



BLEPHAROPLASTY AND BROW LIFT

Our eyes are our window to the world around us. The loose skin over our eyes and the fat bags under them give us a more tired and older look than we really are.

Blepharoplasty or eyelid surgery is a surgical modification of the eyelid to attain the perfect look. This combined with a brow lift will correct the hooding seen on the outer aspect of the eyes. It is a great way to improve one's appearance after crossing the age of 40, though younger patients may sometimes request it and benefit too. It makes one look younger, attractive, fresh and energetic by removing the excess skin, fat and muscle from either or both eyelids. It is mandatory to get your vision and tear production checked by an ophthalmologist, before any eyelid surgery

FACIAL IMPLANTS

The facial features of an individual play an important role in creating an impression on the onlooker. Basically, three things define a facial shape: skin, soft tissues and the facial bones.

The deficiencies in the bone can be corrected with implants, which are foreign materials (USFDA approved only and absolutely safe) inserted under the skin and the soft tissues envelope to give fullness in the desired areas. Well-defined facial features, visible contours and natural angles, create structural balance to a face and gives a more attractive appearance.



Dr. Mohan Thomas

Diplomate- American Board of Cosmetic Surgery (ID)

The Dr. Mohan Thomas Aesthetics is a World Class stand alone Surgical Facility.

The design is geared to maintain absolute privacy, patient safety with the latest in Technology, sterilization, dedicated recovery rooms and well appointed step down rooms.

Our team of Super specialists provide all feel good services under one roof and headed by Dr. Mohan Thomas, one of the Top Cosmetic Surgeons in the World. He is American trained and Board Certified in Cosmetic Surgery.

His column in "Femina", for over a decade has over 6.5 lakh fans.

Dr. Mohan Thomas also has an 'Expert Column' in Bombay Times.

His book " Picture Perfect" launched by Bollywood Actor Tisca Chopra is very comprehensive and covers all aspects of Cosmetic Surgery and Medicine and is available at all leading book stores and online.

He is a Leading Academic Contributor to the World's Best Scientific Journals.

Dr. Mohan Thomas M.D. (USA), FACS (USA)

Dr. James D'silva MS, MCh, DNB



Dr. Mohan Thomas
AESTHETICS

CORPORATE OFFICE

Top Floor, Jack & Jones Building, Linking Road, Santacruz West
Mumbai 400 054 INDIA

+91 22 6733 7500 | 2661 7575 | + 91 9699680030

info@drmohanthomasaesthetics.com | drmohanthomas@gmail.com

www.drmohanthomasaesthetics.com



Dr. Mohan Thomas
AESTHETICS



FACE LIFT



INDIA’S BEST is also the WORLD’S BEST

Age affects every nook and cranny of the body. Along with the wisdom, experience, and accomplishments that come with getting older, there are changes that occur in our outward appearance. Changes in our faces are most at the forefront. The appearance of the face and neck typically changes with age. Loss of muscle tone and thinning skin gives the face a flabby or drooping appearance. In some people, sagging jowls may create the look of a “double chin.” Your skin also dries out and loses the underlying layer of fat so that your face no longer has a plump smooth surface. To some extent, wrinkles cannot be avoided. However, sun exposure and cigarette smoking are likely to make them develop more quickly. The number and size of blotches and dark spots on the face increase as well. These pigment changes are largely due to sun exposure.

SIGNS OF FACIAL AGING

- Greater visibility of bony landmarks, lines and wrinkles
- Prominence of transverse forehead lines
- Nasolabial folds become more prominent
- Hollowing of the mid-face (loose skin)
- Changes in the area around the mouth (vertical wrinkles, lip thinning and flattening)
- Development of pre jowl depression (marionette lines)
- Appearance of neck bands

PROCEDURE OPTIONS

Facial rejuvenation treatments can be classified into three categories:

RESURFACING OPTIONS - Resurfacing techniques are used to modify the surface of the skin. They correct the effects of photo aging, including fine lines, irregular pigmentation and blemishes. Common resurfacing techniques include:

- Chemical peels
- Microdermabrasion
- Laser resurfacing

INJECTABLE - Injectable include a broad range of substances which are administered by injection. Their main usage is for the treatment of lines, wrinkles and folds, as well as hollowing and volume loss. Three of the most common types include:

- Neurotoxins
- Traditional fillers
- Collagen stimulators

SURGERY - Surgery includes a wide range of procedures from lifts to liposuction to fat transfer. The treatments address a range of desired outcomes. The most popular surgeries on the face are:

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|----------------|--------------------|
| Brow lift | Facial Implants |
| Blepharoplasty | Liposuction |
| Face lift | Fat Grafting(ADSC) |
| Neck lift | Rhinoplasty |

FACE LIFT

The ageing face is characterized by sagging cheeks, jowls, buccolabial folds and redundant and bulky sub mental and cervical tissues. The effect is further amplified by a stressful lifestyle and smoking. Face lift surgery has stood the test of time to revert the ageing changes. A face lift does not stop the ageing process, but makes you look younger by reducing or eliminating sagging skin on the face and neck. You should have realistic expectations about the effect the procedure might have on your life. There is no ideal age for a face lift surgery. The occurrence of ageing changes necessitates the need for surgery. For those, desiring to go for a face lift, once the changes are evident, the earlier the surgery is performed the better and longer lasting results can be achieved. Men should consult for a face lift surgery as soon as the changes are evident, as the signs progress faster in men and it becomes difficult to reverse them surgically due to the heavier nature of male soft tissues. Loss of volume in the face is today replaced by ADSC(stems cells derived from fat).

RHINOPLASTY

The most important aspect for an aesthetically appearing face is the nose. Therefore, many have a strong desire to improve the shape and/or size of the nose through rhinoplasty or a “nose job”. While most of these procedures are performed for aesthetic reasons, rhinoplasty can also be used as a solution to rectify structural defects that may cause breathing problems. Severe forms of nasal airway obstruction require surgical treatment of the external nasal framework. Noses that are twisted, deviated, collapsed, pinched or combinations will not improve with internal airway surgery alone. In such cases, rhinoplasty techniques are necessary to straighten, enlarge and reinforce the obstructed external nasal passages by correcting the nasal valve collapse in order to create an unobstructed air passage between the nostril and the throat. The most important thing to understand before undergoing a rhinoplasty is that one should have specific, but realistic goals in mind.