

# Clevens Face & Body Specialists - Comprehensive Knowledge Base

## Practice Overview

**Clevens Face & Body Specialists** is a renowned specialty plastic surgery group and medspa located in Florida, offering an extensive range of cosmetic and reconstructive procedures. Founded by Ross A. Clevens, MD, FACS, the practice has been serving patients in Central Florida and beyond for more than 25 years.

## Mission & Philosophy

The practice believes that true beauty comes from feeling confident and radiant in your own skin. They are dedicated to providing personalized treatments tailored to unique needs and goals, whether for subtle enhancement or transformative procedures.

## Key Achievements

- Named one of the nation's top healthcare firms in the 2018 American Business Awards
  - Voted the Best Cosmetic/Plastic Surgery Center in the 2024 "Best of the Best Community Choice Awards" by Florida Today
  - Dr. Clevens earned the RealSelf Hall of Fame Award for high ratings and commitment to patient education
- 

## Locations & Contact Information

### Primary Offices:

- **Melbourne, Florida** - Main location
- **Merritt Island, Florida** - Secondary location
- **Orlando, Florida** - Extended service area

**Service Area:** Brevard County, Florida, approximately one hour east of Orlando and Central Florida

### Contact Information:

- **Phone:** 321-727-3223

- **Accessibility Manager:** 321-727-3223 (for ADA accommodations)

#### **Consultation Options:**

- In-person consultations at both Melbourne and Merritt Island offices
  - Virtual consultations via WhatsApp or FaceTime
  - Online appointment booking available
- 

## **Medical Team & Providers**

### **Ross A. Clevens, MD, FACS - Founder & Medical Director**

- **Education:** Yale, Harvard, and University of Michigan
- **Credentials:** Double board-certified facial plastic surgeon, Fellowship-trained
- **Specialization:** Facial plastic and reconstructive surgery
- **Experience:** 25+ years in Central Florida, over 20,000 surgeries performed
- **Recognition:**
  - American Board of Facial Plastic and Reconstructive Surgery (ABFPRS) certified
  - RealSelf Hall of Fame Award recipient
  - International speaker at facial plastic surgery meetings
- **Signature Procedures:**
  - Clevens Instant Liquid Rhinoplasty
  - Laser Weekend Necklift
  - Signature Eyelid Lift™

### **Phillip Barbee, MD**

- **Credentials:** Double Board-Certified surgeon
- **Specialization:** Facial plastic and reconstructive surgery
- **Training:** Advanced fellowship under Dr. Clevens' mentorship
- **Experience:** Nearly 10 years of surgical training
- **Expertise:**
  - Facelift, rhinoplasty, eyelid surgery
  - Nonsurgical laser skin rejuvenation, Botox, fillers
  - Complete skin cancer care and reconstruction
- **Known for:** Artistry with facial surgery and natural-looking outcomes

### **Andrew McGregor, MD**

- **Credentials:** Board Certified by American Board of Plastic Surgery and American Board of Surgery
- **Specialization:** Breast surgery and body contouring procedures

- **Experience:** Over a decade of experience, 1,200+ cases during residency
- **Expertise:**
  - Breast augmentation, breast lift, breast reduction, breast implant exchange
  - Abdominoplasty (tummy tuck), arm lift, thigh lift
  - Signature "Liponique" liposuction approach
  - Mommy Makeovers
- **Philosophy:** Patient-centered approach focusing on comprehensive care

## **Medical Aestheticians & Support Team**

### **Samira Caraballo, PA-C**

- Board-certified and fully licensed physician's assistant
- Master injector specializing in nonsurgical cosmetic rejuvenation

### **Jurry (Master Injector & Laser Specialist)**

- Nearly 20 years experience in clinical and aesthetic medicine
- Specializes in precision injections and laser treatments

### **Christina (Licensed Medical Aesthetician)**

- 20+ years experience in skincare
- Specializes in post-operative patient care and recovery

### **Cristine Cook (Medical Aesthetician & Laser Technician)**

- Nearly two decades in healthcare and aesthetics
- Specialized training in cosmetic dermatology

---

## **Facial Procedures**

### **Surgical Facial Procedures**

#### **Facelift Options:**

- Traditional Facelift
- Mini Facelift
- Deep Plane Facelift
- S-Lift
- Express Lift
- Ella-Lift (signature facelift experience)
- Addresses wrinkles, sagging facial tissues, nasolabial folds, jawline, jowls

**Neck Procedures:**

- Neck Lift (lower rhytidectomy)
- Laser-Assisted Weekend Neck Lift
- Signature Profile Neck Lift
- MyEllevate® nonsurgical neck lift
- Addresses excess fat, jowls, and aging signs in neck and jawline

