

Rejuvenating Lives One Patient at a Time

By: Sara Browning

Advanced facial techniques are creating beautiful and balanced results, providing patients with increased self-esteem and a healthful outlook on life.

Minimally invasive facial rejuvenation procedures enhance facial beauty with less scarring and with results that are subtle—not noticeable. Facial procedures, including brow, eyelid, ear, and nose surgery, increase confidence in men and women and provide them with a natural, refreshed appearance.

Dr. Jeffrey Poulter, M.D., FACS, a board-certified plastic surgeon with Cosmetic and Laser Surgery in Peoria and Bloomington, specializes in non-invasive and invasive facial rejuvenation procedures. “Non-invasive procedures entail the use of Botox, Juvederm and skin-care products,” he says, noting the use of a vascular laser known as a versa pulse laser to remove spider veins on the face. Invasive procedures involve the use of anesthetic and are performed in both the Peoria and Bloomington office.

Good Eye

Individuals with sagging upper eyelids or puffiness below their eyes will benefit from blepharoplasty, or eyelid lift surgery. Blepharoplasty revitalizes the appearance of one of the most attractive facial features. Dr. Poulter says the surgery removes the “redundant skin” of the upper and lower eyelids to improve appearance and vision. However, blepharoplasty doesn't only embellish the eyes.

“Bagging of the cheek bones can be improved with lower eyelid surgery,” according to Dr. Poulter. “As we age, our cheek descends, and the lower lid becomes longer. Eye surgery helps tighten the skin for a smoother, more heightened appearance.”



A type of blepharoplasty known as trans-conjunctival blepharoplasty avoids scarring by approaching the lower eyelid from the inside of the skin. “It's really somewhat of an advanced type of eye surgery. It reduces the fat pockets of the lower lid leaving no scars,” according to Dr. Poulter.

Often combined with eye lifts to improve the appearance of the entire upper face, brow lifts can also help patients look younger and more youthful. Dr. Poulter says “brow lifts tighten and remove muscles and tissues that cause a sagging brow appearance. The procedure gives a lifted appearance to the eyebrows and reduces lines and furrows on the forehead.”

Brow lifts encompass an incision that spans from one ear to the other. The incision is located just behind the hairline to access facial muscle and tissue. An incision in front of the hairline reduces a large forehead.

Candidates for Otoplasty

While eye surgery tends to cater to the elderly population, otoplasty, or ear surgery, services both adults and children (usually between the ages of 4 and 14) with large or protruding ears that may make them the subject of mockery. Dr. Poulter says ear surgery is performed for a number of reasons. "When people have ears that stick out the upper fold of the ear never really folds. As people age, their earlobes can become longer, and they can benefit from an earlobe reduction. I also perform earlobe lasteration repairs for women who have worn big, heavy earrings for much of their life," says Dr. Poulter, adding that re-piercings often follow lasteration procedures.

Otoplasty can restore a more attractive ear appearance by bringing the ears closer to the head and causing them to appear smaller and more proportioned. Those with ears marred by birth defects or injury are also candidates for otoplasty.

A popular choice for hundreds of thousands of Americans each year, rhinoplasty can improve the look of a patient's nose by altering its size and shape, revising the nostrils or adjusting the area between the nose and the upper lip. But rhinoplasty doesn't only serve to enhance appearance. "The procedure can improve breathing, correct a birth defect or restore function following an injury," says Dr. Poulter, adding that the cartilage position may be altered to fix the tip of the nose.

Skin Renewal

While some plastic surgery alters facial appearance in a dramatic way, laser skin resurfacing is an excellent option for patients seeking to revitalize the skin's surface. Dr. Poulter says laser skin resurfacing "improves texture and overall clarity." Skin's clarity may be affected by several factors, including alcohol consumption, diet, smoking, environmental pollution, exposure and genetics. In addition, individuals may develop age spots over the years or have remnants of acne scarring. Laser resurfacing corrects these types of skin damage resulting in "a smoother, clearer and more youthful skin appearance," according to Dr. Poulter. "This procedure is best for patients who desire to look younger but who aren't ready for a facelift."

The Full Facelift

The full facelift—the most complex facial rejuvenation procedure—helps fight the folds, jowls and deep-set wrinkles that settle into the face and neck over the years. Rhytidectomy, or facelift surgery, reduces the visible signs of aging, stress and exposure to the elements that wear on the skin. Tightening facial muscles, removing fat tissue and trimming excess skin combine to create a remarkable new look for patients. Patients may choose to combine facelift procedures with other facial plastic surgery options.

Dr. Poulter says facial rejuvenation is "the wave of the future." "People experience a good outcome, high patient satisfaction and little risk of complication. And that makes them both look—and feel—good."

Dr. Jeffrey Poulter is widely known for his professionalism and understanding of patients' needs. His precise surgical skills, attention to detail and thorough patient care have drawn clients from throughout the Midwest, including Indianapolis, St. Louis and Chicago. For more information on The Center for Cosmetic and Laser Surgery, log onto www.drpoulter.com or contact his Bloomington office at 309-663-1222 or his Peoria office at 309-692-6869.