Exceptional experience. Enhanced appearance.

Cleveland Clinic Facial Plastic Surgery Guide
A natural-looking, rejuvenated appearance is made possible by the skilled, experienced and supportive facial plastic surgery team at Cleveland Clinic. To help in your decision-making process, this guide covers all of our facial plastic surgery procedures, introduces you to our renowned surgeons and answers questions you may have.

Cleveland Clinic: A Reputation for Excellence.

You may only think of Cleveland Clinic as care critical to life, but we’re also leaders in care critical to your lifestyle. When you choose Cleveland Clinic, you can be confident that our surgeons are board-certified in plastic surgery and/or facial plastic surgery and have been pioneers in the field of facial cosmetic and reconstructive surgery. They perform a full range of procedures, from Botox®, Restylane®, Juvéderm® and Perlane® injections to minimally invasive facelifts to full facial reconstruction.
1. Look for a center that has a good reputation in the community in which it resides, that employs board-certified plastic surgeons and facial plastic surgeons, and whose surgeons have practicing privileges at nearby hospitals.

2. Most elective plastic surgery procedures are done on an outpatient basis, but if emergency hospitalization becomes necessary, you want to be sure that you can be admitted quickly for appropriate care. Get all of this information by simply calling a center and asking.

3. One way to gauge the overall quality of a center is to determine whether it is certified by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), which accredits nearly 16,000 healthcare organizations and programs in the United States – everything from hospitals to nursing homes to outpatient surgery facilities.

4. Once you have identified a center, verify that the physician who will do the procedure is board-certified in plastic surgery and/or facial plastic surgery. Board certification signifies that a physician has the knowledge, skill and experience required to provide quality patient care in a given specialty. You can verify board certification status using online resources offered by the American Society of Plastic Surgeons, the American Board of Plastic Surgery and the American Academy of Facial Plastic and Reconstructive Surgery.

5. Ask the physician for photographs of his or her work. Virtually all plastic surgeons keep a portfolio of “before and after” images. Most feature their best cases, but that tends to level the playing field, so you can choose the surgeon whose results you like best.

6. Consider the physician’s experience. How long has he or she been performing this procedure? Is the latest technique being used? Does the physician have special training in the use of a technique or new technology? How many procedures has he or she performed? In general, the more experience the physician has in performing a certain procedure, the better the results.

7. Make sure your questions have been answered. Have you been informed of possible risks, side effects and recovery time associated with the surgery? Obtain as much information as you can about the procedure, and discuss your expectations with your surgeon.

8. Thorough preoperative assessment and proactive postoperative follow-up should be part of the overall package, regardless of the procedure being performed.
Facial Plastic Surgery Procedures

Nose Reshaping
Rhinoplasty

Our board-certified surgeons offer the most modern, proven and less invasive facial cosmetic procedures available today.

By virtue of its central location, the nose is the most defining characteristic of the face and a slight alteration can greatly improve one's appearance.

The ideal nose varies with the individual patient and establishing an open communication with the surgeon is critical to uncovering the perfect nose for each individual patient. While almost any physical change is feasible technically, the aesthetic concerns must be balanced with functional ones. A narrow nose with poor breathing is not a desirable surgical outcome. The best surgical outcomes are achieved when the nose fits the face it rests upon. Achieving this harmony is based on careful examination of the nose in the context of the entire face.

The ideal candidates are patients who have a structural abnormality that disrupts the natural balance of the other structures in their face. Skin type, ethnic background, and age are important factors to be considered in discussions with your surgeon prior to surgery. Because of the interrelated nature of the nose to the face, many patients have a concurrent chin augmentation in conjunction with rhinoplasty to create a better balance of features.

Your surgeon will examine the structure of your nose, both externally and internally, to evaluate what you can expect from the procedure. The surgeon will take photographs of you and discuss the options available. Using state-of-the-art modern imaging technology, preoperative planning is done with the patient. Computer images are morphed into potential post operative results allowing the patient to become an active participant in the decision-making process. Based on in-depth communication in this planning phase, your surgeon will explain how the nasal structures, including bone and cartilage, can be sculpted to reshape the nose for the desired results.