**Rhinoplasty (Nose Surgery):**

- Traditional surgical rhinoplasty
- Revision rhinoplasty (secondary rhinoplasty)
- Septoplasty for deviated septum
- Addresses size, proportion, breathing issues, nasal humps, crooked nose

**Eyelid Surgery (Blepharoplasty):**

- Upper and lower eyelid surgery
- Dr. Clevens' Signature Eyelid Lift™
- Addresses droopy eyelids, excess skin, and aging around eyes

**Other Facial Procedures:**

- Brow Lift and Forehead Lift
- Chin & Cheek Augmentation
- Dimple Surgery
- Ear Surgery and Earlobe Repair
- Lip Lift
- Facial Feminization Surgery
- Facial Plastic Surgery for Men
- Revision Plastic Surgery

**Non-Surgical Facial Procedures****Clezens Instant Liquid Rhinoplasty:**

- Signature procedure created by Dr. Clezens
- 10-15 minute treatment using injectable dermal fillers
- Immediate results lasting up to two years
- No downtime or recovery period required

**Injectable Treatments:**

- Botox and neuromodulators
- Dermal fillers
- C-Lift "liquid facelift"

- Kybella for double chin elimination

#### **Laser and Energy-Based Treatments:**

- Most extensive laser technology collection in Central Florida
- Laser skin resurfacing
- IPL photofacial
- Laser hair removal
- FaceTite skin tightening
- AccuTite for precision contouring

#### **Advanced Non-Surgical Options:**

- Silhouette InstaLift
  - Express Lift™
  - Ellacor (FDA-cleared for excess skin removal)
  - CoolSculpting ELITE for facial fat reduction
- 

## **Breast Procedures**

### **Surgical Breast Procedures**

#### **Breast Augmentation:**

- Increases breast size using implants
- Implants placed beneath breast tissue or chest muscles
- Customized to personal cosmetic goals

#### **Breast Lift (Mastopexy):**

- Addresses drooping and sagging
- Improves fullness, shape, and appearance
- Creates more shapely, perky bust

#### **Breast Reduction:**

- Addresses overly large breasts
- Relieves physical discomfort and cosmetic concerns
- Improves breast and nipple shape, size, position
- Reduces back pain, neck pain, skin irritation

#### **Breast Implant Exchange:**

- Replacement of existing implants

- Updates size, type, or addresses complications
- Achieves preferred look and feel

#### **Male Breast Reduction:**

- Addresses gynecomastia
- Creates more masculine chest contour
- Improves overall quality of life

#### **Breast Procedure Combinations**

- Often combined with other procedures in Mommy Makeovers
  - Can be performed with facial procedures for comprehensive transformation
  - Customizable based on individual goals
- 

## **Body Contouring Procedures**

### **Surgical Body Procedures**

#### **Tummy Tuck (Abdominoplasty) - Four Types:**

- 1. Traditional Abdominoplasty:**
  - Removes oval/ellipse-shaped wedge of loose skin
  - Hip-to-hip incision line below navel
  - Tightens abdominal muscles
- 2. Hybrid Abdominoplasty:**
  - Flexible, fully customizable approach
  - Pentagonal incision creating "central tunnel"
  - Exposes musculature up to rib cage
  - Preserves vascularity for better healing
- 3. Fleur-de-lis Technique:**
  - Ideal for massive weight loss patients
  - Addresses horizontal excess skin extending to back, flanks, buttocks
  - Includes vertical component for hourglass shape
- 4. Mini Tummy Tuck:**
  - Less extensive procedure
  - Addresses lower abdominal concerns

#### **Liposuction - "Liponique" Signature Approach:**

- Customizable combination of liposuction and body sculpting technologies
- Uses latest laser devices for optimal results
- Targets stubborn fat resistant to diet and exercise

- Can remove up to five liters of fat safely
- Treatment areas include: abdomen, hips, waist, back, thighs, knees, buttocks, arms

#### **Additional Body Procedures:**

- Arm Lift (Brachioplasty)
- Thigh Lift
- Body Contouring After Weight Loss
- Brazilian Butt Lift alternatives

### **Mommy Makeover**

#### **Comprehensive post-pregnancy body restoration including:**

- Customizable combination of procedures
- Most common combinations:
  - Tummy tuck + breast augmentation/lift
  - Liposuction + breast procedures
  - Multiple areas addressed in single surgery session

#### **Benefits:**

- Minimizes downtime by combining procedures
- Addresses all areas of concern simultaneously
- Performed by specialized breast and body surgeons
- Incisions placed to be concealed under clothing/swimwear

