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Dr. Renato Calabria

## THE ONE-STITCH FACE-LIFT: THE LATEST BREAKTHROUGH IN PLASTIC SURGERY

THE ONE-STITCH FACE-LIFT IS THE LATEST PROCEDURE CREATED BY BEVERLY Hills plastic surgeon **Dr. Renato Calabria**, architect of the popular "vertical face-lift." It follows the trend of minimally invasive procedures for facial rejuvenation and has been featured on CBS News, Fox News Channel, TV Guide and several international magazines. *Brentwood Magazine* visited Dr. Calabria in his Beverly Hills office.

**Brentwood Magazine:** What is the one-stitch face-lift?

**Dr. Calabria:** The one-stitch face-lift is a minimally invasive surgical procedure geared to rejuvenate the face in a very natural way.

**B:** How did you come up with the idea?

**RC:** It was an old Hollywood trick from before the plastic surgery era. Actresses used Scotch tape placed in strategically positioned areas on the temple and behind the ears (camouflaged by makeup and hair styling) to pull the slackened skin up and backward, making them look younger for their big-screen close-ups. I thought, 'Let's find a way to recreate the same effect, but more permanently and with less visible risk.'

**B:** How do you achieve that?

**RC:** The one-stitch face-lift uses a specially created suture that is inserted through a small incision in the temporal hairline, looped in the dermis of the sideburn and then anchored deep at the incision site. The effect is similar to what happens to your face

when you place a finger on your cheek and pull up. I'll bet everyone over 35 has done that in the mirror!

**B:** Does it require general anesthesia?

**RC:** The procedure is a true lunchtime face-lift. It is done under local anesthesia and does not require any sedation, so you can drive yourself to and from the office.

**B:** What about downtime?

**RC:** The one-stitch face-lift is so minimally invasive that you can go back to work the next day. Swelling is minimal and there is no bruising. The only caveat is that you will need to wear your hair down for a few days to cover the sideburn where the skin will appear slightly puckered. Everything will smooth out in a week or two.

**B:** What is the difference between the one-stitch face-lift and trendy thread procedures?

**RC:** In my opinion, the placement and the positioning of the



*Before and after results on patient Donna Spangler*

stitch are essential in creating a longer-lasting result. Of equal importance is how much purchase it has on the dermis. Usually, with other thread procedures, the stitch is placed through little bites on the dermis, and a few weeks later the tension causes the thread to pull through and the skin to drop. The bite of the one-stitch face-lift is extensive and appears to have, at least in my hands, a longer-lasting result. Also, in my professional opinion, in the traditional thread-lift there is more potential for puckering and dimpling on the skin in the face. Conversely, in the one-stitch face-lift, any potential puckering problems are camouflaged in the scalp and are therefore not visible.

**B:** What is the cost of the procedure?

**RC:** The one-stitch face-lift starts at \$5,000.

**B:** Is anybody a candidate for the one-stitch lift?

**RC:** Everyone is a candidate, though if the focus of the rejuvenation is the neck, a concomitant procedure might be needed to better address the laxity of the neck.

Dr. Renato Calabria is a board-certified plastic surgeon in Beverly Hills. His latest techniques are often featured in the media. For more information, go to [www.verticalface-lift.com](http://www.verticalface-lift.com) **B**



*Before and after results on patient Darcy Ludvig*

*Crime seems to be getting worse, and always doubles around the Holidays.*

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