

Ask the Expert

Dr. Joe Niamtu is an accomplished surgeon, teacher and author. He is a fellow of the American Academy of Cosmetic Surgery and the American Society for Laser Medicine and Surgery, and is board certified by the American Board of Oral and Maxillofacial Surgery. Dr. Niamtu was voted "Best Plastic Surgeon to Take You Back 20 Years" by Richmond Magazine and "Best Cosmetic Surgeon" from Style Weekly Magazine. He is also very active in community service work.



I TAKE CARE OF MYSELF, DIET AND EXERCISE, BUT WHEN I LOOK IN THE MIRROR AN OLD AND TIRED PERSON IS LOOKING BACK! WHAT CAN I DO?

A. We can't stop the clock but we can turn it back. The foundation of anti-aging is a medically based skin care program. Not the stuff you can buy over the counter, but prescription products that are more powerful and longer lasting. Also, minimally invasive procedures such as BOTOX® Cosmetic, lip and wrinkle fillers, chemical peels and light lasers can significantly minimize aging and sun damage.

Q. I AM 45 YEARS OLD AND MY EYELIDS ARE REALLY AGING AND THIS MAKES ME LOOK OLD AND TIRED. WHAT ARE MY OPTIONS?



A. Cosmetic eyelid surgery is a procedure that takes about 15 minutes per lid and is same day surgery done in our fully accredited office surgery center. I use lasers for this surgery which means less swelling & bruising, less pain and faster healing. Most patients are surprised how simple and affordable cosmetic eyelid surgery is.

Q. DR. JOE, HELP! I HAVE MY MOTHER'S NECK. I HAVE NOTICED THAT MY JOWLS AND NECK SKIN ARE GETTING WORSE EVERY YEAR AND I AM TOO YOUNG TO LOOK LIKE A GRANDMOTHER.



A. Heredity definitely has an effect on how we age. You are probably a candidate for a mini facelift. This is my favorite procedure and I perform several facelifts a week. Facelift surgery and recovery

have become more simple with surgical and anesthetic advances and is performed in our fully accredited in office surgery center as same-day surgery, with an anesthesiologist present. Each patient and facelift is different and some patients require smaller lifts with a week of recovery while other patients need a more comprehensive lift with a longer recovery.

Q. I AM 42 AND I AM STARTING TO SEE SOME EARLY JOWL FORMATION AND SOME SLIGHT EXCESS SKIN UNDER MY CHIN. DO I NEED A FULL FACELIFT?

A. You may be a great candidate for the "weekend facelift." This is a much smaller facelift for patients with less face and neck aging. The procedure has small, hidden incisions only in front of the ear. It is not uncommon for patients to be healed in 5-6 days and return to work.

Q. I DON'T NEED A FACELIFT, BUT AS I HAVE GOTTEN OLDER, MY CHEEKS HAVE DISAPPEARED AND I NOW LOOK OLD AND TIRED FROM THIS LOSS OF YOUTHFUL VOLUME. IS THERE A CONSERVATIVE OPTION TO IMPROVE THIS THAT IS PERMANENT?

A. You are correct that midfacial volume loss makes you look older and can happen in the early 40's. Cheek implants are a permanent solution to midface volume loss. This surgery only takes about 25 minutes and since the cheek implants are placed from inside the mouth, there is not an external scar. A micro screw holds them in place and they are permanent, yet they can be changed or removed in 10 minutes. This is one of the secrets of Hollywood stars and a popular procedure because the patient looks better but no one can figure what you did.

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COSMETIC FACIAL SURGERY

DR. NIAMTU OFFERS FREE CONSULTATIONS TO DISCUSS INDIVIDUAL CONCERNS AND COSMETIC FACIAL SURGERY OPTIONS.

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