**Cost:** Typically \$15,000 and up (varies based on procedure combination)

### **Non-Surgical Body Treatments**

#### **CoolSculpting ELITE:**

- Non-invasive fat reduction
- 20-25% fat reduction in treated areas
- Results visible in 1-3 months
- Multiple treatment areas available

#### **CoolTone:**

- Magnetic muscle stimulation
- Adds muscle definition
- Complements fat reduction procedures

#### **Beach Booty Lift (Non-surgical BBL alternative):**

- Combines CoolSculpting ELITE and CoolTone
  - Reduces fat on banana roll
  - Minimizes cellulite
  - Tones gluteal muscles
- 

## **MedSpa & Non-Surgical Treatments**

### **Skincare & Facial Treatments**

#### **Medical-Grade Skincare:**

- Formulated by Dr. Clevens
- Higher concentrations of active ingredients
- Available through [shop.drclevens.com](http://shop.drclevens.com)
- Targets aging, redness, acne concerns

#### **Professional Treatments:**

- Hydrafacial (cleansing, exfoliation, hydration)
- Chemical peels (medical-grade)
- Custom facials
- Microdermabrasion treatments

### **Hair Restoration**

#### **NeoGraft "MaxGraft" Hair Restoration:**

- FUE (Follicular Unit Extraction) technique
- Natural-looking, long-lasting results
- Minimally invasive procedure

### **Skin Cancer Care**

- Comprehensive diagnosis and treatment
- Reconstruction of face, head, and neck regions
- Specialized care by facial plastic surgery experts

### **Waxing Services**

- Brow, chin, underarms, upper lip, bikini line
  - Professional medical aesthetician services
-



# Advanced Technology & Treatments

## Laser Technology Collection

- Most extensive collection in Central Florida
- Multiple wavelengths for targeted treatments
- Selective photothermolysis technology

### Treatment Applications:

- Skin rejuvenation and resurfacing
- Pigmentation and brown spot removal
- Vascular lesion treatment
- Acne and acne scar treatment
- Skin tightening and collagen stimulation
- Hair removal
- Cellulite and stretch mark improvement

## Specialized Procedures

### Facial Feminization Surgery:

- Comprehensive surgical planning
  - Multiple procedures available:
    - Feminization rhinoplasty
    - Jawline contouring
    - Facelift and neck lift
    - Brow lift and forehead procedures
    - Hairline lowering and forehead reduction
    - Chondrolaryngoplasty (tracheal shave)
    - Facial implants
  - Can be combined with breast/body procedures
- 

# Patient Experience & Care

## Consultation Process

- Private and comprehensive consultations
- Interactive educational sessions
- Virtual and in-person options available
- Detailed treatment planning
- Realistic expectation setting

- Financing options discussion

## **Surgical Facilities**

- Fully accredited Ambulatory Surgery Centers (ASC)
- Exceed stringent state and national standards
- Anesthesiologist present for all procedures
- Highest level of safety available

## **Recovery & Aftercare**

- Specialized post-operative care protocols
- Medical aesthetician support for recovery
- Comprehensive healing guidance
- Use of Exparel (non-opioid analgesic) to minimize discomfort
- Detailed pre and post-operative instructions

## **Patient Safety & Comfort**

- Double board-certified surgeons
  - Specialized teams for different procedure types
  - Natural-looking results focus
  - Incision placement to minimize visible scarring
  - Commitment to patient education
- 

# **Complete Blog Content & Educational Resources**

## **RHINOPLASTY BLOG POSTS - FULL CONTENT**

### **"Round 2: When To Consider Revision Rhinoplasty?" (February 20, 2020)**

FULL CONTENT: You spent months saving up and studying before and after photos, planning for the plastic surgery that would give you the nose of your dreams. After a lifetime of wishing your nose looked different, you finally pulled the trigger and had the procedure done. The only problem now that you've recovered is that the results are not what you expected.

Rhinoplasty, commonly referred to as a nose job, is the surgical solution for reshaping the nose to improve its appearance and function. The procedure is very common—it is one of the top five cosmetic procedures, with more than 213,000 performed in 2018 alone.

But despite rhinoplasty's popularity, it is also one of the more complex cosmetic procedures and doesn't always turn out as planned, especially when performed by an inexperienced surgeon or

by a surgeon who does not specialize in facial plastic surgery. The last thing anyone wants is to have revision surgery after a cosmetic procedure, but it beats spending a lifetime with a nose that isn't quite right.

If you've already undergone rhinoplasty but are less than satisfied with the results, you may want to consider revision rhinoplasty. Revision rhinoplasty, also called secondary rhinoplasty, is a surgical procedure that addresses complications or unsatisfactory results following an initial nose job.

