle
 - The Keller Funnel decreases the size of your scar
- Breast implants do NOT increase the rate of breast cancer

Breast Reduction for Male Patients (Gynecomastia)

Breast enlargement in boys/men can be highly embarrassing and produce a sense of social anxiety. “Normal” breasts in boys are called the chest. Large breasts in boys are called breasts—with a female connotation. Gynecomastia can result from the enlargement of excessive fat content and/or the enlargement of the actual breast tissue.

- Small breasts with high fat content can be treated with simple liposuction
- Any breast with high breast tissue content requires a surgical excision of the breast tissue
- Large breasts regardless of fat or breast content will require the addition of removing skin to recontour the chest

Otoplasty

Otoplasty is the medical name for the surgical re-shaping of the ear, and most commonly corrects “protruding” ears (ears that are too large or stick out). Protruding ears are a source of a lot of teasing even prior to the teen years. But other patients will have ears that are folded over or even absent. An ear might protrude because the ear fails to “fold” properly in development or because the conchal bowl (the external cartilage by the opening to the ear canal) grows too large.

The procedure involves folding the ear cartilage back, reducing the size of the conchal bowl, and “pinning” the ear back to the skull. The procedure the child to be at least 6 years old; which is the age at which the ear is fully grown. Ear reshaping surgery has been shown to increase the self confidence of both children and adults.

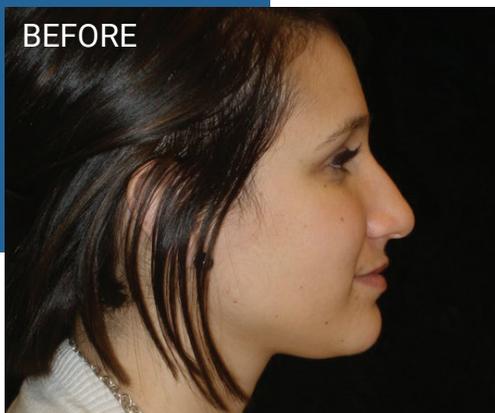
Rhinoplasty

Rhinoplasty is a procedure that can recontour the shape of the nose which defines the appearance of the face.

I will not perform a rhinoplasty procedure until the nose finally finishes developing at 16 years of age.

Common procedures include:

- Straightening a crooked nose
- Decreasing a nasal hump
- Refining and narrowing of a broad or bulbous nasal tip
- Narrow wide nostrils
- Narrowing the nasal bones
- Straightening a crooked nasal septum



BEFORE



AFTER



26 year old woman with severe melasma and sun spots over her cheeks. She was treated with a BBL from Sciton which was able to temporarily remove a large portion of the brown pigmentation.

Acne and Scar Treatment

Acne is the bane of most teenagers and can be chronic into your twenties. Very few people are able to escape the embarrassment of active, visible, red inflammatory and visible spots on the face. A full description of the biology and non-surgical options for treating active acne is beyond the scope of this ebook; but briefly, acne is a product of dermal bacteria combined with a hormonal environment that allows the bacteria to flourish. Its treatment requires a combination of affecting the skin environment with keeping the skin clean, benzoyl peroxides, antibacterial soaps and creams, and sometimes antibiotics.

Patients come to the plastic surgeon for:

- Consultation for the benefits of prescription strength antibacterial creams and retinoids
- Acne Laser Treatments such as Broad Band Light Therapy that can kill subdermal bacteria
- Profractional Laser Treatment that can resurface scars left from acne spots
- Subcision that uses an instrument acne scars that are depressed
- Excision that surgically cuts out acne scar



Life Stage: 30's and 40's

You are more financially and emotionally settled in your thirties. For many, your career is in full stride while trying to settle down in your personal lives, possibly with a family, and looking youthful becomes just a little bit harder, as does staying fit and keeping trim.

The 40's are just an extension of the 30's; everything is simply more exaggerated. While most people in their 30s will only need non-surgical cosmetic procedures such as botox, fillers, and laser skin procedures, patients in their 40's might begin to consider minor surgical procedures such as the mini facelift or the eyelid rejuvenation surgeries to improve the appearance of aging.

If you're hoping to do some maintenance because you've some unwanted changes in your skin and body, and (for the sake of some procedures) you're finished having children, plastic surgery may have some great solutions for you.

Common Cosmetic Procedures in the 30's and 40's

Correcting Breast Concerns

By your 30's, gravity and weight fluctuations result in a softening of the breast shape as well as some minor breast droop. The perky breasts of your youth are beginning to change. Many women will begin to have children. Pregnancy results in dramatic and global changes to a woman's body including every area including her face, breast, abdomen, and vaginal areas.

Some common scenarios include:

- Desire for larger breasts – breast augmentation
- Minor or major loss of breast volume – breast augmentation
- Minor breast droop (regardless of volume loss) – breast augmentation
- Major breast droop + desire to be larger – breast lift (mastopexy) + augmentation
- Major breast droop + happy with existing size – breast lift only

Breast Augmentation

A breast augmentation using either a saline or silicone breast implant. In some circumstances, a woman can use her own fat instead instead of a breast implant. Saline implants are filled with water; Silicone implants, also called gummy bear implants, are filled with semi-cohesive silicone gel. Implants can be placed in the under-breast crease, around the areola, or through the armpit. Once the incision is made, the implant is placed under the muscle using a Keller Funnel which is used to decrease the size of the scar as well as prevent trauma to the implant.



