



beyond black

Beyond  
Beauty

# Dr. Renato Calabria

**Q Virtually all before and after images on your website include endoscopic brow lift - do you feel this is a procedure integral to most rejuvenation- style surgery?**

**A** The endoscopic brow lift is an intricate part of a complete facial rejuvenation. Often, people overlook the upper third portion of the face and concentrate on the jowls and the neck. A youthful forehead and periorcular area (the area around the eyes) are essential to match the rest of the surgically enhanced face. Furthermore, both surgeons and patients focus their attention on the upper eyelid for the wrong reasons. An overdone blepharoplasty results in a changed shape of the eyes - they become smaller and rounder - a tell tale sign that is difficult to disguise. The endoscopic brow lift will give the patient a much more open and natural look of the eye area, by repositioning the brow and avoiding the "done" look after eyelid surgery.

**Q Please, explain the minimally invasive brow lift - where are the stitches exactly and where is the incision?**

**A** With the minimally invasive brow lift, the incisions are kept hidden in the scalp, so are not visible to the naked eye. Furthermore, because this is an endoscopic technique, the incisions themselves are very small (1-2 cm). Lastly, the side effects, such as swelling, bruising, hair loss and numbness are much lesser than with the traditional brow lift, as is the recuperation time. It is a procedure often used to correct a genetic tendency to a lower brow position in younger patients as early as in their thirties.

**Q Please, explain the difference between the vertical lift v. the horizontal facelift?**

**A** A new trend is taking the plastic surgery world by storm. It is based on a new concept of interpreting beauty and facial rejuvenation. I refer to it as the 'deflation theory'. In the face, the ageing process causes atrophy of the skin and underlying layers while the effect of gravity causes the facial tissues to droop in a vertical direction creating redundant skin and "jowls". The end result is an absolute loss of volume in the face (the deflation effect) and a relative shift of volume from certain areas of the face to other, less desirable ones, such as the nasolabial fold, the jawline, the areas below the eyes and the neck. Traditional facelift surgery attempts to correct the problem by pulling in an unnatural, lateral direction, producing the so-called 'wind-swept look'. Also, conventional facelifts cause a flattening effect on the face by pulling the skin tight. Thus, facial rejuvenation has been plagued for decades by two major mistakes: wrong direction of the pull vector (lateral v. vertical) and the bi-dimensional, skin-only, (flattening) procedure.

If you look at how Botticelli painted Simonetta Vespucci in his Primavera, you can appreciate the 'volume theory' in a youthful, beautiful face. The ultimate goal of facial rejuvenation should be to restore the lost volume resulting from the ageing process. The vertical facelift was conceptualized in the same way Botticelli created his paintings: thinking in a tri-dimensional fashion by restoring volume and, therefore, youthful shape and beauty.

**Q What are your views on the deep plane facelift?**

**A** Deep plane face lifts are a thing of the past: too long in terms of recuperation time, too short in terms of gain for the patient

relative to the investment in time and the inherent risk of nerve injuries. The newer generation of face lifts are now multi-vectorian in direction of pull and volume-enhanced.

**Q Fat injections to the face, and orbital area in particular, are a somewhat controversial procedure because fat is easily re-absorbed and occasionally leaves an uneven surface. Can you explain how you achieve your remarkable results with this procedure?**

**A** Fat grafting has been a controversial procedure because it is very skill-dependent: the great variation in results is subject to who is performing the procedure.

Neither skill nor results are easy to replicate, which makes the issue controversial. The fact that the re-absorption rate varies from 20% to 90% is also a part of the problem. Fat is not easy to inject and can cause irregular contouring and an uneven surface. To complicate things further, if a patient who has had facial injections puts on weight, this is reflected in the face, occasionally creating a bizarre appearance.

The (stem) cell-enhanced facelift was developed to circumvent some of the above problems. A new revolutionary technology, developed in Southern California, allows us to harvest fat and then, through a sophisticated device, process it and isolate regenerative cells, including adult stem cells, blood vessels forming the cells and growth hormone secreting cells. These are separated from the adipose matrix and therefore don't carry the same 'side effects' that fat does. Additionally, the stem cells are much more concentrated.