**When Rhinoplasty Goes Wrong: Common Reasons For Revision** Although rhinoplasty can be completely transformative, it also carries the risk of being unhappy with the outcome. Studies show that up to 15 percent of rhinoplasty patients end up pursuing revision surgery to correct mistakes and improve results. Some of the most common issues that lead to secondary rhinoplasty include:

- Asymmetric nose
- Nasal airway obstruction
- Collapsed cartilage or bones
- Incomplete reshaping
- Nasal valve collapse
- Pinched nasal tip
- Excessive scarring
- Unnatural appearance

**How Revision Rhinoplasty Differs From the Initial Procedure** Revision rhinoplasty may be longer and more complicated than the initial procedure. Whereas the initial procedure is 1-2 hours long, revision rhinoplasty may take double the amount of time to complete successfully due to scar tissue present and previous alterations to the normal anatomy. Scar tissue from the first rhinoplasty can be problematic during revision surgery and can limit the potential outcome.

Revision procedures often require the use of cartilage grafts in order to replace damaged cartilage from the initial surgery and provide structural support for the nasal tip and/or bridge. In many revision cases, the main objective is to rebuild the tip and bridge using cartilage from the septum, ears, or rib.

**When It Makes Sense To Consider Revision Rhinoplasty** It may take one to two years for all of the swelling and minor asymmetries to subside after the first rhinoplasty procedure. It can also take over a year for scar tissue to soften, and hardened scars can prevent your surgeon from making corrections. That's why if you're thinking about undergoing secondary rhinoplasty, it is important to be patient and allow your nose to fully heal before pursuing a revision.

## **"5 Common Nose Concerns a Rhinoplasty Procedure Solves" (March 16, 2021)**

FULL CONTENT: For many of our patients, having rhinoplasty, or a "nose job," is a dream come true. A well-performed rhinoplasty procedure can benefit you in multiple ways, from boosting

your self-esteem and improving your overall facial aesthetic, to reducing congestion and improving your breathing.

**What Are the Characteristics Of the Ideal Nose?** To achieve ideal and classically "beautiful" results, our facial plastic surgeons identify and correct concerns to create symmetry, proportions, angles, and relationships among features. The ideal face is divided horizontally into one-thirds, and vertically into one-fifths equal to the width of the nose.

A nose is considered ideal when it is symmetrical and proportional to a person's overall facial features and appearance. In most cases, that's around a 90-95 degree angle for a man and a 100-115 degree angle for a woman.

### **5 Common Nose Concerns a Rhinoplasty Procedure Can Solve:**

1. **Overly Large, Wide, Long, or Small Nose** - Many people look to rhinoplasty to resize and reshape a nose that's too large, wide, long, or even too small for their face.
2. **Nasal Bump or Humps On the Bridge** - Nasal bumps and humps on the bridge are a common concern that many patients seek out rhinoplasty to correct.
3. **An Asymmetric Nose or Uneven Nostrils** - Symmetry plays an important role when it comes to our facial features and appearance as a whole.
4. **A Crooked or Misshapen Nose** - Many patients pursue rhinoplasty to correct a crooked septum that takes away from their appearance and interferes with breathing and function.
5. **A Drooping or Pointed Nasal Tip** - Rhinoplasty is also commonly sought out to correct an unflattering drooping or pointed nasal tip.

**Surgical vs. Liquid Rhinoplasty: Which Is Right For You?** Both surgical and liquid rhinoplasty have the ability to resize and reshape an overly large or small nose, camouflage small bumps, improve symmetry, refine the nasal tip, and fill any indentations.

## **BODY CONTOURING BLOG POSTS - FULL CONTENT**

### **"Tummy Tuck vs. Liposuction: The Skinny Between These Two Procedures" (September 12, 2019)**

**FULL CONTENT:** If it seems like nothing is working to improve the extra cushion in your midsection despite your best efforts, you might find yourself researching popular cosmetic surgical procedures such as tummy tucks or liposuction to address your concerns. Both of these options are highly effective, but they target different areas and ultimately provide different results.

**Tummy Tuck vs. Liposuction: What's the Difference?** A tummy tuck, also known as abdominoplasty, is a surgical procedure designed to smooth and flatten the abdomen area. Tummy tucks help to remove excess skin and fat in the lower abdomen, tighten the stomach

muscles, and create a more toned appearing abdomen. A tummy tuck is not a weight loss surgery.

The ideal candidate for a tummy tuck is a man or a woman looking to improve the curvature of their waist, remove loose and excess skin on the abdomen, get rid of their "pooch," and/or have their abdominal muscles tightened. Pregnancy and weight changes can cause abdominal muscles to separate and skin to appear loose around the stomach.

