



PLASTIC SURGERY OF THE FACE
YOUR PERSONAL GUIDE



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ABOUT

VIVIAN HERNANDEZ, MD, FACS



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Dr. Vivian Hernandez has been a board certified plastic surgeon for over two decades, and is a long standing member of the American Society for Aesthetic Plastic Surgery. Combining traditional, proven methods with the latest innovations, she is held in high esteem by both her patients and fellow physicians. Dr. Hernandez is uniquely positioned to provide numerous options for anyone considering facial rejuvenation—from cosmetic surgery to a complete range of non-surgical procedures.

For over fifteen years, Dr. Hernandez has earned her reputation as master of facial rejuvenation. As a physician with an artistic eye, she combines her superior surgical skills with a comprehensive understanding of facial anatomy in order to determine the quintessential course of action for each individual patient. Her lifetime commitment to her medical practice and her aesthetic awareness allows her patients to feel confident in her decision-making process.

“The aging process takes its toll, not only physically, but mentally and emotionally as well. I want to make my patients feel good about themselves again,” says Dr. Hernandez. “I enjoy my work, and with my wonderful staff, I strive to help each individual find the right procedure to restore their self-image and improve their confidence and self-esteem.”

ABOUT THE PRACTICE

With offices located in **Boca Raton, Florida**, Dr. Vivian Hernandez has assembled a team of experienced, highly skilled professionals who share her commitment to provide each patient with exceptional care and information in order to fulfill their desired objective. Each member of the Hernandez team is held to the highest—and strictest—medical and ethical standards, reflecting the values and mission that Dr. Hernandez has created.

The doctor's notable credentials include:

- Certification by the American Board of Plastic Surgery (ABPS)
- Member of the American Society of Plastic Surgeons (ASPS)
- Member of the American Society for Aesthetic Plastic Surgery (ASAPS)
- Fellow American College of Surgeons (FACS)
- Remains on the cutting edge of the latest developments and techniques in facial rejuvenation

"I have structured my practice to be a comprehensive center in the Palm Beach area for women and men seeking to restore and recapture their natural look. My staff and I are personally committed to help individuals look their best, enabling them to enter their mature years with joy and confidence," says Dr. Hernandez.



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WHAT TO EXPECT DURING A CONSULTATION



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Dr. Hernandez establishes each patient relationship with a private meeting or consultation at her state of the art offices located in **Boca Raton, Florida**. These consultations will allow each patient to explain to Dr. Hernandez what they wish to achieve through facial rejuvenation; this in turn gives the doctor the information she needs to guide her assessment and determine the best course of action to deliver their desired results.

During these meetings, the doctor evaluates the patient's concerns and facial condition, taking time to explain all of the available treatment options for their unique circumstances. Personally educating her patients is a priority for Dr. Hernandez, as she seeks to get to know each patient individually and guide them in meeting their goals and objectives. The patient will be able to ask questions about the doctor's practice, discuss the procedure and treatment options being considered, and address any medical concerns they might have as they consider the recommended facial rejuvenation procedure.

The doctor prides herself in meeting personally with each patient, and from initial consultation to subsequent visits, each patient can rest assured that the doctor will be always present in every meeting. ***"I treat every patient the same way I would want to be treated,"*** Hernandez says. ***"And part of that is knowing my doctor is by my side every step of the way."*** Acclaimed by her patients for her sensitive bedside manner, she demonstrates the same attentive care and concern for each individual in a consultation, just as she does before, during and after surgery.

PLASTIC SURGERY OF THE FACE

AN OVERVIEW



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This guide provides detailed information on a variety of cosmetic surgery procedures provided by Dr. Hernandez for facial rejuvenation:

- Facelift
- Mini Facelift
- Neck Lift
- Eyelid Surgery
- Forehead/Brow Lift
- Chin Augmentation
- Ear Lobe Reduction

FACELIFT



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A “**facelift**” often referred to as a lower face lift, focuses on correcting the area from the cheek down—including the neck—and is customized to meet your individual needs and goals.

During a facelift procedure, Dr. Hernandez repositions the underlying muscles—also known as SMAS or superficial muscle aponeurotic system in order to provide a more natural appearance. Unlike the “skin only lift” this technique offers longer lasting results and will not leave a “pulled” or unnatural look.

For those patients who are candidates for an extended SMAS-platysma surgery, Dr. Hernandez is able to advance and reposition the muscular layer to a more favorable location, thus enhancing the contour of the cheek area and jawline; the loose skin is removed without creating any unnecessary tension. This technique allows Dr. Hernandez to remove any droopiness in the jawline and create a fuller cheek area to achieve a more natural and youthful appearance.



MINI FACELIFT



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Unlike a more traditional facelift, a mini facelift is often less invasive and requires fewer incisions. The scope of a mini-facelift varies from patient to patient, and could include limited surgery on the face and minor surgical work on the neck. The procedure requires a small dissection of the muscles in the cheek area, accomplished through an incision along the inside of the ear. Although the basic incisions for a mini-facelift are the same as in a full face lift, they are less extensive while still allowing Dr. Hernandez the necessary access to perform this modified technique.

NECK LIFT



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For most patients, neck surgery is a crucial part of their facial rejuvenation process. Neck lift surgery eliminates the redundant neck tissue, the so-called turkey neck wattle. Traditionally, the lifting of the neck is done in conjunction with a facelift; however, in certain cases a person might require a neck lift without addressing the face. In a neck lift the incisions are hidden behind the ear.

