



Drama-Free **SURGERY**

By Dr. Rafael Cabrera

Can facial rejuvenation feed

the mind, body and soul? Without question, our appearance is an important part of our self image. Whether from accident, disease or age, an appearance unlike our own self perception causes conflict. Facial rejuvenation can help resolve this conflict by restoring the injured or aged external appearance to align with our own self image.

No, facial rejuvenation is not for everyone. If your external appearance is in harmony with your mind's eye, then the notion of aesthetic enhancement probably smacks of vanity. On the other hand, if the mirrored image betrays your true self image, aesthetic restoration will relieve the conflict. A confident mind, body or soul without conflict is indeed well-fed.

In my more than 20 years of surgical experience, I have witnessed many changes in the techniques and technology in plastic surgery. Time honored techniques like face lifting have been transformed by anatomic enlightenment, and fat grafting has evolved from simple filling to restoration of lost tissue, to replacement of stem cells. These are exciting times in plastic surgery!

I often hear patients say "I can't believe how drama-free the whole thing was" after undergoing facial rejuvenation. Drama-free? Of course! That is how it should be and anything other

than that is just not acceptable. I ask my patients to throw away any preconceived notions they may have on elective plastic surgery. I explain to them that elective surgery should not be traumatic, dramatic, look weird or threaten their safety.

The best part of this drama-free experience is that many procedures can be performed using simple pill sedation, local anesthesia and no overnight stay. Over seven years ago, I switched from using general anesthesia to oral sedation (with local anesthetic) for my faces, necks and eyes, to name a few. In this time frame, with more than 650 aesthetic facial operations, there has been an unparalleled safety record with zero anesthetic complications reported. This will keep your loved ones happy and secure knowing your safety is always of paramount importance. We have enough to stress about in life, elective surgery should not be one of them. Patients can enjoy a short painless recovery and quickly get back to their normal routines.

At Plastic Surgery Specialists of Boca Raton, we have committed ourselves to excellence. Pure and simple, this resolution guides everything we do. My personal surgical techniques have evolved over the 15 years since I completed my training with the "masters" at New York University Institute of Reconstructive Plastic Surgery.

Every patient is evaluated with the "trinity of aging" in mind: looseness of tissue, loss of facial fat and quality of skin cover. This is not an "in-fomercial face lift". It takes a lot of work to achieve invisibly excellent results. {stb}

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