

Midface (Cheek Pad) Lift Creates Youthful Appearance

Dallas Doctor Champions Technique Performed With Hidden Incisions

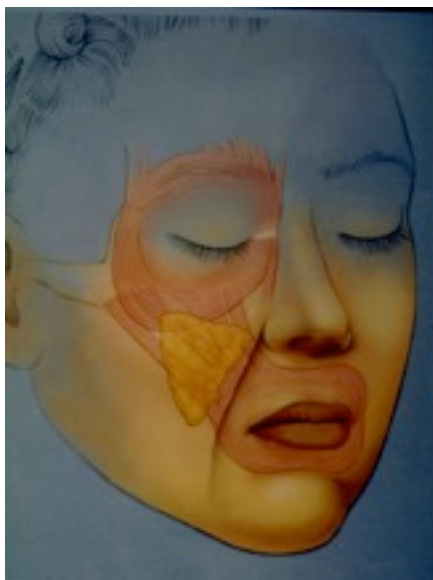
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A facelift can make you look younger and healthier, enhancing your self-confidence in the process. And, according to Dr. P. Craig Hobar, a midface (cheek pad) lift can be the key to taking years off your face.

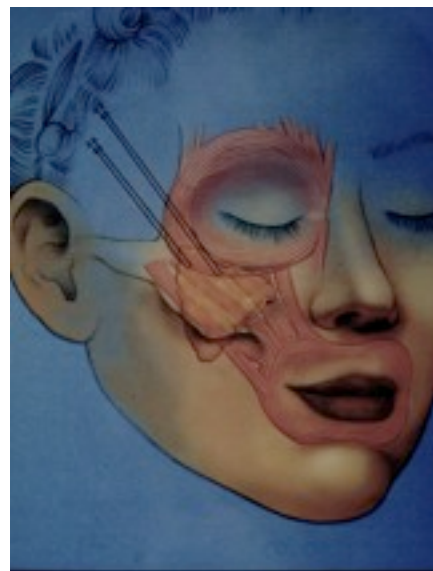
"The middle portion of the face is a very key part as far as aging," Dr. Hobar says. "In fact, it is often one of the first areas to show signs of age."

He explains that a triangular pad of fat overlies the muscles in this region of the face. When the cheek pad is high, as in youth, it adds to a "tight" look of the skin, helps enhance the cheekbones and supports a youthful, "fresh" look in the lower eye region.

"As the person ages," Dr. Hobar explains, "the fat pad tends to descend with gravity, dragging the skin with it. This descent can cause prominent wrinkles around the corner of the mouth, a hollowness to the eyes and a more sunken appearance of the cheekbones. The approach I use is a very safe, effective way to restore a more youthful appearance to this region."



A drooping midface causing deep wrinkles, flat cheek and tired eye look.



After midface lift - improvement in face, cheek and eye region.

Dr. Hobar's subperiosteal technique is performed using hidden incisions inside the mouth and in the scalp. It works by elevating the cheek pad to produce a more youthful look around the mouth, in the cheek and around the eyes. It also frequently restores the prominence of the cheekbone area to its appearance in youth.

Dr. Hobar's technique and experience were recently presented at the annual meeting of the American Society of Plastic and Reconstructive Surgery.

Dr. Hobar frequently uses this procedure in combination with a facelift when the patient has experienced aging of the lower face and neck. Some patients, however, benefit from this procedure alone. Because this technique alone doesn't remove excess skin, older patients often need a more traditional facelift.

According to Dr. Hobar, the best candidate for a facelift is a man or woman whose face and neck have begun to sag, but whose skin still has some elasticity and whose bone structure is strong and well defined. Most patients are in their forties to sixties, but facelifts can be done successfully on people in their seventies or eighties as well. "The trend is certainly to have it done at a young age, like the forties," he says. "People want the benefits when they feel they are in the prime of their lives."

Dr. Hobar stresses that facelifts are very individualized procedures. When consulting with new patients he evaluates the person's face, including the skin and underlying bone, and discusses the patient's goals for the surgery. "Having a facelift doesn't stop the clock," he says. "Your face will continue to age with time, and you may want to repeat the procedure -- at some point down the line. But in another sense, the effects of even one facelift are lasting; years later you'll continue to look better than if you'd never had a facelift at all."

Dr. Hobar received his medical degree from the University of Miami in 1982. After graduating, he spent eight years training for his current practice: five years in general surgery and two years in plastic surgery at U.T. Southwestern Medical Center, followed by an additional year of specialty surgery at New York University Medical Center. He is a founder of the Dallas Plastic Surgery Institute where he conducts his private practice. Dr. Hobar is a nationally renowned plastic surgeon who is board certified by the American Board of Plastic and Reconstructive Surgery and is a member of several organizations, including the American Society of Aesthetic Plastic Surgery and the American Association of Plastic Surgeons.