



# The **AGE** Defiers

Top professionals provide insight on technological advances and techniques to help you LOOK and FEEL YOUNGER.

# Doctor, Just the Neck Please!

## **AVENUE asks Dr. Marc Zimblar about the latest trend in age-defying surgery.**

Given the trend toward a more natural aesthetic, patients have been focusing their attention on the neck. More and more of my patients are asking for "neck-tightening surgery" and are happy with their faces the way they are. Patients want to look like themselves, just refreshed. They come in and say, "I don't want to look like one of those 'Housewives' on TV. I just want my neck done." It's almost like the word "facelift" is taboo. That being said, everyone wants a youthful jaw line and to get rid of sagging neck skin!

## **'Scalpel or needle? Dermatologist or surgeon? How can I tell which is right for me?'**

I think with all the latest tools dermatologists have, the lines have been blurred. First it was Botox, which treated the forehead: Goodbye brow-lift surgery! Then it was Restylane and Juvederm, which treated the mid-face. However, lasers and fillers can't cure the loose skin under the chin; this is where the scalpel reigns supreme. Most of my patients have been treated for years by their dermatologists, but when they start complaining about the neck and jaw line, that's when those doctors say, "See Dr. Zimblar." Surgery does an amazing job at contouring the jaw line and sculpting the neck. That being said, I am a strong believer in smaller procedures at a younger age rather than more dramatic operations later on. Early rejuvenation typically lasts longer, has a quicker recovery, is less stressful for the patient and looks more natural. People today don't want to look like they had surgery; they just want to look like themselves, but refreshed and rested. My job is to make them look amazing for their age.

*One of New York's top plastic surgeons is working on enhancing natural beauty*



**“With an A-list of referring dermatologists, Dr. Marc Zimblar is focusing his attention on the neck.”**

## **Your natural necklines are the talk of the Upper East Side. Is your technique different from that of other surgeons?**

Traditional lifts pull the skin too tight and leave unsightly scars. We have all seen these people walking down Park Avenue with wind-blown faces that can be spotted a mile away. My technique is not based on pulling skin; instead it tightens the fascia and muscle. This targeted jaw-line rejuvenation surgery re-drapes deeper structures and gives a more natural look. And with the newer short-scar techniques, incisions are almost invisible, hidden inside and behind ears. I want to restore my patients' vitality without any trace of surgery.

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*Dr. Zimblar is a native of Manhattan, who trained at The Mount Sinai Hospital and NYU Medical Center. He is board certified in facial plastic and reconstructive surgery and is a Diplomate of the American Board of Facial Plastic Surgery. He is a fellow of the American College of Surgeons and the American Academy of Facial Plastic Surgery. He has been named in New York magazine's Best Doctors, the New York Times' Superdoctors and Castle Connolly's "Top Doctors in New York."*