

C. C. Kao, M.D.

A Fresh Look at Youth and Beauty

By Jill Garneski

The signature practice of Dr. C. C. Kao is one of sharing his philosophy on the beauty of the human face with his patients, and how he accomplishes the look of elegance, balance and harmony using the art and science of plastic surgery.

Dr. Kao appeared on The Discovery Network's Learning Channel last fall, in a show featuring the Endoscopic Makeover, in which the eyebrows, eyelids, cheeks and jowls were lifted without visible incisions on the face. The surgery uses a small fiberoptic camera that is inserted through a one-inch incision, behind the hairline, which allows the Doctor to visualize the structures inside the face.

The advantages of having an endoscopic procedure make aesthetic sense. For starters, there is no incision around the eye or in front of the ear. And, the pull is in a vertical direction which gives a more natural appearance.

Through a tiny set of very well hidden incisions in the scalp, all the following can be achieved:

- Forehead lift, smoothing the wrinkles of the forehead.
- Treatment of frown lines. (No more Botox!)
- Browlift.

relaxed. We talked about pretty faces and his State-of-The-Art Techniques.

JG Your patients all have different needs and desires. Can you tell me more about your fresh approach to surgery?

DK I don't do the same operation for every patient. What I have is a repertoire of different techniques. When I see a particular problem that a patient may complain about, I know with my hands what will work well and what won't. The fun part for me is to customize a plan for the patient. My goal is to not only help someone look younger, but also prettier.

JG What are some common problems associated with a traditional facelift?

DK A traditional facelift usually involves an incision which starts from the side of the head, going either in front or behind the tragus of the ear, then around the earlobe and off into the hairline.

The direction of pull is directly horizontal. Although, beautiful results can be achieved, some telltale signs can give the patient away:

the neck and jowls, but does not treat the brow or the cheek area. With the endoscopic approach, the brows, eyelids, cheeks and lower face moves together all at once in a vertical direction, it is not broken up and the redraping of the face is harmonious.

JG How early do you recommend endoscopic surgery?

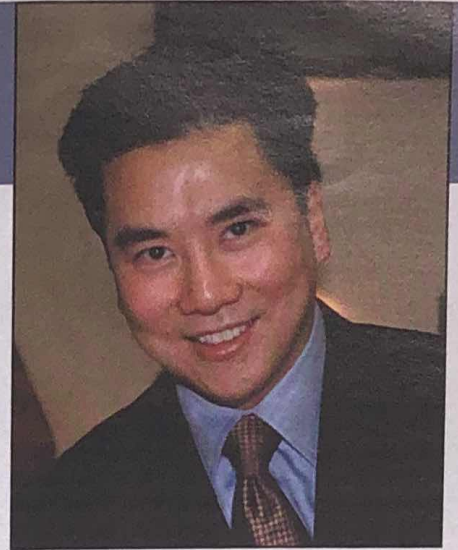
DK Early signs of aging usually begin at age 30. The brow droops and gathers skin on the upper eyelid area. The cheeks

descend creating nasal labial folds and leave a hollow groove underneath the eyelid and cheek junction.

To correct these problems with a traditional open browlift or facelift would require excessive incisions. The endoscopic approach is ideal for this patient

population, because, these problem areas can be accessed and treated with minimal incisions.

"I practice in Southern California because it is the cutting edge of plastic surgery. There are many qualified plastic surgeons here and competition tends to breed excellence."



DK The reason I practice in Southern California is that, it is the cutting edge of plastic surgery. There are many qualified plastic surgeons here and Competition Tends to Breed Excellence. The patient population is demanding and there is little room for error. You have to excel at what you do, especially on the face.

Dr. Kao graduated from Medical School at the University of Washington, Seattle, where he completed a five year surgery program and received his Board Certification from the American Board of Surgery. He quickly developed an interest in surgical endoscopy and was a member of the clinical teaching staff at the University Center for Videoendoscopic Surgery. He completed a three year plastic surgery program at the University of Southern California and continues to expand his interest in Endoscopic Facial Plastic Surgery as he helps to teach at the Endoscopic Plastic Surgery Educational Seminars in Los Angeles. Dr. Kao also performs all aspects of plastic surgery including: Cosmetic and reconstructive breast surgery, liposuction, laser resurfacing, tummy tucks and nasal surgery.

Please visit:
www.ckplasticsurgery.com
For More Before and After Photos.

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1301 20th Street
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1200 Rosecrans Avenue
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Endoscopic facelift, with limited incision necklift, and fat contouring.



Endoscopic makeover with lip enhancement.

- Upper blepharoplasty.
- Lower eyelid reshaping.
- Cheeklift/midfacelift.
- And, lifting of the Jowls.

For patients with redundant neck skin, a Limited Incision Necklift can be performed with incisions just behind the ear, thus avoiding any incision on the face.

I recently caught up with Dr. Kao. And, as we sat in his well balanced and beautiful office, I immediately felt

An unnatural looking tragus (the little cartilage in front of the ear), or excessive scarring in this area. Raised sideburns or forehead hairline. Step-off the hairline in the posterior neck. The "wind tunnel" effect around the mouth.

JG Why do you think it is important to work with the entire face as opposed to doing just the eyes, the jowls, etc?

DK The traditional facelift, where the skin is pulled to the side, is effective for

JG Why do you prefer lifting the brow rather than cutting skin and fat from upper eyelids?

DK As we age, skin on the upper eyelids become droopy because the brows come down. We don't grow extra skin and fat that need to be cut and removed. The right thing to do is to lift the brow and redrape the skin of the upper eyelid.

JG Why did you decide to practice in Southern California?