



ROMY AHLUWALIA

PLASTIC SURGERY

FACE



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Meet Dr. Romy!

Dr. Romy Ahluwalia is a board-certified plastic surgeon in Toronto, Ontario. He is a fellow of the Royal College of Surgeons of Canada, an associate professor of plastic surgery and an attending staff surgeon at Humber River Hospital with full privileges.

Throughout his career, Dr. Romy has helped thousands of patients achieve their goals with issues spanning the full spectrum of both cosmetic and reconstructive plastic surgery.

Early Life and Education

Dr. Romy was born and raised in Winnipeg Manitoba, and relocated to southern Ontario to pursue his training in plastic surgery. He completed residency at the University of Western Ontario and holds fellowships in plastic and micro surgery from both the University of Toronto and the University of Manitoba. He had additional training in facial cosmetic surgery in Melbourne, Australia.

Career

After completing over 15 years of post secondary education, Dr. Romy began working at Southlake Hospital in Newmarket. He then moved to Toronto after the completion of the new Humber River Hospital to join the team at the state-of-the-art facility. While at Humber River he became an associate professor of plastic surgery, involved in teaching and educating new physicians.





Blepharoplasty

Dr. Romy offers eyelid surgery, also known as blepharoplasty, to enhance the appearance of aged and tired-looking eyes.

Blepharoplasty Goals

Patients choose to have a blepharoplasty to address issues including wrinkling under the eyes, puffy under eye bags, sunken eyes and excess skin on the upper eyelids. Some patients are more concerned with hollowing beneath the eyes, whereas others can be concerned with bags. All patients are seeking a refreshed, energized, open-eyed and healthy appearance.

Blepharoplasty Procedure

There are different, customizable ways to perform eyelid surgery, and you will work with Dr. Romy to choose the one that is best for you.

Typically, small incisions just inside the lower eyelid can remove excess pockets of fat without leaving any external scarring. This type of lower eyelid blepharoplasty can achieve remarkable changes for a person's appearance without leaving visible scarring or obvious signs of surgery. If significant lower eyelid skin is to be removed as well, Dr. Romy creates a small incision on the lower eyelid skin directly underneath the eyelashes to remove the troublesome fat pads and excess skin that are contributing to baggy, tired eyes. The amount of fat and skin that are removed from the lower eyelids are carefully planned to avoid overcorrection. The incision eventually blends with the lash line to be indistinguishable. Upper eyelids will allow for a small ellipse of skin to be removed in the crease

of the eyelid, tightening it, and the incision will naturally hide in that crease.

Blepharoplasty Recovery

The recovery period typically lasts 7-10 days, but we recommend that patients have 2 weeks set aside from regular work and activities so they can relax and recover in comfort at home. You'll see Dr. Romy again within the first week of your recovery for follow up assessment.



* Before and afters are for educational purposes only



Brow Lift

Dr. Romy performs brow lifts often in combination with other procedures. Many people will benefit greatly from mid-face and lower face rejuvenation alone, however in some instances the upper third of the face requires attention. One of the great benefits of a brow lift is the permanent effective result that can be achieved with one treatment versus ongoing treatments with neuromodulators like Botox.

Brow Lift Procedure

A brow lift procedure will take approximately 1-2 hours and is completed under twilight anaesthesia or local anesthetic. Dr. Romy will create an incision that sits behind the hairline at the top of your head to allow for lifting of the forehead skin and access to the underlying tissue.

Coronal Brow Lift

The coronal brow lift is considered the standard approach and offers the most permanent and dramatic results, though it does require a more extensive surgical incision. In certain cases, this type of forehead lift is necessary to do the extensive work and removal of excess tissue that a patient desires. The long incision is made behind the hairline, and may reach from one ear to the other.

Endoscopic Brow Lift

An endoscopic brow lift uses several small incisions behind the hairline to insert an endoscope, or viewing device, into the underlying tissue. This provides Dr. Romy a clear view of the tissue and allows for the specific modifications to be carried out. This approach is

considered to be less invasive than the classic approach and will result in less scar concerns, however the effects may be less dramatic and not as long-lasting as they would be from a more traditional method.

Each approach is tailored to a patient's specific anatomy. A one-on-one consultation with Dr. Romy will help you to appreciate which method will help deliver the results you want.

