

## CASE STUDIES



## FACIAL REJUVENATION

This 65-year-old woman had concerns about premature aging of the eyes, face and neck. She underwent an endoscopic browlift, upper and lower blepharoplasty, facelift and necklift to achieve a natural, rested and rejuvenated appearance.

# “helping patients achieve natural-looking results”

STANFORD-TRAINED AND WITH MORE THAN 18 YEARS OF SURGICAL EXPERIENCE, DR. SANJAY GROVER SEES PATIENTS FROM THROUGHOUT THE UNITED STATES, AS WELL AS ABROAD. “PATIENTS ARE EXTREMELY HAPPY TO FIND A SURGEON WHO IS WELL TRAINED AND COMFORTABLE ADDRESSING ALL OF THEIR AESTHETIC REJUVENATION NEEDS.”

## MEET THE EXPERT

## Sanjay Grover, MD, FACS

Diplomate, American Board of Plastic Surgery

## SERVICES OFFERED

Aesthetic Facial Rejuvenation  
 Eyelid Rejuvenation  
 Endoscopic Browlift  
 Rhinoplasty  
 Necklift  
 Autologous Fat Grafting  
 Breast Augmentation / Lift / Reduction  
 Abdominoplasty  
 Liposculpture  
 Labiaplasty  
 CoolSculpting® Fat Reduction  
 Ultherapy® Skin Tightening  
 eMatrix™ Sublative Rejuvenation  
 Exilis® Skin Tightening

## ABOUT DR. GROVER

### WHY DID YOU BECOME A PLASTIC SURGEON?

Because I appreciate beauty and it suits my obsessive and meticulous nature.

### WHAT IS YOUR FAVORITE PART OF YOUR JOB?

I enjoy helping patients achieve their dreams.

### WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

A rock star.

### WHERE SHOULD POTENTIAL PATIENTS GO TO LEARN MORE?

Scan the QR Code below using a smartphone to view Dr. Grover's before-and-after photo gallery.



Scan QR Code



## MEDICAL DEGREE

University of California,  
 San Diego, School of Medicine

## LOCATIONS

Newport Beach, California  
 Beverly Hills, California

## CONTACTS

949.759.9551  
 310.276.4526



To learn more about the practice visit  
[doctorgrover.com](http://doctorgrover.com)

## Sanjay Grover MD, FACS

The Center for Aesthetic  
 Plastic Surgery and MedSpa  
 Newport Beach, California  
 Beverly Hills, California

## ASK DR. GROVER

### WHAT IS THE RIGHT AGE TO UNDERGO EYELID REJUVENATION?

Periorbital aging or aging of the eyes and brow is usually one of the first areas to reveal signs of premature aging. This can occur for many in their late 30s and early 40s. Aging around the eyes may manifest itself by a droopy brow or hooding, excess skin on the upper and lower lids and even protruding fat. Many patients will benefit from an endoscopic browlift and an upper and lower blepharoplasty. However, each patient presents with an individual set of circumstances and may only require one of these components by itself.

### SHOULD YOU WAIT UNTIL YOU ARE IN YOUR 60s TO UNDERGO A FACELIFT?

Facial aging may present itself in one's early 40s with signs of minimal skin laxity, jowling and deepening of the nasolabial folds. This may be exaggerated when one leans forward. Minimal facial aging can sometimes be addressed with nonsurgical options including devices such as Ultherapy, Exilis and ReFirme™, or with injectables including fillers and biostimulants. As aging progresses, a short-scar facelift with limited incisions may be indicated. If greater laxity of the neck skin appears, a full facelift and platysmaplasty (necklift) may be indicated. The desired goal is to achieve a beautiful, natural-looking, rejuvenated appearance with inconspicuous scars.

### Facial rejuvenation options

“My combined approach incorporating surgery, neurotoxins, fillers, biostimulants, lasers and skin care helps me provide my patients with natural-looking results,” Dr. Grover says. With procedures ranging from endoscopic browlifts and bilamellar SMAS facelifts to necklifts, eyelifts and fat grafting, Dr. Grover creates a customized plan for each individual. Nonsurgical devices for facial skin lifting/tightening include Ultherapy®, Exilis® and ReFirme™. Ultherapy's ultrasound treatments allow for gradual lifting of the brow and face (off-label) over the course of three to six months. “Liquid facelifts” are performed with a variety of injectables including neuromodulators (Botox® Cosmetic/Dysport®), fillers (Juvéderm® XC/Restylane®/Perlane®) and biostimulants such as Sculptra®. These different options provide a rested appearance for those not seeking surgery and can enhance those who undergo surgical facial rejuvenation as well. Nonsurgical nose reshaping is achieved with hyaluronic acid fillers such as Juvéderm® and Restylane®, and the appearance of bunny lines can be minimized with the aid of neuromodulators.