

FAT GRAFTING

Restoring Youth



by Benjamin Margalit/Margalit Studio

Injectables and fillers like Botox, Restylane and Juvaderm are no longer the only choice in fighting wrinkles. Find out which advanced cosmetic procedure Dr. Lawrence Cervino, of *Crystal Plastic Surgeons*, is recommending to take the years off—fast.

Dr. Lawrence Cervino, of *Crystal Plastic Surgeons*, offers patients a variety of plastic surgery alternatives, including fat grafting.

by **MaryS.Malik**
Contributing Writer

Each year almost two million people opt to feel better and appear more youthful by investing in cosmetic procedures. Although injectable fillers typically top the list of options, there is a different procedure that's growing in popularity.

Fat grafting. According to Dr. Lawrence Cervino, a plastic surgeon board certified by The American Board of Plastic Surgeons and partner of *Crystal Plastic Surgeons*, in Akron, fat grafting is one of the most advanced methods available to restore a youthful look.

Traditionally Dr. Cervino has used injectable fillers to take the years off, with different options available depending on your needs. He explores each option with his patients during a thorough consultation at his Akron office, including realistic expectations about the results he can achieve. Fillers, he says, have been a common choice among those seeking a sip from the Fountain of Youth.

Fat grafting, however—one of the most advanced forms of fine line and wrinkle elimination—is quickly becoming a more frequent option.



fullness and the development of wrinkles," Dr. Cervino explains. "The loss of volume is the key. Young people have that 'puffier' look because they have naturally occurring hyaluronic acid (HA) in their skin. HA pulls water in like a sponge and naturally plumps and hydrates the skin. This gives that dewy, youthful look. As we age, we lose HA and our skin loses that full appearance."

Natural hyaluronic acids, like Restylane and Juvaderm, are mainly used to fill out fine lines and wrinkles and can last from three to six months. Radiesse is another natural filler that contains microscopic calcium hydroxylapatite deposits and is used for somewhat large areas and deeper lines around the nose and mouth.

"These natural fillers are very versatile, last for a while, and do a good job softening fine lines," he explains. "For volume replacement, however, you need something more substantial for larger facial areas. A synthetic filler called Sculptra is often used for volume filling. It does a good job, fills large areas, and is done in three separate injections over a period of time. It usually lasts about 18 months."

The earliest signs of aging are loss of facial

While Dr. Cervino does offer these traditional cosmetic fillers, he says he's begun to move away from synthetic products to fat grafting for almost all procedures. He believes it is the best and safest way to fill lines and wrinkles as well as larger areas of volume depletion.

"The fat is harvested from your own body so there's no risk of rejection."

"The fat is harvested from your own body so there's no risk of rejection," says Dr. Cervino. "It's reinjected in tiny amounts for small lines or in large amounts to create volume."

Many patients, he says, come in with the idea that they want Botox or one of the popular fillers on the market, or that they need a facelift. That's when he explains the benefits of fat grafting.

"Many people think they need a facelift when all they really need is restored volume," says Dr. Cervino. "I can do that very nicely with fat grafting. It is a surgically invasive procedure, but the results are worth it. I can't stop the aging process or change the elements of your face, but I can slow down the aging clock and often reverse it."

Whether you're considering cosmetic or reconstructive plastic surgery, you want the skill of an ASPS Member Surgeon—a doctor with more than six years of surgical training and experience, with at least three years specifically in plastic surgery. Their training and experience make them uniquely qualified to perform your cosmetic or reconstructive procedure.

Any cosmetic procedure is a very personal decision and Dr. Cervino and his staff are trained to guide you through the process and help you arrive at the right choice for you.

To schedule a consultation with Dr. Lawrence Cervino, contact *Crystal Plastic Surgeons* at 330-668-4065, or 1-800-662-4043 extension 4221. The office is located at 3925 Embassy Parkway, Suite 300, in Akron. The staff is also available online at www.crystalplasticsurgeons.com and will answer your questions via email at info@crystalplasticsurgeons.com.



"Before" (left) and "after" photos show one of Dr. Cervino's fat grafting patients.