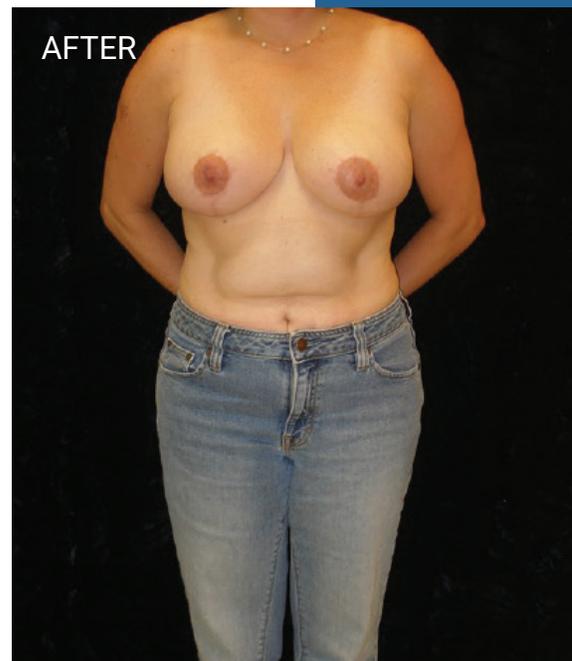
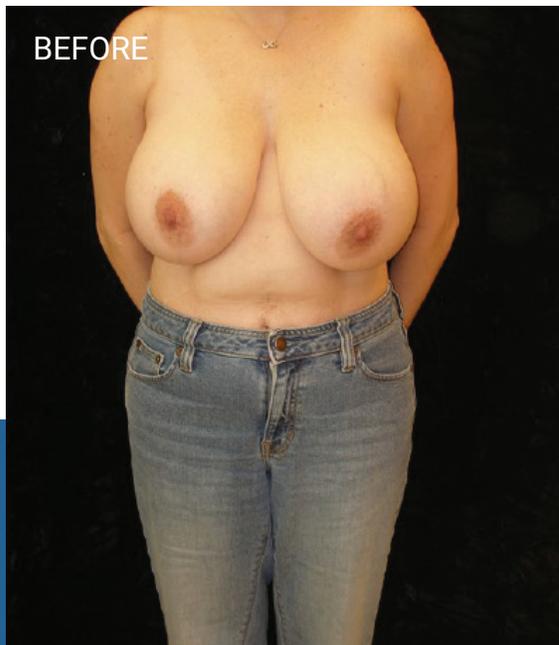
Breast Reduction

A breast reduction may be desired at any age and is often covered by medical insurance. We will help you with the insurance process if you are a candidate. In general, insurance will not cover a breast reduction unless we can reasonably remove the size of a grapefruit (500 grams) from each breast. Breast reduction surgery has the highest satisfaction rate of any plastic surgery procedure. The reasons are obvious:

- Reduction of back and shoulder pain
- Ability to buy clothes that fit better

- Reduction of rashes and unwanted under-breast sweat
- Better ability to exercise
- Less gawking

Typical goals include reducing the size of the breast to a size that you desire, lifting the nipple complex back to the level of the under-breast crease, reducing the size of the areola to about 4 centimeters in diameter, and reshaping the breast to a more tear-drop or cone shape.



45 year old 3 months after breast reduction and lift Patient started with double to triple D hanging breasts and went to about a C cup. Patient had a anchor style incision.

Breast Lift or Mastopexy

A breast lift is also called a mastopexy. It is used to lift a droopy breast and a droopy nipple and areola complex. Typical goals include moving the nipple complex back to the level of the under-breast crease, reducing the size of the areola to the about 4 centimeters in diameter, and reshape the breast to a more tear-drop or cone shape. An implant might be beneficial if you want more upper breast fullness and cleavage or if you want.

Fat Reduction and Body Sculpting

Obesity is at epidemic levels in the U.S., encouraged by affluence and an unfortunate addiction to processed carbohydrates and fast foods. Fat accumulation can be general or more localized to bulges. The most common areas for localized bulges include the lower abdomen, waist and flanks, outer thighs, inner thighs, and even the neck. Fat can be removed or reduced by liposuction or coolsculpting.

Liposuction

Liposuction is a surgical procedure which uses a suction wand the width of a pencil. The procedure can be performed in the office under local anesthesia or at a surgery center under general anesthesia. Either way, the procedure begins with placement of tumescent solution containing lidocaine (a numbing medicine) and epinephrine (which decreases bruising). Each treated area requires a 3mm cut to allow the entry of the



suction wand. A compression garment is required after the procedure for 4 weeks. Most patients can return to work in 3-5 days.

Abdominoplasty

Abdominoplasty usually only benefits women who have had children. It addresses the physical changes to the abdomen that women experience after pregnancy. Alternatively, it also is a procedure for women who have experienced significant weight loss with sagging abdominal skin. Pregnancy affects the abdomen by stretching the abdominal muscles, stretching the skin, stretch marks, and the development of extra lower abdominal fat and loose skin. A tummy tuck, also known as an abdominoplasty is a procedure which surgically removes the excess abdominal fat and skin while tightening the loose abdominal wall with surgical sutures like a corset- resulting in a tight and flat abdomen.

CoolSculpting

Coolsculpting is a non-surgical method of removing unwanted fat. The obvious benefit is that no surgery and recovery are involved. Patients may return to work the same day. Most patients will see about a 20% reduction in fat content after a complete treatment. Commonly treated areas include the neck and chin fat, saddle-bags, inner thighs, abdomen, and flanks. Large areas are still more effectively treated by liposuction.

CoolSculpting before and after,
courtesy of Allergan

BEFORE



AFTER



Mommy Makeover

As the name implies, a Mommy Makeover is a designer procedure that serves to restore a woman's body after the physical changes that occurs after having babies. Common procedures that are included in a mommy makeover include

- Breast augmentation and/or breast lift
- Body contouring with coolsculpting, a liposuction procedure or abdominoplasty
- Labiaplasty or other vaginal rejuvenation
- Facial rejuvenation (usually only facial lasers, botox or fillers for women in their 30s)

The procedure(s) is tailored to a woman's needs as every pregnancy will change your body in often-times unpredictable ways.



Labiaplasty and Vaginal Rejuvenation

The labia is the inner vaginal lips. The labia can be genetically long or may become long with age and pregnancy. Long labia can be a source of poor sexual self-confidence but the condition can also result in pain with intercourse or even with prolonged sitting. A labiaplasty is a safe and easy office procedure that can shorten and cosmetically improve the appearance of the labia. This procedure is often combined if necessary with a clitoroplasty, or in older women (see later) a labia majoroplasty or a vaginal tightening procedure.