Brow Lift Recovery

Following your procedure, we will apply surgical dressings to the treatment site, which can typically be removed within 3 days. We'll send you home with detailed guidelines for proper aftercare, including steps for elevating your head and applying cold compresses as

needed to reduce swelling. You may return to your normal routine after 1-2 weeks. We advise that you wait 3-6 weeks before performing more strenuous activities like vigorous exercise. Most healthy patients heal very well with no issues or complication from this procedure. Incision lines are carefully placed in the hairline to hide their appearance and once the scar has matured, it will usually fade to a pale, barely-there line within the hair.





Facelift

Facelift surgery is a very large part of Dr. Romy's practice.

Facial aging is the results of two factors, gravity acting on the facial muscles and loss of volume and thickness of the facial skin and soft tissues.

These changes create folds, depressions and shadows in the face that make us look tired, stressed and simply older.

Goals of a Facelift

Facelift surgery is not meant to change the appearance of your face, but to improve the signs of aging and restore a more refreshed and youthful facial appearance. Patients often feel we have turned the clock back by 10 years or more. When performed correctly by a properly trained and experienced board certified plastic surgeon like Dr. Romy, the procedure achieves

a natural, beautifully revitalized version of yourself.

The Facelift Procedure

Dr. Romy performs facelift procedures using local anesthesia and intravenous sedation, or under general anesthesia. Incisions are usually made around the ears in well-hidden creases, and extend into the hairline. Deep tissues of the lower face are lifted, tightened and sculpted to produce a naturally younger-looking appearance with firmer and smoother skin (see SMAS and deep plane facelift).

Optional Add-ons

Many of our facelift patients also choose to rejuvenate the eye area with a blepharoplasty when they have their other facial surgery, or they add on

fat grafting to bring back the youthful appearance that can be lost as fat atrophies and hollowness begins to appear on the face.

Early Recovery

Facelift patients typically stay overnight in hospital before going home. You should expect to see some swelling and bruising, which can appear quite dramatic but is expected and temporary.

At Home Recovery

We recommend that patients have 2 weeks set aside from regular work and activities so they can relax and recover in comfort at home. After this time, the majority of swelling and bruising will have resolved.

You'll see Dr. Romy again within the first week of your recovery for follow up assessment.



*Before and afters are for educational purposes only



Mini Lift

A mini face lift, or short scar facelift, is a surgical procedure that Dr. Romy performs on patients who are looking to rejuvenate primarily the lower face, and jowls. This procedure can also help to address some of the excess skin around the neck. Many women choose this procedure if they want specific more limited results while keeping the ability to wear their hair back in a ponytail without anyone seeing scars. For this reason, it is also sometimes referred to as an S-lift or even more colloquially as a ponytail facelift.

The Mini Lift Procedure

Dr. Romy performs the mini facelift procedure by repositioning all portions of the lower and central face that are showing signs of aging. The main difference between this type of facial rejuvenation and a full facelift surgery is the length of the incision. The mini facelift involves elevating the overlying skin,

tightening and restoring the muscle layer and contouring and removing excess skin. The mini facelift scar is half the size of the incision normally seen in front of the ear. It also does not require most of the incisions behind the ears so those are eliminated.

The mini facelift achieves natural and impressive results, but is best suited for women in their 40s and 50s. In the 60s and 70s there tends to be a greater amount of skin and therefore a longer scar technique is required to achieve the desired results.

Deep Plane Facelift

The Deep Plane Facelift

The deep plane facelift avoids the problem of the too-tight look of older facelift techniques, which resulted from pulling back the skin. With a deep plane approach, the muscle layer is released from the underlying tissues and repositioned in a natural fashion so as to avoid a too-tight or “pulled back” look.

The “deep plane” is the anatomic area that exists between the SMAS complex (which is muscle and fascia) and the underlying soft tissues of the face. The deep plane facelift focuses on the release and movement of this muscle layer and repositioning of fat pads.

The Deep Plane Lift Procedure

Here, Dr. Romy elevates the superficial skin layer for a short distance then goes below the superficial muscular aponeurotic layer at the level of the mid-face, and below the platysma muscle

at the neck. The structures of the mid-face are lifted vertically, while the deep neck is lifted posteriorly. This separation allows for a natural vector of pull in each desired direction. Excess skin is removed as contour is achieved.



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SMAS Plication Lift

For some patients, a SMAS plication lift is ideal. The superficial muscular aponeurotic system (SMAS) is a layer of fibrous tissues and muscle that begins just in front of and below the ear and extends down to the neck. With age, the SMAS becomes loose and redundant. Drooping of the SMAS creates laxity of the skin along the lower face and jawline leading to jowls, marionette lines, and nasolabial folds.

