

DR. ANITA MANDAL

MANDAL PLASTIC SURGERY CENTER, PA
PALM BEACH GARDENS, FLORIDA

American Board of Otolaryngology /
Head and Neck Surgery

American Board of Facial Plastic
and Reconstructive Surgery



HOW DO YOU PREVENT A SURPRISED LOOK AFTER EYELID SURGERY?

I avoid taking too much upper eyelid skin. I measure and mark the upper eyelid prior to surgery with the patient sitting upright, since once you lie flat, the tissue shifts. Once marked, I test eyelid closure to ensure they close comfortably. Even a 1-mm error in eyelid markings can be the difference between a good and unsatisfactory result. I've performed thousands of eyelid lifts, and precision equals success.

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WHAT STEPS DO YOU TAKE TO AVOID A "PULLED" OR "OVERSTRETCHED" LOOK AFTER FACELIFT SURGERY?

Regardless of whether I'm doing a minilift or traditional facelift, I always address SMAS, the muscle and fibrous layer under the facial skin. Tightening and lifting underlying muscle followed by even skin redraping, rather than pulling of skin, is key to a natural result.

1

WHAT IS YOUR APPROACH TO MAKING THIN LIPS FULLER WITHOUT LOOKING OVER-PLUMPED OR UNNATURAL?

I carefully evaluate lip size and shape to determine the maximum amount of filler a lip can tolerate before it becomes distorted. Since a thin or small face won't match very full lips, assessing overall facial balance is equally important when filling lips.

2

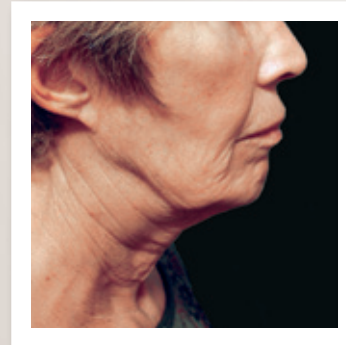


WHISPER LIFT™ PATIENT TESTIMONIAL

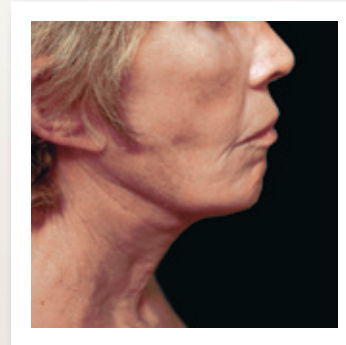
"I instantly fell in love with Dr. Mandal. My attention was very personalized and why I chose her out of several doctors. The biggest thing I was afraid of was not looking natural. After seven days, I was back to normal. I started telling everyone. I didn't care, I looked really good. I am in my 50s, and I feel youthful and pretty. She's skillful, talented and amazing at what she does."

—Beth Webster, from Jupiter, Florida

BEFORE



AFTER



▶ WHISPER LIFT™

Desiring correction of her sagging face and neck tissues that made her appear aged and tired, this patient sought Dr. Mandal for a Whisper Lift.

ABOUT ANITA MANDAL, MD

SERVICES

- Ulthera®
- Eyebrow Transplants
- Whisper Lift™
- Botox®
- Hair Transplants
- Sculptra®
- Eyelid Lift
- Rhinoplasty
- Facial Contouring
- Lip Enhancement
- Necklift
- Browlift
- Restylane®
- Perlane®
- Radiesse®

ANYONE RESEARCHING HER KNOWS SHE'S BEEN PRACTICING 16 YEARS, SPECIALIZES EXCLUSIVELY IN THE FACE AND HER SURGICAL CENTER OVERLOOKS A BREATHTAKING MARINA. "WHILE I PERFORM SEVERAL HUNDRED FACE AND EYELID LIFTS A YEAR," MANDAL SAYS, "PATIENTS SEEK ME OUT FOR MORE THAN WHAT MIGHT ONLY IMPRESS OTHERS ON THE SURFACE. I'M AN OUTSIDE OF THE BOX THINKER AND BELIEVE THAT 'LIKE ATTRACTS LIKE.' I'M ALWAYS CREATING UNIQUE SOLUTIONS FOR PATIENTS WHO'VE BEEN ELSEWHERE AND THOUGHT THEIR CASE WAS HOPELESS OR WEREN'T SATISFIED WITH THE RESULTS. BY THE TIME THEY FIND ME, THEY'VE LEARNED TO USE THEIR OWN JUDGMENT RATHER THAN TAKE A DOCTOR'S WORD FOR IT. I LOVE THIS BECAUSE THEY CAN SEE THE VALUE OF WHAT I HAVE TO OFFER, EVEN IF IT DIFFERS FROM THE MAINSTREAM. IT'S NOT THE LATEST TECHNIQUE THAT COUNTS, BUT HOW A SURGEON USES IT FOR CONSISTENTLY SATISFYING RESULTS. IT PUTS A SMILE ON MY FACE WHEN A PATIENT TELLS ME: 'I'VE FINALLY FOUND WHAT I'VE BEEN SEARCHING FOR.'"

WHAT IS THE WHISPER LIFT™?

I developed the Whisper Lift for patients who don't want extensive anesthesia or aggressive surgery. This safe, effective surgical procedure lifts sagging jowls and neck with the benefits of local anesthesia, less downtime and shorter incisions for natural-looking, lasting results.

WHAT ARE THE BENEFITS OF BROW TRANSPLANTS?

Unlike a surgical browlift which mainly raises the brows, an eyebrow hair transplant can not only raise the brow line, but also reshape the brow itself, as well as change the size of the brows. Eyebrow transplants are permanent, less invasive and done with local anesthesia.

HOW CAN ULTHERAPY ENHANCE RESULTS?

For a nonsurgical approach, I combine Ulthera to lift sagging tissue, with Sculptra to fill facial hollows, and Botox or Restylane to soften wrinkles. For significant sagging, I use Ulthera weeks before surgery to stimulate tightening of residual areas not fully corrected with a facelift.

MEDICAL DEGREE
Wayne State School
of Medicine

LOCATION
Palm Beach Gardens,
Florida

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▶ To learn more about the practice visit
mandalplasticsurgery.com