Facial Rejuvenation and Maintenance

Facial aging begins in earnest in a person's 30's. Changes are mild but in general begins with loss of facial volume particularly under the lower eyelids, in the temples, and around the lips and mouth. Imagine the difference between a balloon that is filled with air versus one that is deflated and sad. The deflated balloon is obvious less up-lifted and has wrinkles. Fine wrinkles and textural skin issues become visible as the skin collagen resorbs and becomes more irregular. Deeper lines result from hyperactive muscles in the forehead, crows feet, and glabella (the vertical "angry" lines between the eyebrows). Sun damage result in pigmentation changes, and the accelerated development of moles and some skin cancers.

Non-Surgical Anti-Aging Options

These changes are only in the early stages when a patient is in their 30's. They rarely need any surgical intervention. Most will benefit from treatments that act to slow down the progression of aging or minor non-surgical interventions.

Botox

Primarily used to soften the horizontal wrinkles of the forehead, crow's feet lines, and the glabella. Botox will not only reduce the appearance of these lines but will prevent the skin collagen from breaking down with their continuous motion.

Fillers

Common fillers include Juvederm, Voluma, Sculptra, and Fat (in older patients). They are commonly placed in the following areas to improve the appearance of aging but also to slow down the progression of aging.

Under-Eye Area

This is the most common area that I treat. Adding volume here serves to camouflage the hollowing under the eyes while elevating the cheek to reduce the sharpness of the nasolabial folds. The loss of volume in the under-eye area results in the loss of a youthful cheek fullness and causes the lower eyelid to have the dark circle appearance.

Temples

Volume loss in the temples leads to wrinkling of the crow's feet area, and drooping of the lateral eyebrows as the area becomes more deflated.

Lips

Volume loss in the lips and around the mouth leads to the the fine vertical lines around its borders. Many people attribute it to smoking; but although it may be a contributing factor, the real reason is the the volume loss in and around the lips allow the skin to fold on itself more easily. In addition, full lips are simply more attractive and sexy.

Forever Young BBL

The Forever Young BBL is the single most popular cosmetic laser device in our clinic. It is used to reduce the brown and red facial pigment that you accumulate in your skin as you age. It has also been shown to delay long-term aging signs by altering your cellular DNA, making your skin look more vibrant and youthful with more uniform pigmentation. Unlike older lasers, this technology can treat virtually any area on the body, including the face, neck, chest, arms, and hands.

Forever Young BBL	Use	Reduce brown and red facial pigment
	Method	Uses light therapy to alter cellular DNA
	Result	More uniform pigmentation
	Target Area	Face, neck, chest, arms, hands

Micro-Laser Peel

The Micro Laser Peel is an ablative laser used to remove superficial epidermal skin, which is replaced with fresh cells with more youthful properties. Unlike many other laser systems, the built-in technology allows us to carefully control the depth of ablation from 10 microns (equivalent to a deep microdermabrasion) to 1000 microns (a deep skin resurfacing). The laser can be used to:

- Smooth skin
- Remove UV damage
- Smooth fine lines and wrinkles
- Treat skin growths like tags, moles, and keratosis
- Remove superficial disorganized cells and replace them with healthy collagen

Micro-Laser Peel	Use	Smooth lines and wrinkles Remove UV damage Treat tags, moles, and keratosis
	Method	Removes superficial aged skin cells with micro-ablations
	Result	More youthful-looking, clear skin
	Target Area	Face, neck, chest, arms, hands

Profractional Laser

The Profractional Laser Peel is used to reduce fine lines and tighten skin by producing more collagen. It is a cosmetic skin laser that creates clean, micro-ablated channels in the skin, while leaving the surrounding tissue uninjured. The channels created by the laser energy fill in with new collagen while the intact tissue promotes rapid healing due to the presence of stem cells and melanocytes in the papillary dermis.

Profractional Laser	Use	Reduce fine lines and tighten skin
	Method	Creates channels in skin that fill in with new collagen
	Result	Smoother, tighter skin
	Target Area	Face, neck, chest, arms, hands

Triple Laser Peel

This is the most popular laser combination that is performed in our office. The triple laser combines the benefits of the Profractional Laser, the Micro Laser Peel, and the Profractional Laser. Each of these are tunable and can be set to different depths and strengths. Younger patients with less damage will need a laser combination at lighter settings. Older patients with more damage will benefit from our pro or plus settings. Together, you will have more vibrant and youthful skin as well as the anti-aging benefits of the Profractional Laser; and smoother and tighter skin with less wrinkles from the Micro Laser Peel and the Profractional Laser.

The triple laser combines the benefits of all three lasers. It is the most popular combination in our office.

Triple Laser Peel	Use	Smooth and clear skin overall
	Method	Combines other three laser treatments
	Result	More vibrant and youthful skin with fewer wrinkles
	Target Area	Face, neck, chest, arms, hands



The goal for any surgical procedure is to provide a **NATURAL** and *appealing* result.

Surgical Anti-Aging Options

The goal for any surgical procedure is to provide a NATURAL and appealing result. This is our strength and why we have been visited by patients all around the world. For most patients, this is achieved by following a strategy of assessing facial volume loss first and then providing the most minimally invasive surgical procedure possible and then treating the skin with lasers.

Most patient will not benefit from surgical facial rejuvenation options in their thirties but many will begin to see more concern beginning in their forties and fifties. There are, however, many surgical options that I have designed that will maintain a more youthful appearance. These mini-lifts are designed with short inconspicuous scars that will tighten with little to no downtime.

Neck Liposuction

Neck liposuction is used to remove fat that is often seen just below the chin or in the anterior neck. Because there are many non-surgical options including Kybella and Coolsculpting, neck liposuction is reserved for patients who either have a moderate to a lot of fat in the neck or who are also have a surgical procedure for other reasons.

