

The Palm Beach Post



Specializing in Minimal Invasive Facial Rejuvenation,
Board Certified Facial Plastic Surgeon
Anita Mandal, MD

Minimal Invasive Treatments That Are Permanent

Question: I do not want a facelift. I prefer a minimal invasive treatment but most seem temporary and a waste of money because you have to keep doing them. When it comes to facial aging, are there minimal invasive options that last longer but don't require aggressive surgery like a facelift?

Answer: Back 25 years ago, the main option was a facelift. Then Botox and fillers came along but were temporary and required repeat treatments every 3 -12 months. Often, even lasers needed to be redone every few years. Minimal invasive facial rejuvenation treatments became associated with notions of "temporary" and "maintenance".

With modern technology, a number of minimal invasive facial rejuvenation procedures now exist that can either give permanent or long-term results. These options include:

Ellacor: The Ellacor Dermal Micro-Coring System non-surgically removes skin

without scarring. In just a 30-40 minute treatment, the skin is permanently removed, meaning it doesn't grow back. Ellacor requires no special dressings and makeup can typically be worn in 3 days or less. Ellacor can be used for lip wrinkles, sagging jowls and loose or wrinkled neck skin. The end result is skin that is tighter, more lifted and / or has fewer lines and wrinkles.

MyEllevate is a minimal invasive surgical procedure that lifts the sagging glands and muscles under the jawline and along the upper neck to give a more defined jawline and neck angle. MyEllevate is performed under straight local anesthesia. There are no incisions, no sutures to remove and no visible scars. The recovery and downtime is significantly less than a standard mini-facelift or facelift.

Dr. Anita Mandal is a double Board Certified Facial Plastic Surgeon practicing since 1998. She exclusively specializes in facial rejuvenation and non-invasive body contouring. In addition to being on the medical staff at Jupiter Medical Center, her offices house both surgical and laser suites. Dr. Mandal is committed to giving her patients the most natural looking results.

Bellafill is a 5 year filler which works by stimulating your body's own collagen to soften wrinkles and deep grooves as well as restore lost volume to the cheeks, temples and jawline. Bellafill is just as safe as temporary fillers but unlike short-term fillers, Bellafill is much more cost effective due to its 5 year duration and significantly fewer maintenance treatments.

Kybella is a treatment for non-surgical fat reduction and can replace the need for liposuction in the neck and lower face. Bellafill is very popular for the treatment of double chin as well as for fatty jowls and consists of a 15 minute office treatment. The results of Kybella are permanent as the fat that dissolves won't grow back.

A detailed consultation with a Board Certified Facial Plastic surgeon who specializes in the face and neck and has expertise in the full spectrum of minimal invasive treatments is the first step.

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