These regenerative cells then can be re-injected during a facelift or as a stand alone procedure. It is postulated that these cells not only act as a "voluminizing" agent but they could also jump start the rejuvenation process at the cellular level.

**Q Minimally invasive surgery seems to be the buzz word amongst plastic surgeons today. Is this patient-driven?**

**A** Less is definitely more and minimally invasive procedures are in demand, the downtime being as much of a priority as achieving natural results. Nevertheless, patients want to see tangible results. That is why the one stitch facelift has been such a hit among Hollywood celebrities. It is based on an old Hollywood trick that consisted of using scotch tape placed strategically under the hair to pull the skin upward in close-ups. The one stitch face lift is a true lunch time lift done under local anaesthesia with very limited down time, where through a tiny incision at the sideburn a dermal suspension flap is developed and then anchored superiorly, causing flattening of the naso-labial fold and improving the jowls area.

**Q Isn't minimally invasive surgery shorter lived than the classic Smastectomy?**

**A** The classic Smastectomy is a good procedure, but I'd rather not take anything away from the face, instead adding the volume that we have lost through ageing.

**Q Please, explain the limitations of the stem cell enhanced facelift? Presumably the Celution device cannot address gravity in the neck area, for example, or very lax skin. Also, the procedure seems more effective with the use of younger fat cells, which is clearly not an option for older patients.**

**A** The (stem) cell-enhanced facelift has the potential to address the rejuvenation process not only at the tissue level but also at the cellular level - that is the reason why you see a dramatic improvement in the texture of the skin itself along with a younger appearance.

Used in combination with the new generation vertical facelift, it can address laxity in the neck and other problematic areas.

The full potential of this procedure is yet to be discovered: we know the adult stem cells are present in a sort of dormant state as we age, but it appears that once they are placed in a new environment, they react to different stimuli and could play an important role in tissue regeneration.

**Q We accept that everyone ages differently and responds to surgery differently, but what is the maximum number of years a surgeon can reverse the clock by?**

**A** It is really not important how many years we can set the clock back but how we do it. Can we really make somebody look younger or would they always look like an old patient whose face has been lifted? THAT's the key. The trend towards regenerative medicine and its application in surgery may be the key to open the door of eternal beauty.

**Q Beverly Hills is the home of celebrities and celebrity plastic surgeons, yet few and far between are the people in the public eye who admit to having had surgery. Given that most of us colour their hair, replace bad teeth, use make-up and photoshop whenever possible, why is admitting to having had surgery such a great barrier to cross still?**

**A** Celebrities are always going to have a hard time admitting that they've had plastic surgery but, in my opinion, it is rare in Hollywood to cross the "forties" barrier without having anything done. On one hand, celebrities are entitled to their privacy like every patient, yet on the other hand it is a bit hypocritical to claim that their forever young looks are only due to good genes. The general public today is very sophisticated and not easy to fool.

**Q Who in your opinion are the most beautiful woman and man in the world and why?**

**Who has aged most impressively - with or without the help of enhancements?**

**What is your definition of beauty?**

**A** Beauty is an emotion perceived. In my opinion there are two kinds of Beauty:

The "devastating beauty" that is obvious to everyone - the Angelina Jolie kind of beauty. It comes with your genes. It is the perfect beauty: the kind you have been born with, the kind you don't need to work on - you have it and everybody is aware of it.

The second kind of beauty is the imperceptible one: the one you cannot quite figure out. It is the most common beauty, the one you can achieve if you work hard enough. It is a combination of looks, charm, class, mannerisms, intelligence, attitude, health and character.

Plastic surgery can help achieve the second one, but you would only be successful in getting there if you work on the other factors of the equation.

A good plastic surgeon has two essential gifts: the capacity of imagining in the third dimension and the ability to translate this into reality.

Beauty can at times be superfluous but as Orson Welles said, 'We live in a time in which the superfluous is our only necessity'.