Mini Facelift (Short Scar Facelift)

Any form of facelift procedure is rare until at least the late 30s. The non-surgical addition of volume using fillers like Juvederm and Voluma are usually sufficient to elevate any loose or sagging skin. The mini facelift surgery is an extremely popular procedure, however, for patients in their forties and fifties. This surgery is perhaps the most common surgery that I perform and is the epitome of modern facial rejuvenation surgeries. The procedure uses an incision hidden behind in the contours of the ear beginning in the temple and ending just behind the ear-lobe. This minimally invasive procedure can be performed under awake anesthesia in the office, with most patients returning to work in less than a week (if there are no other additional procedures). The procedure also elevates the SMAS (the strong underlying muscles and tissue) to allow for longevity and is often performed with other procedures like adding fillers or fat transfer, upper or lower eyelids, or a neck lift.



40 year old 3 months after a mini-facelift and juvederm filler placed in the under-eye area and lips. Goals of the procedure were to lift up the lower face, improve the jawline, and provide some minimum improvement in the upper neck. Volume was added by injected juvederm into the under-eye area to improve the appearance of the lower eyelid and cheek areas as well as the upper and lower lips.

Mini Neck Lift (Short Scar Neck Lift)

While the Mini Facelift is a short scar option for the face, the Mini Neck Lift is a short scar option for the neck. While there are non-surgical options for the neck including Thermage and Ultherapy (we have owned both), it is our strong opinion that they don't work. What is generally seen is swelling initially which makes the neck look more smooth and full. However, when the swelling goes away, the result is less than satisfying. Like the Mini Facelift, the mini necklift is a common procedure that is performed beginning in the late 30s. The procedure uses an incision hidden behind in the contours of the ear beginning in front of the ear-lobe, extends along the back of the ear-crease, and ending at the top of the ear crease behind the ear. This minimally invasive procedure can be performed under awake anesthesia in the office, with most patients returning to work in less than a week (if there are no other additional procedures). The procedure also elevates the SMAS (the strong underlying muscles and tissue) to allow for longevity and is often performed with other procedures like adding fillers or fat transfer, upper or lower eyelids, or a face lift.

BEFORE



AFTER



Quick Lift (Even Shorter Scar Facelift) +/- Fillers

A Quick Lift Surgery uses an even smaller incision than the mini-facelift. It is a procedure performed mostly for patients in their 30s and early 40s with minimal to no excess skin or droop. You can mimic the result by placing your fingers 1-2 cm on the cheek bone near the temple and pushing up. Notice that the lower face also elevates when you do this. If fillers are added in the mid cheek in they eyelid cheek junction and in the temples, this procedure

is perfect for patients with minimal but real changes. Most patients can return to work in 2-3 days if not other procedures are added.

Upper Eyelid Surgery (Blepharoplasty)

An upper eyelid surgery is relatively rare in patients in their 30s; and is more common in patients that are into their 40s. The goal of the upper eyelid surgery is to remove any heavy or excess upper eyelid skin as well as to remove any fat pockets that are often visible. The surgery requires a nearly invisible scar in the normal upper eyelid crease. Bruising is moderate and will last at least 1 week.

Lower Eyelid Surgery (Blepharoplasty)

A lower eyelid surgery is relatively rare in patients in their 30s; and is more common in patients that are into their 40s. The goal of the upper eyelid surgery is to remove any heavy or excess upper eyelid skin as well as to remove any fat pockets that are often visible. The scar or incision is placed on the inside of the lower eyelid if the goal is to only remove the fat pockets of the lower eyelid. Most patients, however, particularly older patients will need a subciliary (under-eyelash) incision that allows the removal of extra skin and wrinkles as well as any protruding lower eyelid fat pockets.

Most patients, will also benefit from either fillers or a fat transfer to camouflage and cover the orbital rim circle that is exposed with the loss of fat volume in this area. Bruising is moderate to extensive and will last at least 1-2 weeks.

Temple Lift

A temple lift is used to elevate the lateral brow which will often contribute to the appearance of heavy upper eyelids. You can understand this conceptually by pushing down on the temple above the brow and observe what happens to the upper eyelids. They become heavier and appear to take on extra skin. The procedure is performed by using an incision in the temple hair to hide the scar line. Most patients will return to work in 1 week.

Forehead Lift

A forehead lift is an extension of the temple lift for even heavier brows. The procedure uses short incisions in the scalp to hide the scars if the brow droop is more minimal or an incision in front of the hair line if a patient has a large forehead. The procedure will elevate the brows as well as take off some skin excess from the upper eyelids. Most patients will return to work in 2 weeks.



Life Stage: 50's and 60's

You have reached middle age. Without cosmetic maintenance in your 30s and 40s, age will appear to be truly catching up to you. Factors working against you are cumulative and include your genetics, cumulative sun exposure since you were a child, environmental agents such as smoking and smog, unhealthy carbohydrate filled diets and alcohol, and gravity.

With respect to facial aging, most patients will be strong candidates for surgical lifts in their 50's and beyond. The guiding principles include adding volume where needed and to take out the "slack" from sagging skin, lifting and tucking extra skin where needed if adding volume is not sufficient, adding growth factors using plasma rich protein to rejuvenate aging tissue, and correcting the appearance of the skin discolorations and wrinkles with laser therapies.

If you've been taking advantage of the fabulous, non-surgical treatments to maintain your appearance, you may now start considering surgical alternatives.

Fat Reduction and Body Sculpting

All the procedures for fat reduction and body sculpting in your 30s to 40s are also appropriate for you in your 50s+. The difference is that as you get older there is less elasticity to your skin (the ability for your skin to bounce back after fat removal) so large areas of fat removal are less advised without some form of skin excision. Fat accumulation can be general or more localized to bulges. The most common areas for localized bulges include the lower abdomen, waist and flanks, outer thighs, inner thighs, and even the neck. Fat can be removed or reduced by liposuction or coolsculpting.