Traditional facelift techniques generally lift the skin of the face, which can create a tight and unnatural appearance. The SMAS facelift involves tightening the muscle layer and allowing the skin to drape naturally on the muscle. This creates much more natural results that still appear smooth and youthful. Most people considering a facelift want to look younger and refreshed, but not like they have had a facelift. The tight unnatural “windswept”

appearance can be avoided with the SMAS facelift technique.

Candidates for SMAS Plication Lift

Men and women who are showing the signs of aging with droopy, sagging facial skin are typically good candidates for the SMAS Facelift procedure. It is best that candidates are in good health, do not smoke, and don't have medical conditions that impair the healing process.

The SMAS Plication Lift Procedure

A SMAS facelift begins with Dr. Romy releasing the skin from the underlying attachments. Here, at a level above the muscle, the SMAS layer is identified and plicated. This allows for reconstitution of the muscle layer while allowing the skin layer to follow a very natural contour as the excess skin is removed.



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Revision Facelift

Revision facelifts are procedures done after a person has already had a facelift elsewhere. Dr. Romy has extensive experience in revision and corrective facelifts.

Patients who come in for revision facelifts with Dr. Romy have different issues than patients who have not had prior facial surgery. A revision requires special techniques and care because of previous surgical manipulations to the underlying anatomic layers.

Most people seeking a revision facelift had a good result with a previous facelift, however the skin has continued to naturally age over time and a repeat lift is required to maintain the youthful appearance. Although individual factors such as skin elasticity do factor in, most well performed face lifts can last a good ten years.

Less often, a person had a facelift and felt the result was not acceptable because some areas were under treated. Some common concerns are ongoing jowls or continued neck laxity after surgery.

Patients who are overdone with a too-tight or “pulled back” appearance tend to be dissatisfied and often will seek facelift revision procedures as well. If their initial facelift technique placed excessive tightness on the skin, this can lead to unacceptable scars and distortions around the ears.

In a revision facelift, Dr. Romy begins by identifying the techniques used in the initial procedure. This is one of the reasons why its important to seek out a board-certified plastic surgeon with experience in all facelift techniques as well as revision surgeries. Dr. Romy concentrates on the sagging deep tissue that remains after the original superficial facelift. Here, often a deep plane approach is best as it does not over tighten or over pull the skin but can still correct residual jowling, cheek drooping and nasolabial folds in one procedure.

In the case of unacceptable scars, Dr. Romy will assess whether a scar revision can be done or if it will produce greater tension on the new scar and not heal well. In these cases, Dr. Romy will often

revise the facelift with an approach that supports the deeper layers of the face (fascia and muscle) to take the tension off the skin so that the incision can heal with a thin and more acceptable scar.

If you'd like to discuss your revision needs with Dr. Romy, book a consult today.



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Male Facelift

Facelift surgery in men has become increasingly popular and represents a large portion of the facelifts Dr. Romy performs. A male facelift can improve jowling, neck sagging, and restore a natural fullness to the face while maintaining a masculine jawline and minimizing scars for men with short hair.

Goals of the Male Facelift

Like most facelift patients, men considering facelift usually want to look naturally youthful and rejuvenated. Men often request help with jowling and neck laxity, and seek a more defined and masculine jawline. Dr. Romy is proficient in techniques that minimize scarring even for men with short haircuts.

An Individualized Approach

Depending on your area of concern, an isolated neck lift, submental (under chin) liposuction, or mid-face lift may be appropriate for you. The techniques for facelift surgery in men are quite different than those in women. The presence of the beard, choice of incisions, direction of pull, and addressing fat loss are all critically different in the male facelift.

Above all else, a natural look is critical as it avoids facial feminization. A SMAS or deep plane approach is often appropriate for men as they focus on improving laxity in the muscles and fascia of the face while not pulling at the skin which gives an unnatural appearance.



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Neck Lift

Dr. Romy performs neck lift procedures to rejuvenate signs of an aging neck. Some patients with excess sagging skin complain of a “turkey neck.” They can benefit from removal of this excess skin, which smooths out wrinkles and creases of the neck. Other patients are more concerned with the appearance of vertical platysmal bands on the neck. Patients often describe these as “tendons” and are bothered by them. These bands may also occur medially or laterally and start to make their appearance in the latter half of the fourth decade in men and women.

Excess and drooping skin, deep wrinkles, and platysmal bands are common features of an aging neck, and they are very difficult to address with non surgical techniques. When these are a considerable concern, they are best

treated with a neck lift, with or without a facelift procedure. Results are long-lasting and will age naturally with the patient.

