

# Put your best face forward...

**By Cindy Marx, Practice Manager**  
**Raj Plastic Surgery, Joyesh Raj, M.D., F.A.C.S.**

The human face communicates an array of emotions which are an integral element of one's appearance. You'll be perceived as more approachable with a warm smile than with a cold-hearted look of anger, arrogance or contempt. A furrowed brow can portray to others other unintended emotions.

Women and men seek Botox® injections to help minimize horizontal forehead furrows and vertical lines between the eyebrows to minimize an aged appearance. Botox® offers short term benefits. The forehead furrows and lines between the brows are created by powerful muscles. As the muscles contract "worry" lines are created. The skin becomes less elastic with age causing deeper furrowing, droopy eyebrows that may obstruct vision and add to an aged appearance.

Eyes are often considered one of the most important aesthetic units of the face. Our eyes can make us look young or old, happy or sad, tired or rested. Making "eye" contact is considered integral when communicating with others. As we age, skin, muscle and ligaments around the eye lose their tone and elasticity resulting in the eye losing its youthful shape, evidenced by sagging and hooding of the upper eyelids, outturned lower lids, lower "bags", and "crows feet."

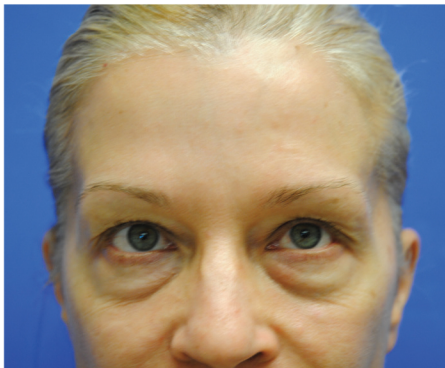
Botox® helps the short term. Surgical correction may be more cost effective. Upper and lower eyelid surgery (blepharoplasty) can be performed in conjunction with a brow lift (or forehead lift) which leads to a more youthful look. Patients requesting these procedures range in age from 40 to 70.

The forehead elevates the brow and forehead back where it belongs and cosmetically reduces creases that appear with age in the forehead, sagging eyebrows and "crow's feet."

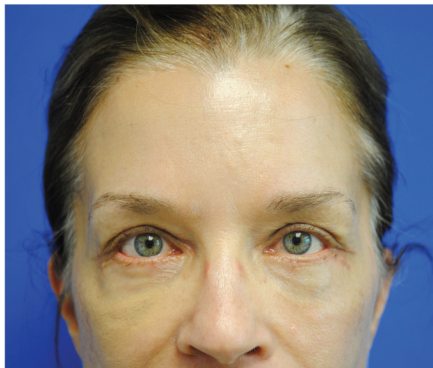
Eyelid surgery treats drooping eyelids, but not drooping eyebrows or wrinkles. It can improve the appearance of baggy skin over and under the eyes, sinking upper eyelids and reduces the "bags" under the eye.

Blepharoplasties and brow lifts are surgical procedures that are often combined when a patient would benefit from improvement to not just the eyes but to the upper third of the face. Surgery is performed on an out patient basis and recovery requires less than two weeks.

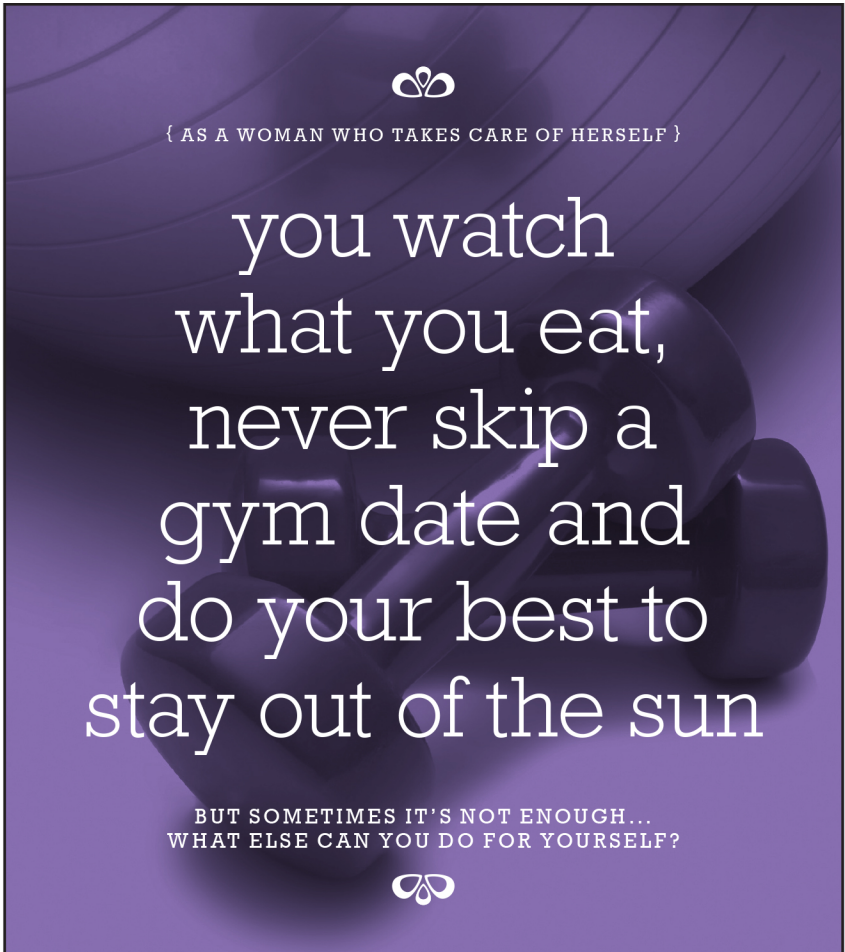
Our patients often say that after having surgery on their eyes and forehead they are complimented on how well rested, refreshed and worry-free they appear.



*Female early 50's before endoscopic brow lift and upper and lower blepharoplasty surgery*



*Same patient 11 days after endoscopic brow lift and upper and lower blepharoplasty*



{ AS A WOMAN WHO TAKES CARE OF HERSELF }

you watch  
what you eat,  
never skip a  
gym date and  
do your best to  
stay out of the sun

BUT SOMETIMES IT'S NOT ENOUGH...  
WHAT ELSE CAN YOU DO FOR YOURSELF?

Being a woman can be both rewarding and challenging. Nothing tops the satisfaction of a killer workout; getting stronger as you age is important when protecting your health and well being. Eating well both for you and for your family's sake is imperative and often not always easy, but you make a conscious decision to choose your calories wisely. You wear your big floppy hat at the lake and cover yourself in sunblock religiously as you watch the kids splash about. Despite all you do you, you still don't feel 100% confident in yourself.

Dr. Joyesh Raj offers an educational approach to both surgical and non-surgical enhancements, helping you find what best fits the appearance you're trying to achieve. Being comfortable in your own skin and the confidence that comes with it is a gift you can give to yourself.

**It's time to feel beautiful again. [rajplasticsurgery.com](http://rajplasticsurgery.com)**



**Joyesh Raj, M.D., F.A.C.S.**  
Chief of Plastic Surgery, Fairview Hospital  
Plastic and Reconstructive Surgery  
Certified by the American Board of Plastic Surgery

**Raj Plastic Surgery**  
850 Columbia Rd, Suite 300  
Westlake, OH 44145  
440.808.8030



Call our office to schedule a free consultation by mentioning this article in Cleveland Women's Journal.