Is plastic surgery right for me?

Good Candidate	Poor Candidate
Is in good health and reasonably fit	Is in poor health or unfit
Has normal blood pressure	Has high blood pressure
Does not have diabetes	Diabetic, chronic smoker, or alcoholic
Has a supportive community	Small or absent support community

Liposuction

Liposuction is a surgical procedure which uses a suction wand the width of a pencil. The procedure can be performed in the office under local anesthesia or at a surgery center under general anesthesia. Either way, the procedure begins with placement of tumescent solution containing lidocaine (a numbing medicine) and epinephrine (which decreases bruising). Each treated area requires a 3mm cut to allow the entry of the suction wand. A compression garment is required after the procedure for 4 weeks. Most patients can return to work in 3-5 days.

While large areas of liposuction are still performed for patients in their 40's, it becomes less advised for patients in their 50's.

Coolsculpting

Coolsculpting is a non-surgical method of removing unwanted fat. The obvious benefit is that no surgery and recovery are involved. Patients may return to work the same day. Most patients will see about a 20% reduction in fat content after a complete treatment. Commonly treated areas include the neck and chin fat, saddle-bags, inner thighs, abdomen, and flanks. Large areas are still more effectively treated by liposuction.

Coolsculpting is often preferred in patients in their 40's and 50's that desire fat reduction; they often have busy lives both professionally and personally and need a procedure that will have little to no down-time.



CoolSculpting before and after, courtesy of Allergan

Abdominoplasty

Abdominoplasty is most common in women who have had children. It addresses the physical changes to the abdomen that women experience after pregnancy. Alternatively, it also is a procedure for women who have experienced significant weight loss with sagging

abdominal skin. Pregnancy affects the abdomen by stretching the abdominal muscles, stretching the skin, stretch marks, and the development of extra lower abdominal fat and loose skin. A tummy tuck, also known as an abdominoplasty, is a procedure which surgically removes the excess abdominal fat and skin while tightening the loose abdominal wall with surgical sutures like a corset – resulting in a tight and flat abdomen.

Abdominoplasty is most common for patients in their 30's and 40's but a moderate number of patients are in their 50's too.

Mommy Makeover

As the name implies, a Mommy Makeover is a designer procedure that serves to restore a woman's body after the physical changes that occurs after having babies. Common procedures that are included in a mommy makeover include

- Breast augmentation and/or breast lift
- Body contouring with coolsculpting, a liposuction procedure or abdominoplasty
- Labiaplasty or other vaginal rejuvenation
- Facial rejuvenation (usually only facial lasers, botox or fillers for women in their 30s)

The procedure(s) is tailored to a woman's needs as every pregnancy will change your body in often-times unpredictable ways.

Labiaplasty and Vaginal Rejuvenation

The labia is the inner vaginal lips. The labia can be genetically long or may become long with age and pregnancy. You might think that this is a procedure for younger patients, but even patients in their 40's plus continue to have concerns with their sexuality. Long labia can be a source of poor sexual self-confidence but the condition can also result in pain with intercourse or even with prolonged sitting. A labiaplasty is a safe and easy office procedure that can shorten and cosmetically improve the appearance of the labia. This procedure is often combined if necessary with a clitoroplasty, a labia majoroplasty or a vaginal tightening procedure. The Diva Laser for Vaginal Rejuvenation can also provide a cure for stress urinary incontinence and increased vaginal lubrication.

Facial Rejuvenation and Maintenance

Facial aging begins in earnest in a person's 30's but accelerates in the 40's and beyond. Mild changes that started in the thirties accelerate as fat begins to dissipate and collagen begins to break down. While many patients can continue with some improvement with nonsurgical options, more comprehensive treatments might require surgical nipping and tucking.

Early aging begins with loss of facial volume particularly under the lower eyelids, in the temples, and around the lips and

mouth. Imagine the difference between a balloon that is filled with air versus one that is deflated and sad. The deflated balloon is obviously less up-lifted and has wrinkles. Fine wrinkles and textural skin issues become visible as the skin collagen resorbs and becomes more irregular. Deeper lines result from hyperactive muscles in the forehead, crows feet, and glabella (the vertical "angry" lines between the eyebrows). Sun damage results in pigmentation changes, and the accelerated development of moles and some skin cancers.



Non-Surgical Anti-Aging Options

Botox

Primarily used to soften the horizontal wrinkles of the forehead, crow's feet lines, and the glabella. Botox will not only reduce the appearance of these lines but will prevent the skin collagen from breaking down with their continuous motion.

Fillers

Common fillers include Juvederm, Voluma, Sculptra, and Fat (in older patients). They are commonly placed in the following areas to improve the appearance of aging but also to slow down the progression of aging.

Under-Eye Area

This is the most common area that I treat. Adding volume here serves to camouflage the hollowing under the eyes while elevating the cheek to reduce the sharpness of the nasolabial folds. The loss of volume in the under-eye area results in the loss of a youthful cheek fullness and causes the lower eyelid to have the dark circle appearance.

Temples

Volume loss in the temples leads to wrinkling of the crow's feet area, and drooping of the lateral eyebrows as the area becomes more deflated.

Lips

Volume loss in the lips and around the mouth leads to the the fine vertical lines around its borders. Many people attribute it to smoking; but although it may be a contributing factor, the real reason is the the volume loss in and around the lips allow the skin to fold on itself more easily. In addition, full lips are simply more attractive and sexy.

While many patients will benefit from some fillers, most patients in their forties and fifties and beyond will benefit more from a fat transfer if a more comprehensive treatment is required.

A fat transfer will provide more volume and is more cost-effective.

