



Uplifting Appearance Restored

The periorbital area is one of the most expressive areas of the face. Consequently, it is also one of the first areas to show signs of aging.

As Assistant Clinical Professor at both Georgetown University Medical Center and George Washington University, Dr. Csaba L. Magassy has combined endoscopic technology and surgical expertise to reduce the visible signs of aging around the eyes and forehead.

According to Dr. Magassy, "many patients are seeking to replace an overall perception of fatigue or 'tiredness' with a more alert, well rested appearance."

As we age, gravity and the environment combine with changes at a cellular level to slowly diminish the elasticity of the skin and the support of underlying facial muscles. These factors directly contribute to furrows and facial lines. With current advances in endoscopic surgery, facial rejuvenation can now be realized through a less invasive approach.

The development of the endoscopic forehead/mid-face lift provides an alternative to the traditional, open approaches for altering sagging eyebrows (eyebrow ptosis), "droopy" upper eyelids (dermatochalasis), and horizontal and vertical forehead lines.

In the past, a single, lengthy "coronal" incision that ran from ear to ear was often how the traditional procedure would begin. Since the scalp is so rich in blood vessels, the surgical procedure would take several hours and postoperative recuperation would take many weeks.

Today, endoscopic surgery of the forehead and mid-face is performed through several small incisions, each 1-2 centimeters in length and placed just behind the hairline. Endoscopic surgery causes minimal tissue damage and blood loss, resulting in reduced postoperative bruising and swelling, and a much faster healing period.

Dr. Magassy believes that the endoscopic/mid-face procedure is the single best operation available to rejuvenate the upper face. "Unlike conventional coronal lifts, which were performed horizontally by pulling the skin back to the ears, the endoscopic lift works vertically, reversing the effects of gravity and eliminating brow ptosis and mid-facial sagging," he says.

This technique is made possible by the use of the endoscope, according to Dr. Magassy. The endoscope is a thin tube-like structure with nine lenses, a fiber optic light source, and a microchip camera device that illuminates the tissues and transmits full-color images onto a television monitor. Inserted into the tiny incisions, the pencil-thin instrument leaves behind nearly invisible scars. Additional implements are introduced through the other small incisions to manipulate, cut, sew, and reattach tissues in the thin space between skin and skull.

In addition to excellent hand-to-eye coordination, surgeons in other specialties would agree that the development of an optical cavity is also essential for successful endoscopic surgery. Without the luxury of a natural body cavity like a joint space or the peritoneum, the plastic surgeon must have experience in using an endoscope with a retractable sleeve, which actually creates the optical cavity. This is one area where experience plays a vital role.

Through a 90-minute procedure, Dr. Magassy can eliminate forehead "worry" lines and restore the eyebrows to their original youthful level. Furthermore, the procedure is performed without a hospital stay as an outpatient at the doctor's private surgery center. The patient can fully recuperate at home, returning to normal daily activities within 2 days and returning to work within 10-14 days.

Having performed well over one thousand endoscopic surgeries, Dr. Magassy can confidently state that "endoscopic facial surgery is a significant advancement for plastic surgery at the end of this century and will continue to be well into the next millennium".

Csaba L. Magassy, M.D. has been recognized in *The Best Doctors in America* for plastic surgery. He provides a comprehensive range of reconstructive and cosmetic procedures.

For more information, please call (301) 657-1850 or visit www.artcosmeticsurgery.com.



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Photography by Keith Wellner

Dr. Csaba L. Magassy evaluates a patient's facial structure.