Liposuction is a surgical procedure to reshape and contour areas of the body and achieve a slimmer physique. Unlike a tummy tuck, which is solely focused on enhancing the abdominal area, liposuction can target the abdomen, hips, waist, back, thighs, knees, buttocks, arms, and more. The ideal candidate for liposuction is a healthy patient who has areas of stubborn fat that are resistant to diet and exercise.

**The Benefits of a Combination Approach** One of the most popular combos is the "Mommy Makeover," which can include tummy tucks, liposuction, breast lifts, and breast augmentation procedures that are performed together. Mommy Makeovers are customizable and can include a range of different cosmetic procedure combinations.

#### **"The 4 Types of Tummy Tucks – Which Technique is Right for You?" (June 25, 2020)**

FULL CONTENT: Tummy tuck, or abdominoplasty, is a popular cosmetic surgery procedure for both men and women to restore their body and get a smoother, more toned appearance in their midsection. Patients typically seek out this popular body contouring option to address sagging, loose skin and muscle weakness that may be a result of weight changes, pregnancy, or the effects of aging.

#### **Four Types of Tummy Tucks:**

1. **Conventional Tummy Tuck** - A traditional abdominoplasty involves removing an oval- or ellipse-shaped wedge of loose skin underneath the belly button to smooth and flatten the area. This technique commonly results in an incision line that runs from hip to hip about an inch or so below the navel.
2. **Mini Tummy Tuck** - Some patients are candidates for a "mini" tummy tuck procedure to remove excess skin and smooth the abdomen. The advantage to this approach is the incision line can be shorter and lower, resulting in what we call a "lingerie scar."
3. **Hybrid Abdominoplasty** - The most commonly performed abdominoplasty technique at our practice is known as a hybrid abdominoplasty. With this technique our Board Certified Plastic Surgeon is able to combine the benefits of the conventional and mini tummy tuck to achieve optimal results. Instead of making an elliptical incision, our hybrid abdominoplasty involves making a pentagon-shaped incision.
4. **Fleur-De-Lis** - For patients who have a great deal of horizontal excess skin that extends around the abdomen to the back, flanks, and buttocks, the fleur-de-lis may be the best approach. The fleur-de-lis adds in the vertical component, allowing our surgeon to tighten the sides and back, creating an hourglass shape.

## COMPREHENSIVE PROCEDURE COMBINATIONS BLOG CONTENT

### "A Perfect Combo: Procedures to Combine for Full Body Contouring" (May 8, 2025)

FULL CONTENT: When one procedure can't address all of your personal concerns, combining certain breast and body treatments might be the best solution. Doing this allows you to get the exact look you want while reducing surgical costs and recovery time in the process.

#### Popular Procedure Combinations:

**Breast Lift + Breast Augmentation** - A breast lift procedure helps to lift and reshape the breast to address sagging caused by things like aging and/or weight changes. At the same time, breast augmentation can increase volume in the breast with an implant. This combination is common for patients who have concerns that their breasts are both too saggy and too small.

**Breast Augmentation + CoolSculpting + CoolTone** - While breast augmentation increases breast size with an implant, CoolSculpting and CoolTone help to improve muscle tone and reduce fat in targeted areas such as the abdomen, thighs, and buttocks. This is a common combination for young patients who are in good physical shape and have not yet had children.

**Tummy Tuck + Liponique** - A tummy tuck is an excellent way to remove excess skin and fat while also tightening the abdominal muscles following pregnancy or weight loss. Additionally, Liponique removes fat from selected treatment areas, such as the back, thighs, and arms, when combined with a tummy tuck.

**Mommy Makeover Combination** - Breast augmentation increases volume in the breast with an implant. Meanwhile, a breast lift helps lift and reshape the breast to address sagging due to aging or weight fluctuation. A tummy tuck also removes excess skin and fat and tightens the abdominal muscles. This is the most popular combination of procedures for a Mommy Makeover.

## SPECIALIZED PROCEDURE BLOG POSTS

### "Weight Loss After Breast Reduction: How To Lose the Belly Fat" (April 21, 2025)

FULL CONTENT: Do you love your body, but wish you had smaller, more proportionate breasts? Breast reductions are very popular among our plastic surgery patients, providing a go-to solution for minimizing discomfort caused by large breasts.

#### Benefits of Breast Reduction:

- Improved breast and nipple shape, size, and position
- More proportionate breasts in relation to your body size
- Minimized excess fat, tissue, and skin in the breasts
- Reduced back pain, neck pain, and physical discomfort
- Decreased skin irritation and bra strap indentations

**Body Contouring Options After Breast Reduction:** Many of our patients opt to combine or follow up weight loss and fat reduction procedures with a breast reduction to enhance their results. Combining procedures to target different areas is a great way to achieve full body contouring.