BEFORE



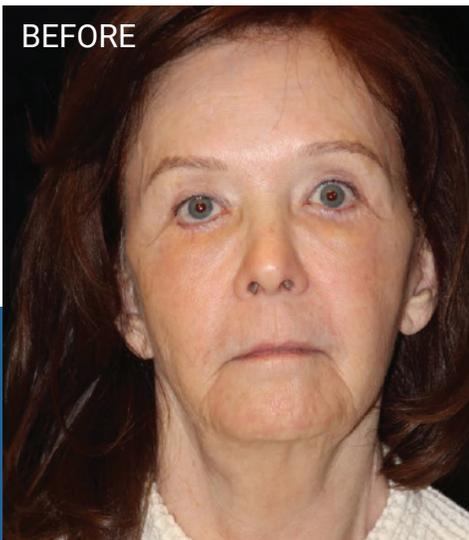
Female in the 50-59 age range who wanted to reduce the wrinkling and pores in her skin. I used Juvederm to add volume to her face, smoothing the appearance of her skin. The difference is noticeable in the under-eye area, nose, and cheeks.

AFTER



70 year old female 3 months after a fat transfer and lower eyelid surgery. She did not have significant lower facial droop so a mini-facelift was not suggested. Volume replacement with the fat particularly under her eyes and her lips gave her a more youthful appearance.

BEFORE



AFTER



Fat Transfer

One of the most exciting innovations in modern plastic surgery is the ability to transfer fat from one part of the body to the other. The most common treated includes the face (instead of using fillers), the breast (instead of using breast implants), and the buttock (also called the brazilian butt lift). Fat is removed by liposuction, processed to keep only the fat content, and then transferred to the desired area by micro-needle injections. Swelling is variable and can last 2 or more weeks. The benefit is that fat is a living cell so it stays for years, you don't have the overhead of commercial fillers, you get some liposuction at the same time, and you have relatively unlimited supply.

Laser Treatment Options

Forever Young BBL

The Forever Young BBL is the single most popular cosmetic laser device in our clinic. It is used to reduce the brown and red facial pigment that you accumulate in your skin as you age. It has also been shown to delay long-term aging signs by altering your cellular DNA, making your skin look more vibrant and youthful with more uniform pigmentation. Unlike older lasers, this technology can treat virtually any area on the body, including the face, neck, chest, arms, and hands.

Micro-Laser Peel

The Micro Laser Peel is an ablative laser used to remove superficial epidermal skin, which is replaced with fresh cells with more youthful properties. Unlike many other laser systems, the built-in technology allows us to carefully control the depth of ablation from 10 microns (equivalent to a deep microdermabrasion) to 1000 microns (a deep skin resurfacing). The laser can be used to:

- Smooth skin
- Remove UV damage
- Smooth fine lines and wrinkles
- Treat skin growths like tags, moles, and keratosis
- Remove superficial disorganized cells and replace them with healthy collagen

Profractional Laser

The Profractional Laser Peel is used to reduce fine lines and tighten skin by producing more collagen. It is a cosmetic skin laser that creates clean, micro-ablated channels in the skin, while leaving the surrounding tissue uninjured. The channels created by the laser energy fill in with new collagen while the intact tissue promotes rapid healing due to the presence of stem cells and melanocytes in the papillary dermis.

Triple Laser Peel

This is the most popular laser combination that is performed in our office. The triple laser combines the benefits of the Profractional Laser, the Micro Laser Peel, and the Profractional Laser. Each of these are tunable and can be set to different depths and strengths. Younger patients with less damage will need a laser combination at lighter settings. Older patients with more damage will benefit from our pro or plus settings. Together, you will have more vibrant and youthful skin as well as the anti-aging benefits of the Profractional Laser; and smoother and tighter skin with less wrinkles from the Micro Laser Peel and the Profractional Laser.

Before and after BBL treatment to rejuvenate aging hands. The treatment reduces the brown age and sun spots as well as inducing collagen.



Results seen after only 1 treatment with 80% improvement. Results are evident within 1-2 weeks.

Laser Treatment Comparison

Forever Young BBL	Use	Reduce brown and red facial pigment
	Method	Uses light therapy to alter cellular DNA
	Result	More uniform pigmentation
	Target Area	Face, neck, chest, arms, hands
Micro-Laser Peel	Use	Smooth lines and wrinkles Remove UV damage Treat tags, moles, and keratosis
	Method	Removes superficial aged skin cells with micro-ablations
	Result	More youthful-looking, clear skin
	Target Area	Face, neck, chest, arms, hands
Profractional Laser	Use	Reduce fine lines and tighten skin
	Method	Creates channels in skin that fill in with new collagen
	Result	Smoother, tighter skin
	Target Area	Face, neck, hands
Triple Laser Peel	Use	Smooth and clear skin overall
	Method	Combines other three laser treatments
	Result	More vibrant and youthful skin with fewer wrinkles
	Target Area	Face, neck, chest, arms, hands

Surgical Anti-Aging Options

The goal for any surgical procedure is to provide a NATURAL and appealing result. This is our strength and why we have been visited by patients all around the world. The strategy to provide this result does not change no matter what your age. The strategy includes assessing facial volume loss first and then providing the most minimally invasive surgical procedure possible followed by treating the skin with lasers.

Volume + Surgical Lift (if necessary) + Skin care + Botox

Patients who are in their forties and beyond will benefit from some form of surgical improvement. There are, however, many surgical options that I have designed that will maintain a more youthful appearance.

Neck Liposuction

Neck liposuction is used to remove fat that is often seen just below the chin or in the anterior neck. Because there are many non-surgical options including Kybella and Coolsculpting, neck liposuction is reserved for patients who either have a moderate to a lot of fat in the neck or who are also have a surgical procedure for other reasons.