Minimally Invasive Cheeklift
Percutaneous Mid-Face Lift

The basic premise of this procedure is quite simple and elegant. The development of this technique, known as Percutaneous Mid-Face Lift, has revolutionized management of the mid-face. The PML can be done with local anesthesia with light sedation. It is an outpatient procedure which only takes about 40 minutes to complete and patients are generally fully recovered within a week. And, unlike any other face-lifting procedure, the results are adjustable or reversible, if necessary.
Necklift

Newer, less invasive procedures offer shorter operative times, quicker recoveries and can result in significant improvement in the neckline without requiring the extensive surgical dissection of a traditional facelift. The procedure is also significantly less expensive than the traditional facelift.

An incision is made from the edge of the earlobe to the hairline behind the ear. The edge of the sagging neck muscles is identified and pulled up and secured. The resulting excess skin is removed behind the ear hiding the incision. Procedures are usually performed in half the time of a typical facelift, patients recover on average within two weeks and can usually return to work after the first week with only some minor bruising.

Facelift

Numerous techniques exist for performing facelifts. Traditionally, lifts involved pulling the skin layer back to reduce wrinkles and the results were short-lived. The next major advancement came with “deep plane lifts.” This method is probably the most common form of facelift done today. However, while achieving acceptable long-term results, this method often results in a “pulled” appearance in patients.

The solution to this problem is Bi-Vector face-lifting. In simple terms, the deep muscle layers are pulled up vertically to reverse gravity’s effects and then the skin is re-draped in its natural orientation.

While most patients experience very little pain after surgery, the surgeon will still prescribe medication. Some degree of swelling and bruising is unavoidable, and your surgeon may instruct you to use cold compresses to keep swelling to a minimum. If a dressing has been applied, it will be removed within one to two days. The surgeon will also instruct you to keep your head elevated when lying down, to avoid as much activity as possible, and to report any undue discomfort. Though there are few risks in facelift surgery and thousands are performed every year, some risks exist in any surgery.

In some cases, a drainage tube may have been inserted during the surgery. This will be removed on the day after surgery. All sutures are usually removed within five to ten days following surgery. Surgeons generally recommend that patients avoid vigorous activity. Patients should arrange for post-surgery support from family and friends.

Recovery usually takes two to three weeks, though many patients go back to work in two weeks. Scars are usually not noticeable after enough time has passed for them to mature. In any case, they are easily disguised in natural skin creases, by the hair or, if necessary, by makeup until total healing has occurred. Bear in mind that the aging process continues after surgery and that some relaxation of tissues will occur over the first few weeks.
Eyelid & Brow Lifts | Ear Reshaping

Eyelid Surgery
Upper Lid Blepharoplasty

This procedure is aimed at removing excess skin and fat in the upper eyelids. It can be done under local anesthesia and has one of the most rapid recoveries of any facial plastic surgery procedure. The entire procedure takes approximately 30 minutes and the pain is minimal in most cases. Some minor swelling and bruising may last a few days, and most patients are completely recovered after a week. These procedures are often combined with brow lifts to achieve the best effect.

Eyelid Surgery
Lower Lid Blepharoplasty

This procedure addresses the puffiness of excess fat and the wrinkling of excess skin in the lower eyelids. Two approaches exist for this procedure. Traditionally, incisions are made in front of the lid and the orbital fat is approached. While effective, this technique runs the risk of scarring in the lid resulting in the increased risk of eye irritation and dry eye. Newer methods allow this procedure to be done without any external incisions, reducing the risk of scarring.

Ear Reshaping
Otoplasty

The ear is a complex composite structure of skin, cartilage and even small muscles. These are organized into a defined three-dimensional shape. Abnormalities in any of these components can result in a noticeable change in the shape of the ear. Careful analysis of the nature of the abnormality is probably the most important step in performing any remodeling procedure.