### **"Male Body Contouring: Procedures To Consider To Look Your Best" (January 8, 2025)**

**FULL CONTENT:** There are a number of surgical and nonsurgical male body contouring treatments available that can help you achieve amazing results that restore a tighter, more youthful appearance.

**Liponique for Men** - Board-certified plastic surgeons can combine different lipo and body-sculpting techniques, including the latest laser technologies, to achieve ideal aesthetic results. Our specialists in cosmetic breast and body procedures also perform abdominal etching for male patients to give them the look of having a six-pack using liposuction.

**Gynecomastia Surgery** - Gynecomastia surgery, also known as male breast reduction, is a safe and effective surgical procedure for removing excess fatty or glandular breast tissue. During gynecomastia surgery, fat and glandular tissue is completely removed to eliminate the appearance of breasts, either using liposuction or excision.

## **DECADE-SPECIFIC PROCEDURE GUIDES**

### **"The Best Cosmetic Procedures to Have in Your 50s" (April 4, 2025)**

**FULL CONTENT:** The good news is, there are surgical and nonsurgical cosmetic procedures that combat problem areas and help you look and feel your best in your 50s and beyond!

**Common Issues in Your 50s:** In our 50s, it's natural to see collagen levels decline and skin laxity develop in the face and neck as we age. You might find dark spots and volume loss on your face and hands. Both men and women can begin to experience thinning hair in their 50s. This is also a time when many people have breast and body concerns, such as sagging breasts and stubborn areas where fat has accumulated.

#### **Best Procedures for Your 50s:**

- **Facelift** - To correct jowls, wrinkles, and sagging skin due to loss of bone density, a facelift is the gold standard option. Dr. Clevens specializes in the deep plane facelift to restore your youthful appearance.
- **Hair Restoration** - NeoGraft "MaxGraft" is a hair restoration treatment for men and women that permanently restores hair with minimal downtime and no visible scarring.
- **Breast Implant Exchange** - It's also a great choice for women who want to change the size of their implants or replace saline with silicone gel.

## **POST-OPERATIVE GUIDANCE BLOG POSTS**

## **"Post Blepharoplasty Swelling" Q&A (April 19, 2012)**

PATIENT QUESTION: "I am 31 days post-op from upper and lower blepharoplasty. There was no fat removed, just skin. I believe he did something with my muscle, but i'm not quite sure what. I have a dissolvable stitch on my right eye that hasn't gone away yet, and still quite a large bag under my left eye. Also, my left eye is still larger than the right. Is it normal to still have this?"

DR. CLEVENS RESPONSE: "The swelling that you have experienced following your blepharoplasty is normal. I advise my patients that after surgery they will most likely experience some noticeable swelling that will subside within two to six weeks. Patients should know some minor swelling can remain for as long as six months, and their lid contours may continue to change. Final results may not be seen until the six month mark. There are several exercises that you can do to assist with healing as well. You may also want to massage the lower lids."

## **"Should You Be Concerned If You Can't Breathe Out Of Your Nostril Post-Rhinoplasty?" (September 26, 2012)**

FULL CONTENT: There's nothing scarier than having a procedure done and thinking that your side effects aren't normal but with a Rhinoplasty in Melbourne, Florida internal swelling is a common occurrence afterwards.

It takes a while for intranasal swelling to resolve. Dr. Ross Clevens generally advises his patients that their breathing will often be worse for 6-8 weeks after surgery. Dr. Clevens does suggest, though, that you have your surgeon take a look inside your nose to ensure that all is well and the swelling will resolve.

Although you may experience some side effects following Rhinoplasty, Dr. Clevens does everything he can in order to make you as comfortable as possible. He requires multiple post-operative visits so he knows exactly how you are doing and if you need anything. Dr. Clevens offers computerized preview imaging that may help you to visualize your improved facial and nasal appearance with septorhinoplasty surgery.

## **DETAILED BREAST PROCEDURE CONTENT**

### **Breast Augmentation - Complete Procedure Information**

**Overview:** Breast augmentation is the ideal choice for women interested in boosting their confidence levels by increasing their breast size, adding symmetry to their breasts, or correcting the sagging or shrinkage that can occur over time.

### **Benefits of Breast Augmentation:**

- Enhanced breast size and projection
- Improved symmetry between breasts
- Correction of volume loss from pregnancy/nursing



- Boost to feminine confidence and self-image
- Customizable results based on individual goals

**Consultation Process:** Your consultation gives us the opportunity for a vital exchange of information: Our experienced, board-certified plastic surgeon will get to know you and your goals, your lifestyle, and your body type while we help you understand the details of your upcoming surgery. If you're interested in breast augmentation as part of your mommy makeover, we can even take measurements and give you the opportunity to try on implant sizers in a sports bra, giving you an accurate sense of the implant size that will be most appropriate for your goals and physique.