Mini Facelift (Short Scar Facelift)

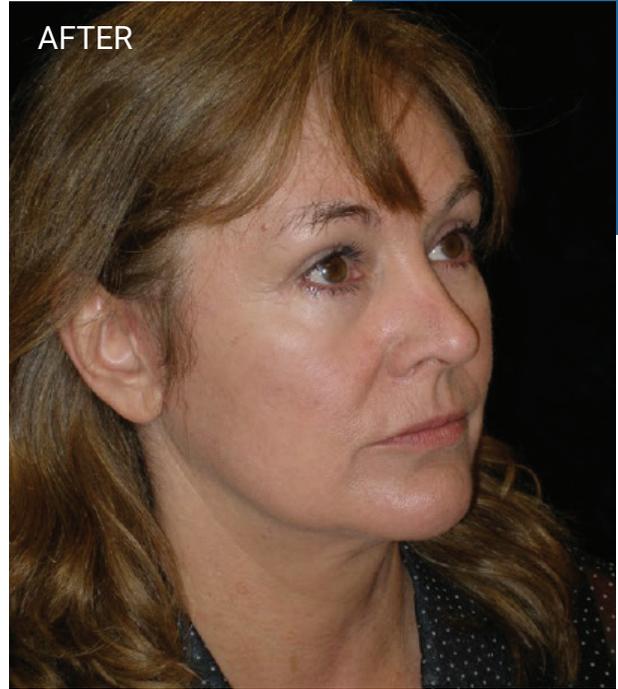
Any form of facelift procedure is rare until at least the late 30s. The non-surgical addition of volume using fillers like Juvederm and Voluma are usually sufficient to elevate any loose or sagging skin. The mini facelift surgery is an extremely popular procedure, however, for patients in their forties and fifties. This surgery is perhaps the most common surgery that I perform and is the epitome of modern facial rejuvenation surgeries. The procedure uses an incision hidden behind in the contours of the ear beginning in the temple and ending just behind the ear-lobe. This minimally invasive procedure can be performed under awake anesthesia in the office, with most patients returning to work in less than a week (if there are no other additional procedures). The procedure also elevates the SMAS (the strong underlying muscles and tissue) to allow for longevity and is often performed with other procedures like adding fillers or fat transfer, upper or lower eyelids, or a neck lift.

Mini facelift and eyelid surgery on a 50-59 year old female.

BEFORE



AFTER



The mini facelift surgery is an extremely popular procedure, however, for patients in their forties and fifties. This surgery is perhaps the most common surgery that I perform and is the epitome of modern facial rejuvenation surgeries.

Mini Neck Lift (Short Scar Neck Lift)

While the Mini Facelift is a short scar option for the face, the Mini Neck Lift is a short scar option for the neck. While there are non-surgical options for the neck including Thermage and Ultherapy (we have owned both), it is our strong opinion that they don't work. What is generally seen is swelling initially which makes the neck look more smooth and full. However, when the swelling goes away, the result is less than satisfying. Like the Mini Facelift, the mini necklift is a common procedure that is performed beginning in the late 30s. The procedure uses an incision hidden behind in the contours of the ear beginning in front of the ear-lobe, extends along the back of the ear-crease, and ending at the top of the ear crease behind the ear. This minimally invasive procedure can be performed under awake anesthesia in the office, with most patients returning to work in less than a week (if there are no other additional procedures). The procedure also elevates the SMAS (the strong underlying muscles and tissue) to allow for longevity and is often performed with other procedures like adding fillers or fat transfer, upper or lower eyelids, or a face lift.

Facelift

A facelift is really a combined procedure including the face and the neck and addresses patients who are mostly in their mid to late forties and beyond who are showing more jowling and looseness in their lower face as well as in the neck. In order to address both areas, the incisions begin in the temple and extends down the contours of the ear like the mini facelift. It then ascends up the back of the ear crease like the mini neck lift but then extends back into the posterior scalp in order to elevate the neck along with the neck muscles. Some patients that have a split neck muscle down the center of the neck may also need a platysmaplasty.

Upper Eyelid Surgery (Blepharoplasty)

Upper eyelid surgery is the most common facial surgery performed in the United States. It is common in patients beginning in their 40s. The goal of the upper eyelid surgery is to remove any heavy or excess upper eyelid skin as well as to remove any fat pockets that are often visible. The surgery requires a nearly invisible scar in the normal upper eyelid crease. Bruising is moderate and will last at least 1 week.

Lower Eyelid Surgery (Blepharoplasty)

A lower eyelid surgery is common in patients that are into their 40s. The goal of the upper eyelid surgery is to remove any heavy or excess upper eyelid skin as well as to remove any fat pockets that are often visible.

The scar or incision is placed on the inside of the lower eyelid if the goal is to only remove the fat pockets of the lower eyelid. Most patients, however, particularly older patients will need a subciliary (under-eyelash) incision that allows the removal of extra skin and wrinkles as well as any protruding lower eyelid fat pockets.

Most patients, will also benefit from either fillers or a fat transfer to camouflage and cover the orbital rim circle that is exposed with the loss of fat volume in this area. Bruising is moderate to extensive and will last at least 1-2 weeks.



59 year old 3 months after a Mini Facelift, Fat Transfer, Upper Eyelid, and Lower Eyelid Surgery. Notice the improvement in her facial volume especially around the cheek and how it sweeps into the forehead. Notice the improved jawline and neck. Finally, notice that her eyes are more open and awake. Lips look good too... and age appropriate.

Temple Lift

A temple lift is used to elevate the lateral brow which will often contribute to the appearance of heavy upper eyelids. You can understand this conceptually by pushing down on the temple above the brow and observe what happens to the upper eyelids. They become heavier and appear to take on extra skin. The procedure is performed by using an incision in the temple hair to hide the scar line. Most patients will return to work in 1 week.

Forehead Lift

A forehead lift is an extension of the temple lift for even heavier brows. The procedure uses short incisions in the scalp to hide the scars if the brow droop is more minimal or an incision in front of the hair line if a patient has a large forehead. The procedure will elevate the brows as well as take off some skin excess from the upper eyelids. Most patients will return to work in 2 weeks.



Life Stage: 70's

**You have reached your 70's.
By now, the physical effects of
age are undeniable, but you're
never too old to look younger.**

Unless you are extremely vibrant and healthy, I will not usually recommend a procedure that requires general anesthesia. Surgical procedures for patients in their late 60's and 70's will include either breast reductions or facial cosmetic procedures that can be done with awake anesthesia.