Once a defined pre-operative plan is formulated, the procedure itself is quite simple. A dressing is placed over the ear for a week to help reduce the normal swelling that occurs in the ear. The results are immediate and lasting.
Numerous injection-based procedures are now available to help reduce the signs of aging. These treatments can be done in a short office visit with little to no down time or recovery period. These procedures are often ideal for individuals who are not quite ready for facial plastic surgery or whose busy lifestyles preclude them from taking time off for a cosmetic procedure.

**Botox®**

Botox® is a drug that is used to weaken specific muscles that are responsible for producing unwanted folds and wrinkles around the eyes and forehead regions. The drug acts only at the site of injection and thereby has an excellent safety profile with little or no side effects. Within a few days of the injection, laugh lines and vertical creases in the brow will softly fade away. The effect lasts an average of three to four months before re-treatment is necessary. The injections are most effective for crow’s feet, vertical creases in the brow and lines in the forehead. The procedure is done in the office and most patients return to work/daily activities immediately, avoiding the cost and time of facial plastic surgery.

**Injectable Fillers**

As we age, the sagging of midfacial fat and skin results in nasolabial folds, the formation and deepening of folds around our mouths. Similar folds also develop between the corner of the mouth and the chin. As this process progresses, the folds become deeper. Traditionally, a lift procedure is done to address this problem, but an office-based alternative is now available. Injectable fillers are a close relative of a naturally occurring substance in the body that is responsible for maintaining the fullness of our soft tissues. Fillers can be injected to fill in the nasolabial fold and return the area around the mouth to a much more youthful appearance. This short procedure can be done in minutes and, like Botox® therapy, has little if any down time associated with it. On average, injectable fillers last seven to eight months before the body naturally reabsorbs the material.
Meet Our Surgeons

Cleveland Clinic surgeons are well-known for their achievements, including performing the first near-total face transplant in the United States. Many of our surgeons have a specific area of clinical focus, giving us expertise and breadth in all areas of cosmetic and reconstructive plastic surgery.

Our team will work closely with you to define your goals and expectations and to offer the most appropriate procedure to ensure your total satisfaction. During your free consultation, your surgeon will go over all the specific questions you have about your individual situation.

Daniel Alam, M.D.
Section Head, Staff Surgeon and Director of Fellowship Program, Facial Plastic and Reconstructive Surgery
Head & Neck Institute

Appointed 2002
Medical School Johns Hopkins University, Baltimore, MD
Residency Head and Neck Surgery at Harvard Medical School, Boston, MA
Fellowship Facial Plastic and Reconstructive Surgery at University of California Los Angeles Medical Center, Los Angeles, CA

Board-certified and member of the American Academy of Facial Plastic and Reconstructive Surgery. His practice encompasses the entire range of facial plastic surgery, including facelifts, eyelid and browlifts, necklifts, otoplasty, rhinoplasty, injectables and more. Dr. Alam combines traditional cosmetic procedures with state-of-the-art minimally invasive techniques.

Location
9500 Euclid Avenue, A71
Cleveland, OH 44195
216.444.6691

Steven Bernard, M.D.
Staff Surgeon, Department of Plastic Surgery
Dermatology & Plastic Surgery Institute

Appointed 2006
Medical School Case Western Reserve University School of Medicine, Cleveland, OH
Residencies Plastic and Reconstructive Surgery at University of Pittsburgh Medical Center, Pittsburgh, PA;
General Surgery at University Hospitals, Cleveland, OH
Fellowship Hand and Microsurgery at University of Pittsburgh Medical Center, Pittsburgh, PA

Board-certified by the American Board of Plastic Surgery. His specialty interests include the full range of cosmetic surgery, including all facial procedures, surgery of the breast, microsurgical breast reconstruction, hand surgery, cleft lip and palate surgery, and microsurgery. Dr. Bernard has developed innovations in surgical techniques and has received numerous honors in recognition of his professional achievements.

Location
9500 Euclid Avenue, A60
Cleveland, OH 44195
216.444.4646
Michael Fritz, M.D.