**Surgical Details:** Your breast augmentation procedure will be performed alongside an anesthesiologist in a fully accredited Ambulatory Surgery Center (ASC) that exceeds the most stringent state and national accreditation standards, providing you with the highest level of safety available.

### **Breast Lift (Mastopexy) - Complete Information**

**Overview:** A breast lift—also known as a mastopexy—is a surgical procedure that raises and reshapes sagging breasts with your own tissue, improving your silhouette and giving you the ability to change the shape and location of your nipples.

**Key Differences:** The difference between a breast lift and breast augmentation is that an augmentation focuses on volume and projection, while a breast lift focuses on eliminating sagging skin and breast tissue. This creates a firmer, more youthful appearance without changing the size or projection of your breasts.

**Surgical Process:** Your procedure will remove any excess that may be present, placing the nipple higher up on your breast to create a more perky appearance. Sutures may be placed in the deeper tissues to offer you increased support. Many women are interested in combining breast lift surgery with breast augmentation to both lift and increase the size and projection of their breasts.

**Recovery:** You'll be able to return home the same day as your breast lift surgery, though you'll need a friend to drive you home as your anesthesia wears off. We'll support your breasts and tissues with a wrap following surgery, and your enhanced breast shape will become more and more visible as post-surgery swelling subsides over the following few weeks. We recommend recovering at home for about four days before resuming your everyday activities.

### **Breast Implant Exchange - Detailed Process**

**Overview:** The quality of breast implants has improved dramatically over the last fifteen years, with surgical procedures and practices now offering women better results than ever before. Some women want to improve upon an earlier augmentation (often known as a breast implant revision), while others see the more natural results of modern implants and want their breasts to look and feel the same.

### **Reasons for Exchange:**

- Improvement upon earlier augmentation
- Desire for more natural-looking results with modern implants
- Size increase or decrease
- Change from saline to silicone gel implants
- Addressing complications or changes in aesthetic preferences

**Candidacy Considerations:** When deciding whether you should have another breast augmentation procedure, you should consider:

- When was your last augmentation?
- Why did you have the first augmentation?
- Do you really want to go bigger?
- Have your aesthetic goals changed?

**Surgical Details:** The surgery for breast re-augmentation is similar to the original procedure, although the exact nature may be different depending on the type of breast implant being placed. Patients are placed in an elastic compression wrap once dressings and drainage tubes have been placed at the end of the breast implant re-do.

**Recovery:** Breast implant exchange is an outpatient procedure, and patients can typically return home on the same day as the surgery. Swelling and bruising are common for this procedure, and while some patients will see this subside in a few days, it may take months for others. Individuals can return to work within a few days if their job does not involve heavy lifting or pushing.

### **Breast Implant Removal - Complete Information**

**Overview:** Just as breast augmentation may have been a great fit for you at one point in your life, breast implant removal can help you change your appearance to better suit your current stage. Breast augmentation is reversible and gives patients the flexibility needed to remove breast implants or opt for breast reaugmentation.

### **Reasons for Removal:**

- Body reaction to implants causing texture changes
- Capsular contraction and calcification causing discomfort
- Changed aesthetic ideals
- Preference for more comfortable, practical breast size
- Back pain from larger implants
- Lifestyle changes

**Recovery Process:** For basic implant removal, you can immediately resume your daily routine and even return to work the next day. If a breast lift is performed at the same time as your

implant removal, then your recovery period will be slightly longer. For all procedures, we recommend avoiding heavy lifting and physical exercise for at least six weeks.

**Important Considerations:** Though it is possible that the removal of breast implants can leave the breasts looking saggy and empty, our board-certified plastic surgeons are experts with breast and body procedures. You'll work together with your surgeon to design a treatment plan that avoids this scenario.

## **SPECIALIZED BREAST COMPLICATIONS & SOLUTIONS**

### **"Understanding and Correcting the Double Bubble Issue with Breast Implants" (May 14, 2025)**

**FULL CONTENT:** Breast augmentation is a popular cosmetic procedure, offering countless women the opportunity to enhance their appearance and boost their confidence. While the vast majority of these surgeries are successful and result in high patient satisfaction, complications can occasionally arise. One such complication is the "double bubble" deformity.

**What is Double Bubble?** The term "double bubble" refers to a specific type of breast implant malposition where a visible crease or indentation forms beneath the breast. This creates the appearance of two distinct bulges or "bubbles" – the natural breast tissue and the implant.