Fat Reduction and Body Sculpting

The safest and most common procedures I perform on patients in their 70's are fat reduction and breast reduction surgeries. I recommend CoolSculpting as a non-invasive, non-surgical procedure for fat reduction.

To learn more about breast reduction, visit page 14

To learn more about CoolSculpting, visit page 34

Facial Rejuvenation

In your 70's, gravity and age can really catch up, resulting in deep wrinkles, inelastic skin that sags, and loss of volume in all areas of the body. Face lifts and neck lifts may reduce the appearance of age, but for my older patients I recommend fat transfer as it is better at bringing desired results. For reducing an excess of red or brown pigmentation caused by age, Forever Young BBL laser treatment can be very effective.

To learn more about fat transfer, visit page 39

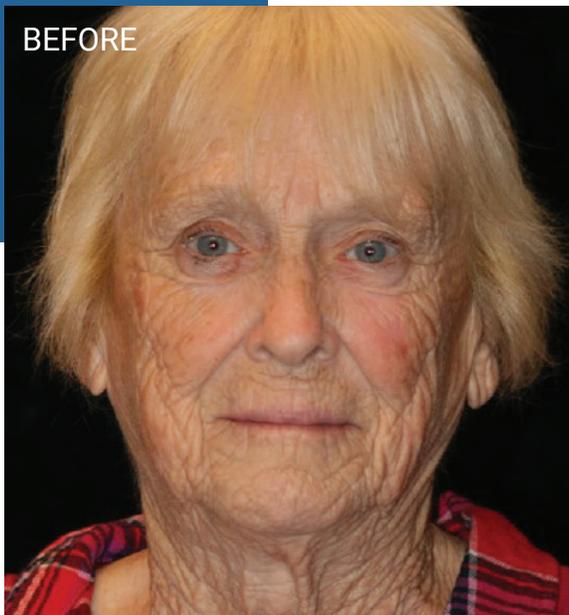
To learn more about laser treatment, visit pages 39-41

(Top right)

This procedure on this 80 year old patient dramatically demonstrates that not everyone benefits from a facelift or other nip or tuck. This patient, who came in with general complaints of facial aging came in thinking she wanted a facelift. She wasn't particularly concerned about the neck. Her before image shows that she did not have a lot of facial droop or extra skin. Her issues were more related to severe wrinkling of her skin as well as volume loss in her cheeks

and around her mouth. I felt that she would be able to get some skin elevation simply by adding back volume in her face. She underwent a fat transfer and a laser resurfacing + PRP procedure only. This was performed with awake anesthesia with fat taken from her abdomen. PRP growth factors were processed from her blood and mixed with the fat and injected into the cheeks, around her mouth and lips, and in her temples.

BEFORE



AFTER

**(Below)**

79 year old female 3 months after a face and neck lift, upper eyelid and lower eyelid surgery and skin care.

BEFORE



AFTER





The Right Plastic Surgeon

Search out a surgeon certified by the American Board of Plastic Surgeons with several years of experience, a good aesthetic sensibility, and a reputation for being trustworthy.

The Right Plastic Surgeon is...

...Board Certified

When you search out a plastic surgeon, make sure that he/she is Board Certified by the American Board of Plastic Surgeons. NOT the Board of Cosmetic Surgeons, which allows non-surgeons to enter including dentists, oral surgeons, dermatologists, and ear-nose-throat doctors. There is also no specific certification exam.

A surgeon certified by the American Board of Plastic Surgeons has to...

1. Be accepted by an accredited college or university
2. Be accepted by an accredited post-graduate medical school
3. Be selected into a surgical residency which is generally considered more difficult than a medical residency
4. Be selected from all the other surgeons into a plastic surgery residency
5. Be selected from all the plastic surgeons into a cosmetic surgery fellowship
6. Pass a board exam that 30% of all plastic surgeons don't pass after their first attempt.

...Experienced

Your surgeon should have several years of experience. Not only did I develop many of the techniques that have made me known around the world, but many of these techniques have taken me years to develop along with my aesthetic sense. Your well-being should be top-priority and the treatments should be designed specifically for you. Keep in mind that correction surgeries are not easy and increase your risk of complications. Choose a surgeon wisely and do things right the first time.

...Trustworthy

Your surgeon should care about you and your particular needs. He should be willing to answer your questions, take your personal preferences into account, and say no, rather than sell you something you don't need. Read reviews. You should feel safe and trust that you're in good hands.

...Aesthetically Sensible

The truth is that not all plastic surgeons have a good aesthetic sensibility. What is beautiful to one person may not be beautiful to all. For example, I will generally advise breast implant size based on my own aesthetic taste for conservative sizes. If you are of 5 foot 6 and are of normal build, it would be ridiculous for me to suggest a DD breast cup.

Similarly in the face, I prefer very NATURAL looks. I prefer volume replacement and conservative but long lasting procedures versus huge cheeks and pulled faces. This preference can be seen in my before and after galleries as well as many of my writings.



- About the Author -

Dr. Phillip Chang is a leading plastic surgeon in Loudoun County who specializes in surgical and nonsurgical cosmetic procedures for the breast, body, face, and skin.

He is board certified in plastic surgery by the American Board of Plastic Surgery and is the founder of Aesthetica Cosmetic Surgery & Laser Center in Leesburg, VA. Dr. Chang is dedicated to providing high-quality service that concentrates on the unique needs and concerns of his patients. He believes combining attentive care and minimally invasive techniques is the best avenue for achieving beautiful, natural-looking results. Dr. Chang is thrilled to be serving the greater northwest area of Washington, D.C. with top cosmetic care that is dependable and trustworthy.

PLASTIC SURGERY GUIDE

LOOKING YOUR BEST THROUGH THE DECADES

PHILLIP CHANG, MD



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