« A good plastic surgeon has two essential gifts: the capacity of imagining in the third dimension and the ability to translate this into reality. »



50 years old patient who underwent vertical lower face and neck lift and endoscopic brow lift



45 year old patients s-p short scar face lift



44 year old patient s-p one stitch face lift



49 year old patient s-p one stitch face lift



63 years old patient s-p vertical lower face and neck lift, endoscopic brow lift, fat grafting cheeks, chin implant



49 years old patient s-p (stem) cell-enhanced vertical face and neck lift and endoscopic brow lift

Dr. Calabria graduated from the University of Padua, Italy, one of the oldest and most prestigious medical schools in the world. His post-doctoral training includes two Research Fellowships in Surgery, one at Harbor-UCLA Medical Center and the other at Wadsworth-VA Medical Center in Los Angeles. This was followed by a Residency in Pathology at Wadsworth-UCLA Medical Center. After completing five years of General Surgery training at Kern County-UCSD Medical Center, Dr. Calabria moved to the Bay Area where he trained in Plastic and Reconstructive Surgery at St. Francis Memorial Hospital in San Francisco, the oldest Plastic Surgery Training Program on the West Coast. He then moved back to Beverly Hills where he has been practicing since 1995.

TV media has also recognised Dr. Calabria's expertise in cosmetic surgery by featuring him on CBS News, NBC News, Extra, Inside Edition, KTLA News, Channel 9 News, The Insider, VH1, The WE Channel and the Tyra Banks Show.

Dr. Calabria has also been invited to be on the faculty of numerous aesthetic workshops in the US and Europe. He has been at the forefront of endoscopic facial plastic surgery, referred to as "Minimally Invasive" surgery, participating in various panels on the subject. He is a Member of The Editorial Board of Body Language Magazine.

Devoting time to help children with congenital defects has always been one of Dr. Calabria's priorities. He has participated in several third world missions, mostly in Central and South America, where he has performed hundreds of reconstructive surgeries.

Dr. Calabria's procedures have been profiled by national and international media and have earned him a reputation of a true artist surgeon. His is a select, high profile boutique practice with locations in Beverly Hills, Palm Springs, Rome and Milan whose patients appreciate his Italian sense of aesthetics and beauty.

Dr. Calabria's work doesn't scream "FACELIFT" - no exaggerated lips and breasts or tightly pulled facial skin.

His approach and philosophy are summed up by: 'Never too excessive, never too flamboyant.'

He favours the natural, "not done" look.

Plastic surgery has come a long way over the past few decades. Says Dr Calabria:

'Some procedures are carried out for the purpose of giving a patient new or renewed confidence. While many patients have become blasé about having plastic surgery, for the majority of people it is a decision not to be taken lightly. If you are seriously considering plastic surgery you need to educate yourself about the procedure you are considering. If you know someone who has had the same procedure, by all means talk to that person. Most reputable plastic surgeons would introduce you to patients who have already undergone the procedure you are considering.'

The internet is a great source of information. I, in common with fellow plastic surgeons, have developed [www.drcalabria.com](http://www.drcalabria.com) for the purpose of providing adequate information to prospective patients so that they don't rely on hearsay alone. I would encourage you to investigate a surgeon's credentials, to seek a second opinion and to never choose a surgeon based on price alone. Practically any doctor can perform plastic surgery, but not every doctor can perform it well!!'

Dr. Calabria is Board Certified by The American Board of Plastic Surgery. He is a Member of the American Society of Plastic Surgeons, a Fellow of the American College of Surgeons, and a Fellow of the Royal Society of Medicine in London. He is also a Member of the Los Angeles Society of Plastic Surgeons. Dr. Calabria is part of the Voluntary Faculty of the Department of Plastic Surgery at the University of Southern California where he teaches residents the latest techniques in cosmetic surgery.

Dr. Calabria has authored and co-authored numerous publications and lectured at national and international meetings including the American Society of Plastic Surgery, The California Society of Plastic Surgeons, The American College of Surgeons, the Italian-American Society of Plastic Surgeons. He is a leading expert in his field and has been interviewed for articles that have appeared in The Wall Street Journal, The Los Angeles Times, USA Today, Forbes Magazine, Vanity Fair, Vogue, LA Confidential, Glamour, Cosmopolitan, People Magazine, In Touch Magazine, Star Magazine, More Magazine, US Weekly, Men's Journal, The National Enquirer, Repubblica, L'espresso, Class, Anna, Oggi, Gente, Bunte, Chi, Diva e Donne, and many more.



56 year old patient (my mother-in-law) s-p vertical lower face and neck lift and endoscopic brow lift. Centre: my mother-in-law at 30

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