The Neck Lift Procedure

The surgical procedure typically takes around 2-3 hours to complete under general or local anaesthesia with intravenous sedation. Dr. Romy creates two incisions around the ears to lift and trim away loose skin and tissue. With an additional incision beneath the chin, Dr. Romy can also access and remodel the neck muscles. This is referred to as a ‘platysma plication’ or a ‘corset platysmaplasty.’ This neck tightening strategy reduces visible sign of aging for a smooth, youthful neck contour. In some cases, liposuction can be combined to remove excess fat from this

area. The neck lift procedure can be done on its own, or in conjunction with other procedures, such as a face lift.

Neck Lift Recovery

The recovery time from a neck lift surgery can vary depending on the extent of the surgery. Sometimes, an elastic garment is prescribed for support and healing purposes that should be worn for the first few days. Any discomfort experienced can be managed with the prescription medication that we provide.

You can expect to see some swelling and bruising, but these side effects will subside and you can appreciate the healed results of your neck lift within a few weeks.

Generally, you should plan to wear scarves or high necked clothing to hide bruising or swelling for the first week or two. Patients can generally appreciate the results of their neck lift after about two weeks, and can then return to their normal routine.



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Rhinoplasty

Goals of a Rhinoplasty

Dr. Romy performs rhinoplasty procedures to change the appearance of the nose, improve breathing or both.

The Rhinoplasty Procedure

This procedure is done under a general anesthetic. When your rhinoplasty procedure is completed, Dr. Romy will close your incisions, apply a dressing within your nasal passage and supply you with splints for protection and support.

Early Recovery

While most people are surprised by how little pain they have after a rhinoplasty, the recovery from rhinoplasty is usually uncomfortable and unpleasant due to swelling and difficulty breathing through the nose in the days following the surgery. It is vital that you make arrangements to

protect your nose for several weeks after a rhinoplasty. To help you relieve pressure and swelling, Dr. Romy advises patients to rest with the head and shoulders elevated. You may feel some discomfort and soreness in your nose, but more commonly patients report a sensation of pressure, which is somewhat relieved as splints and packing are removed.

Later Recovery

The majority of patients are able to go out in public after they get their splint removed, which is typically 1-2 weeks post-procedure. We recommend that you rest and relax for the first week to keep swelling and bruising minimal. By two weeks most of the swelling and bruising has resolved, and you can go back to work. After this though, you will be required to limit the activities that you do (for example, vigorous exercise) as your

body recovers over the following 4-6 weeks. In general, most patients are healed from a rhinoplasty within six weeks.

The Final Results

After surgery you will likely go through a period of weeks to a few months of constantly checking your results. It can become a temporary obsession.

This is natural and expected, as your nose changes almost daily as swelling decreases in the early post-op period.

Plan to be patient for the residual swelling to subside completely. Some patients experience subtle swelling for up to a year after the procedure because of the delicate nature of the nasal tissue.



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Samuel M. M.D.
Plastic Surgeon

Next Steps

Thank you for considering us for your cosmetic surgery needs. The next step if you would like to move forward is to call our office to book a consultation with Dr. Romy.

Feeling comfortable and safe with your plastic surgeon is of utmost importance. Some people choose to meet with several surgeons before they feel comfortable moving forward, whereas others find they 'click' with the first surgeon they meet. Both are reasonable options, provided the patient feels comfortable and confident with the person they decide to work with.

Prior to your appointment, take some time to consider what your areas of concern are. At your consultation, you will have a chance to discuss your concerns and goals, and to what extent Dr. Romy feels he can achieve these for you.

Surgery creates improvement, not perfection. This is very important to realize. The closer you need your result to be perfect in order for you to be happy, the less likely it can be achieved.

For the majority of people, it is not necessary to have a perfect result to be happy with the result. Because the area of concern is improved by surgery, most people are very happy that they proceeded, even when they don't feel they look 'perfect.'

Only you can know to what degree an improved, better looking, but not perfect result will be enough to make it all worthwhile to you. This is a very important question to ask yourself and the answer should influence your decision to proceed with cosmetic surgery or not.

Dr. Romy would enjoy helping you reach your aesthetic goals. He does not offer surgery to anyone if he feels he cannot create sufficient improvement for them to be happy with the outcome. We look forward to seeing you in the future.

We have included a limited number of before and after photos in this pamphlet for educational purposes to help prospective patients better understand the procedures discussed.

We respect our patient confidentiality and any photos you see have been approved by our patients.

If you would like to see more examples of before and after photos, please book a consultation today.



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