Depending on each patient's needs, Dr. Hernandez may suggest a neck lift in order to tighten the neck muscles, remove excess-fat, and re-drape the skin for a more youthful appearance. During the procedure, Dr. Hernandez smooths out any prominent "cords" in the neck—the unsightly vertical bands of muscles that may extend from the chin down along the front of the neck to the clavicle. In patients with these visible cords, Dr. Hernandez will address the problem restoring a sharper neck angle.



EYELID SURGERY



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Eyes are perhaps our most expressive facial feature, and eyelid surgery is most effective and a long-lasting method for restoring a more youthful, bright appearance. During the initial consultation, Dr. Hernandez examines the eye area in order to determine the correct course of action to improve her patient's appearance.

Eyelid surgery will rejuvenate the eyes and surrounding tissues by removing redundant skin and small amounts of fatty tissue. The incision is made seven to eight millimeters above the lash line of the upper eyelid. Once healed, the scar will be hidden in a natural crease and virtually undetectable. On the lower eyelids the incision is made just below the lashes or inside the lid. The surgery is performed on either the upper or the lower eyelids, or on both depending on the patient's needs.

For those patients suffering from drooping of the eyebrows—causing a tired, sagging look—a combination of eyelid rejuvenation with a forehead lift will correct this condition. Utilizing her many years of training and expertise Dr. Hernandez removes just the right amount of fat and excess skin preserving the normal functions of the eyes.



FOREHEAD/BROW LIFT



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Much like our eyes, the strong muscles in our brows and forehead allows us to communicate our feelings and emotions when they contract. We can wordlessly convey concern, surprise and anger, even flirtation through a raised eyebrow or a furrowed forehead. And while everyone's forehead is unique, the constant muscular contractions we use everyday can create the horizontal frown lines across the forehead or vertical creases between the brows.

Over time, these lines and creases produce a tired, sad or angry look in your face. For many patients, the activity of the forehead muscles also create sagging brows with a hooding appearance to the upper lids.

During your personal examination and consultation, Dr. Hernandez will recommend the type of forehead or brow surgery that is best for you.



CHIN AUGMENTATION



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Many people have anxiety and self-consciousness over their “weak” or receding chins, but few of them realize how quickly and skillfully their problem can be rectified through a simple chin augmentation. The augmentation is performed by placing an implant on the chin, improving the patient’s profile and addressing any bony asymmetries or deficiencies.

Dr. Hernandez’s expert hands and aesthetic sensibility can shape or mold different types of chin implants to enhance the patient’s anatomy, and can be performed alone or in combination with a facelift by Dr. Hernandez in her Boca Raton offices.



EAR LOBE REDUCTION



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If you feel unhappy about the size or shape of your ears, don't worry—you are not alone! Dr. Hernandez has seen countless patients looking for ear lobe reduction or reshaping. During your preliminary consultation, Dr. Hernandez will examine your earlobes and you can discuss your concerns and objectives. Whether you are looking for a lobe reduction or restoration, the surgical procedure will enable Dr. Hernandez to resize and reshape your ear lobes—either by removing the excess tissue of overly prominent earlobes or the closure of earlobes that have been torn or damaged.

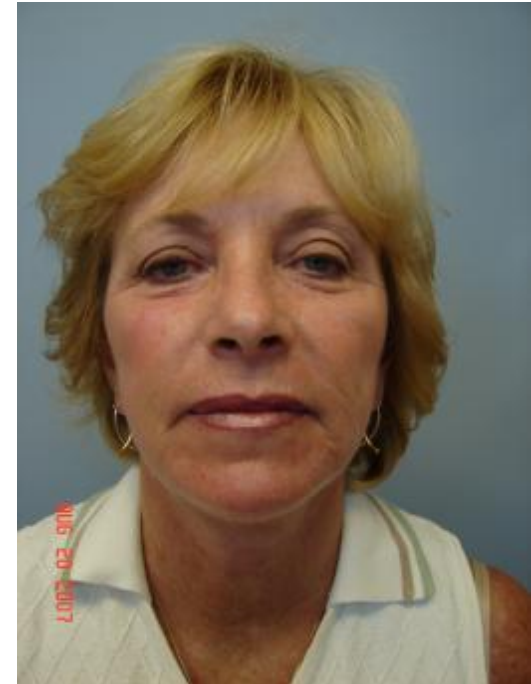
In some cases, Dr. Hernandez will recommend dermal fillers as part of the lobe reduction or restoration procedure. These optional procedures can further enhance the appearance of the ear.



BEFORE & AFTER



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These are images of two lower facelift surgeries Dr. Hernandez has performed. If you are interested in viewing more before and after patient portraits, please view our [Photo Gallery](#).

OTHER RESOURCES



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For more information on Dr. Hernandez and her practice, or any of the procedures listed. Please visit the websites listed below. These resources will help you connect with the plastic surgery community, so you can learn more and ask questions about plastic surgery of the face.

- American Society of Aesthetic Plastic Surgery
www.surgery.org
- American Society of Plastic Surgeons (ASPS)
www.plasticsurgery.org
- Vivian Hernandez, MD, FACS
www.drhernandez.com
- RealSelf
www.realself.com