

# The New Face in Face-lifts

AVENUE asks Dr. Marc Zimpler, facial plastic surgery expert, his top-secret plastic surgery tips



## What is the best age to have a facelift?

Wow, that's a tough question to answer because there are many factors that contribute to facial aging. Age, genetics, skin type, sun exposure, bone structure and general health and fitness all play a critical role. I definitely think that with all the amazing things dermatologists can do today with fillers, Botox and lasers, the line has been blurred. For me, I start to think about surgery when the jaw-line starts to fall and the neck starts to sag. Unfortunately, fillers and lasers can't help those problems and that's when the scalpel prevails. For many women this typically occurs in their mid-fifties. That being said, I am a strong believer in smaller surgical 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. I want to restore my patient's youthful beauty without any trace of surgery. Cosmetic surgery should always enhance natural beauty while preserving one's individual character.

## 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 re-draping of deeper structures gives a more natural look, with less over-tightening. Youthful and natural restoration with sharp jaw-lines is my goal. And with the new short-scar techniques, incisions are almost invisible. With each patient I take an individualized and customized approach to achieve beautiful and balanced faces. My office is totally committed to our patients' well-being while providing an environment of trust, professionalism and the highest level of medical expertise. People today don't want to look like they've had surgery; they just want to look like themselves, but refreshed and rested. My job is to make them look fantastic for their age.

## Other than facelifts, what surgery do you enjoy the most?

Since I'm a facial plastic surgeon, everything I do is focused on the face. I don't perform breast or body surgery, so my practice is very specific. Before becoming board certified in facial plastic surgery, I trained in ear, nose and throat surgery. So for me, nasal surgery and rhinoplasty are second nature, and a large part of my practice. In my operating room the functional nasal airway is as paramount as nasal aesthetics. No one wants a pretty nose they can't breathe out of. Again, when it comes to rhinoplasty, no one wants to look like they've had surgery. The nose should look natural, balanced and in harmony with the rest of the face. ♦

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*Dr. Zimpler 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 diplomat 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.*

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