Staff Surgeon, Facial Plastic and Reconstructive Surgery

Head & Neck Institute

Appointed 2003
Medical School The Ohio State University College of Medicine and Public Health, Columbus, OH
Residency Otolaryngology/Head and Neck Surgery at Cleveland Clinic, Cleveland, OH
Fellowship Facial Plastic Surgery at the University of Minnesota, Minneapolis, MN

Board-certified and member of the American Academy of Facial Plastic and Reconstructive Surgery. His practice encompasses the entire range of facial plastic surgery, including facelifts, eyelid and browlifts, necklifts, otoplasty, rhinoplasty, injectables and more.

Location
9500 Euclid Avenue, A71
Cleveland, OH 44195
216.444.6691

Raymond Isakov, M.D.

Staff Surgeon, Department of Plastic Surgery

Dermatology & Plastic Surgery Institute

Appointed 2006
Medical School Chicago Medical School, Chicago, IL
Residency General Surgery at Cleveland Clinic, Cleveland, OH
Fellowships Plastic Surgery at Cleveland Clinic, Cleveland, OH
Aesthetic Facial Plastic Surgery at Zeeba Clinic, Cleveland, OH

Board-certified by the American Board of Plastic Surgery. His practice encompasses the entire range of cosmetic and reconstructive procedures, with a specialty in facial cosmetic surgeries, including facelifts, eyelid and browlifts, otoplasty, rhinoplasty, injectables; breast augmentation; and breast reconstruction.

Location
9500 Euclid Avenue, A71
Cleveland, OH 44195
216.444.6691
**P. Daniel Knott, M.D.**

Associate Staff Surgeon, Facial Plastic and Reconstructive Surgery

**Head & Neck Institute**

Appointed 2006

Medical School University of California-San Diego, La Jolla, CA

Residency Otolaryngology/Head and Neck Surgery at Cleveland Clinic, Cleveland, OH

Fellowship Facial Plastic and Reconstructive Surgery at University of California Los Angeles Medical Center, Los Angeles, CA

Board-certified by the American Board of Otolaryngology/Head and Neck Surgery and board-eligible and member of the American Academy of Facial Plastic and Reconstructive Surgery. His practice encompasses the entire range of facial plastic surgery, including facelifts, eyelid and browlifts, necklifts, otoplasty, rhinoplasty, injectables and more.

**Location**

9500 Euclid Avenue, A71
Cleveland, OH 44195
216.444.6691

---

**Shashidhar Kusuma, M.D.**

Staff Surgeon, Department of Plastic Surgery

**Dermatology & Plastic Surgery Institute**

Appointed 2006

Medical School Medical College of Georgia, Augusta, GA

Residency Otolaryngology at Vanderbilt University Medical Center, Nashville, TN

Fellowship Plastic and Reconstructive Surgery at Cleveland Clinic, Cleveland, OH

Board-certified by the American Board of Plastic Surgery and the American Board of Otolaryngology/Head and Neck Surgery. He specializes in cosmetic surgery of the breast, body and face, eyelid and oculoplastic surgery, body contouring and liposuction, rhinoplasty, laser surgery and minimally invasive cosmetic surgery.

**Location**

9500 Euclid Avenue, A60
Cleveland, OH 44195
216.444.4646
Armand Lucas, M.D.
Staff Surgeon, Department of Plastic Surgery
Dermatology & Plastic Surgery Institute

Appointed 1993
Medical School Dartmouth Medical School, Hanover, NH
Residency General Surgery at Berkshire Medical Center, Pittsfield, MA
Fellowship Plastic Surgery at Cleveland Clinic, Cleveland, OH
(included training in maxillofacial surgery)

Board-certified by the American Board of Plastic Surgery. His practice encompasses the entire range of cosmetic and reconstructive procedures, with specialty interests in facial cosmetic surgery, body sculpting, breast surgery and reconstructive surgery. Named one of America’s Top Docs for seven consecutive years, and recipient of three Golden Scalpel Awards.

