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At Bryn Mawr Facial
Aesthetics Center,
Dr. John J. W. Lee
offers patients optimal
results with procedures
that require minimal
or no recovery.

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Maximum RESULTS, Minimal RECOVERY



At **Bryn Mawr Facial Aesthetics Center**, **Dr. John J.W. Lee** offers patients a host of minimally invasive options designed to provide optimal results with little to no downtime.

The Internet has provided people access to all cosmetic procedures available around the world. This has made many consumers more educated but oftentimes more confused and even overwhelmed. One thing is apparent: Minimally invasive procedures that can be performed in an office setting with minimal or no sedation are becoming more popular.

The following “Cosmetic Procedures Guide for Dummies” offers the perspective of a local facial cosmetic surgeon, John J.W. Lee, M.D., FACS, who has consciously transitioned his traditional hospital-based surgical practice to an office-based surgical and facial injectables practice. In the process, he has become one of the Main Line’s busiest injectors of Botox and dermal fillers. Dr. Lee has spent more than a decade

re-inventing surgical techniques for effective procedures that were traditionally performed in outpatient hospital settings, so now 99 percent of his patients can have all their procedures performed in his office.

Dr. Lee is a Korean-American. Many people are not aware that South Korea is known as the global plastic surgery capital. Although he was trained in the United States, Dr. Lee has a unique global perspective and is aware of universally effective and popular treatments that provide patients consistent and predictable outcomes with very minimal risks.

Following are treatments and procedures he finds effective, with high patient satisfaction. All treatments can be performed in the office with little or no sedation and, as Dr. Lee states, “provides optimal results with minimal or no recovery.”

Mini Office Lifts

People today are opting to stay away from the traditional full facelifts that are performed under general anesthesia in a hospital setting. Instead, they opt for less invasive options to address the volume loss in their cheeks and other factors that cause the face to sag. Filler injections can only fill depressions and can create volume to the cheek area but require a lot of product to provide a noticeable result. Dr. Lee is excited about his temple lift procedure, which he spent many years perfecting. This procedure, in which Dr. Lee lifts the temple tissue and anchors it to the scalp so the incision is hidden, is appropriate for patients who want a subtle natural result with the most minimal downtime. The procedure can be performed in less than an hour in the office, and patients who have had the procedure are able to drive home themselves and even go out for dinner the following day without anyone knowing they had a surgical procedure.



Before procedure



Right after procedure



A Botox injection was used to smooth glabella/forehead lines, lift the brow and slim the jaw line.



The most popular treatment using Botox is to smooth glabella/forehead lines. The result lasts approximately three to four months and usually costs \$300 to \$500.

Botox/Dysport

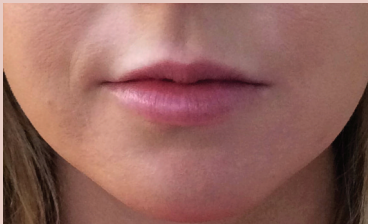
Botox is the No. 1 cosmetic injection treatment in the world. The injection is a five- to 10-minute in-office procedure that requires no downtime. Pricing is usually based on units injected, and the outcome of the treatment is based on the injector's understanding of the facial anatomy and experience providing optimal treatments. Pricing for Botox usually ranges from \$10 to \$15 per unit, and Dysport ranges from \$4.50 to \$6 per unit. Typically a patient needs 2.5 units for Dysport to equal one unit of Botox.

The FDA-recommended dosage is: for the glabella (between the brow), 20 units (more for male patients) to relax the muscles that pull down the forehead and create deep expression lines between the brow; for the forehead, 20 units to relax the forehead muscles that cause the horizontal lines and provide a smoother forehead appearance; and for the crows' feet (sides of eyes), 24 units to relax/smooth the laugh lines and also provides a "lift" to the later brow area.

The term "Botox" is trademarked and manufactured by Allergan. Dr. Lee advises patients to be wary of providers who are not Allergan certified, as a lot of "fake" Botox comes from Korea, China and Mexico. These illegal products are not FDA approved for use in the United States. Typically, the effects of real Botox will last three to four months, with an onset of seven days and the full effects seen 10 to 14 days later.

Filler Injections

Filler injections replace volume loss during the aging process and also can create more fullness to areas such as lips, cheeks, jowls, temples, chin, bridge of the nose and lower lids/tear trough. Dr. Lee likes to perform treatments using the micro-cannula—a fine, blunt needle that allows injections to be performed more superficially, thereby minimizing the risk of bruising and allowing for more correction with a lesser amount of product. He recommends only hyaluronic acid-based fillers such as those from the Juvéderm, Voluma, Vollure and Restylane family of products. HA-based fillers last six to 12 months but can last up to 18 months with multiple syringes injected in one area. The price is usually around \$500 to \$900 per syringe. Usually, the longer-lasting products, such as Voluma and Vollure, are considered the "premium" HA products on the market. Dr. Lee believes that the best course of treatment is a plan that includes gradual application of fillers over a one-year period for the most natural and optimal outcome.



One to two syringes of filler can create a fuller and more feminine appearance. The effect will last nine to 12 months.



Facial injections complement surgery results. This patient had upper eyelids blepharoplasty (skin removal with crease fixation) and Dr. Lee's minimally invasive suture brow lift. Botox treatment was performed to forehead and crows' feet area to complement her surgery results. Additionally, one syringe of Voluma was used to correct lower lids/cheeks hollowness, and one syringe of Juvéderm was used to soften the jowl and chin area.



Before upper and lower lids surgery



After upper eyelids skin removal with crease fixation, and lower lids fat removal with skin tightening



Before upper and lower lids surgery



After upper eyelids skin removal with crease fixation, upper muscle mullerectomy, and lower lids fat removal with skin tightening

Eyelids and Brow Lifts

Eyelids surgery is the most popular facial surgical procedure due to the impact that it makes on one's appearance. Recovery can take two to three weeks for substantial swelling to subside but can take up to three to four months to look completely healed if multiple procedures are being performed. Dr. Lee specializes in the field of oculoplastic surgery—surgeons who are trained in ophthalmology and then finish an oculo-facial plastic surgery fellowship. Dr. Lee has performed more than 10,000 eyelids/brow lift surgeries and has patients who have traveled from all over the world to seek his surgical expertise. As evident in the photos highlighting Dr. Lee's work, eyelids procedures provide a sense of well-being and refreshed outlook that people desire when they look in the mirror. ■

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