

# FIGHT AGING

## at Bay Medical

When it comes to a youthful appearance, the eyes and skin are the areas you should consider priorities. Bay Medical has the experts on staff who can rejuvenate your aging features.

“The eyes are the most important part of our face and, unfortunately, are also where the signs of aging first appear,” says Adil Ceydeli, M.D., MS, plastic surgeon on staff at Bay Medical. “Aging is not preventable, of course, but the appearance of aging can be lessened depending on what steps you take.”

### SURGERY OPTIONS

Standard procedures such as face-lifts tackle wrinkles by pulling the skin upward, but do not address the underlying supporting structures that have fallen and allowed the skin to droop in the first place. Because of this, the procedure may need to be redone as the skin re-stretches over time. Dr. Ceydeli offers a better solution.

“I offer patients total rejuvenation by looking at the underlying structures of the face in three sections—upper, mid, and lower. For example, if I lift a droopy eyebrow, I can better assess what needs to be done with the eyelid. From there, I can elevate the cheek fat pad to where it belongs,” says Dr. Ceydeli. “It’s not so much about stretching the skin as it is lifting and filling for a more youthful, natural look.”



### MINIMALLY INVASIVE

If major surgery isn’t for you, Bay Medical physicians also offer numerous minimally invasive options. These procedures include BOTOX injections, which partially paralyze the facial muscles that create frown lines, forehead lines, and crow’s feet; chemical peels; and resurfacing laser treatments that improve discoloration and wrinkles.

“I’m particularly excited about a new infrared laser treatment called Titan, which actually tightens the skin in areas gravity has pulled down,” says Jon R. Ward, M.D., board-certified dermatologist on staff at Bay Medical. “After three treatments, it can rejuvenate areas like the neck, and it even has been used to improve the appearance of the abdomen after pregnancy.”

*For more information about Bay Medical physicians who offer these procedures, call (850) 747-6100.*



Adil Ceydeli, M.D.



Jon R. Ward, M.D.

### PLASTIC AND RECONSTRUCTIVE SURGEONS ON STAFF AT BAY MEDICAL

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