Location
9500 Euclid Avenue, A60
Cleveland, OH 44195
216.444.4646

Francis Papay, M.D.
Chair, Dermatology & Plastic Surgery Institute
Section Head, Craniofacial Surgery
Dermatology & Plastic Surgery Institute

Appointed 1992
Medical School Northeastern Ohio Universities College of Medicine, Rootstown, OH
Residencies Plastic and Reconstructive Surgery at Cleveland Clinic, Cleveland, OH;
Otolaryngology at Cleveland Clinic, Cleveland, OH
Fellowship Craniofacial/Pediatrics at Primary Children’s Medical Center, Salt Lake City, UT

Board-certified by the American Board of Plastic Surgery and the American Board of Otolaryngology. He specializes in the entire range of plastic surgery procedures, and has performed thousands of cosmetic facial procedures throughout his career including facelifts, eyelid and browlifts, necklifts, otoplasty, rhinoplasty, injectables and more. Recognized as one of America’s Top Docs in plastic surgery.

Location
9500 Euclid Avenue, A60
Cleveland, OH 44195
216.444.4646
Silvia Rotemberg, M.D.
Staff Surgeon, Department of Plastic Surgery
Dermatology & Plastic Surgery Institute

- Appointed: 2006
- Medical School: Faculdade de Medicina do ABC Medical School, Sao Paulo, Brazil
- Residencies: Plastic Surgery at University Hospitals, Cleveland, OH; General Surgery at University Hospitals, Cleveland, OH
- Fellowships: Plastic Surgery at Cleveland Clinic, Cleveland, OH; Aesthetic Surgery at Cleveland Clinic, Cleveland, OH

Board-certified by the American Board of Plastic Surgery. She specializes in aesthetic plastic surgery, including surgical and non-surgical facial enhancement, body contouring after significant weight loss, cosmetic surgery of breast and abdomen, and liposuction.

Location
9500 Euclid Avenue, A60
Cleveland, OH 44195
216.444.4646

Randall Yetman, M.D.
Section Head, Breast Surgery
Dermatology & Plastic Surgery Institute

- Appointed: 1983
- Medical School: University of Miami Miller School of Medicine, Miami, FL
- Residencies: Plastic Surgery at New York Hospital Cornell Medical Center, New York, NY; General Surgery at Montefiore Medical Center, New York, NY
- Fellowship: Hand Surgery at Cleveland Clinic, Cleveland, OH

Board-certified by the American Board of Plastic Surgery. His practice encompasses the entire range of cosmetic and reconstructive surgery, with specialty interests in cosmetic facial surgery, breast surgery, melanoma and breast reconstruction, and microvascular surgery. Recipient of a national Top Doctor honor from Ladies’ Home Journal and a national Best Doctors award from Redbook magazine.

Location
9500 Euclid Avenue, A60
Cleveland, OH 44195
216.444.4646
James Zins, M.D.
Chair, Department of Plastic Surgery
Department & Plastic Surgery Institute

Board-certified by the American Board of Plastic Surgery. Recognized as one of America’s Top Docs in plastic surgery. His practice encompasses the entire range of plastic surgery procedures, with a specialty in cosmetic facial procedures including facelifts, eyelid and browlifts, otoplasty, rhinoplasty and injectables. Popularized the minimally invasive neck lift at Cleveland Clinic.

Location
9500 Euclid Avenue, A60
Cleveland, OH 44195
216.444.4646
“About Face”

Click the link below to view a web chat transcript featuring one of our facial plastic surgeons discussing many of the procedures covered in this guide.

clevelandclinic.org/aboutface

International Patients

Cleveland Clinic’s Global Patient Services provides complimentary services for patients who travel to Cleveland Clinic from outside the United States.

Our patient service representatives facilitate and coordinate the scheduling of multiple medical appointments; assist with housing accommodations, and arrange for interpreters during your stay.

To make an appointment, call 001.216.444.8184 or email interna@ccf.org.