#### **Causes of Double Bubble:**

- **Submuscular Placement:** Implants placed beneath the chest muscle can sometimes shift or cause the lower part of the breast to drop, especially if the natural breast tissue is already slightly droopy (ptotic)
- **Incorrect Pocket Creation:** During surgery, the creation of the pocket where the implant sits is crucial. If the pocket is not created properly, it can lead to malposition
- **Natural Breast Characteristics:** Women with significant natural breast tissue, especially if it sags, are at a higher risk of developing a double bubble
- **Healing and Scarring:** Post-surgical healing and scar tissue formation can sometimes alter the placement of the implant
- **Weight Fluctuations:** Significant changes in weight can affect breast tissue and implant positioning

**Identification:** The double bubble deformity is typically noticeable when looking at the breast in profile or when raising the arms. There will be a visible indentation or fold across the lower portion of the breast, separating the natural tissue from the implant. This issue can affect one or both breasts and can vary in severity.

#### **Correction Methods:**

- **Repositioning the Implant:** One of the most common corrective measures involves repositioning the implant. This might include adjusting the pocket where the implant sits, either by lowering the inframammary fold or moving the implant

- **Breast Lift (Mastopexy):** For women with significant ptosis, combining implant revision with a breast lift can correct the double bubble by removing excess skin and reshaping the natural breast tissue
- **Use of "internal bra":** May be necessary in some cases

**Results:** The journey to correct a double bubble deformity can be transformative, both physically and emotionally. Patients often report a significant improvement in their breast appearance and a boost in self-confidence following revision surgery.

## **MOMMY MAKEOVER - COMPREHENSIVE DETAILS**

### **Complete Mommy Makeover Information**

**Overview:** Pregnancy can be hard on a woman's body: The muscles and tissues expand to accommodate the baby, especially in the abdomen, hips, and breasts. Many times, the breasts also lose volume and firmness as they return to their original size. Although diet and exercise may help you lose some of your post-pregnancy weight, plastic surgery is often the only way to restore a tight, shapely figure.

### **Components of Mommy Makeover:**

1. **Tummy Tuck:** This procedure improves the appearance of your abdomen by removing excess skin and fat, tightening connective tissues, and repositioning the skin for a more toned appearance.
2. **Liposuction (Liponique):** Our exclusive Liponique body contouring liposuction can be customized to your goals, removing fat for a slimmer physique and contouring your post-pregnancy body.
3. **Breast Augmentation:** This procedure increases breast size by placing an implant beneath the breast tissue or chest muscles.
4. **Breast Lift:** This procedure removes excess tissue and reshapes breasts for a lifted, perky appearance.
5. **Breast Reduction:** Reduce your breast size for a more balanced look or to alleviate discomfort.
6. **Facial Procedures:** Depending upon your objectives, your surgery may even require one of our board-certified facial plastic surgeons for comprehensive rejuvenation.

### **Benefits of Combining Procedures:**

- Performing multiple procedures at one time helps minimize downtime and address all areas of concern
- Breast augmentation and breast lift procedures lift and restore fullness to your bust
- A tummy tuck helps to remove loose skin and tightens the abdominal muscles
- Liponique safely removes excess fat deposits and reveals attractive, youthful body contours

**Cost Information:** At our practice in Central Florida, mommy makeovers are performed by experienced board-certified plastic surgeons who specialize in breast surgery and body contouring and typically cost \$15,000 and up.

**Important Timing:** While you can still have children after your mommy makeover, we recommend waiting on this procedure until you're finished building your family, to maximize the benefits of your surgery.

## **COMPREHENSIVE NECK LIFT PROCEDURES - DETAILED CONTENT**

### **Signature Profile Neck Lift™ - Complete Information**

**Overview:** Our Signature Profile Neck Lift™ is a minimally invasive alternative to the traditional neck lift. Designed by our founder and medical director, Facial Plastic Surgeon Ross A. Clevens, MD, FACS, this procedure addresses a number of the most common signs of aging, such as sagging skin beneath the chin (sometimes known as a "turkey neck"), loss of volume, and visible muscle banding in the neck, chin, and jawline.

**Background:** According to the American Society for Dermatologic Surgery, 73 percent of those exploring cosmetic procedures are concerned with excess fat under the chin and neck. As we get older, three signs of aging occur in the neck: skin loses elasticity and becomes lax, unwanted fat accumulates, and the platysma muscles (located under the chin and down the neck) weaken and separate.

**Ideal Candidates:** The Signature Profile Neck Lift™ is an ideal solution for anyone who has:

- Significant laxity in the neck and chin
- Muscle banding
- Unwanted fat deposits
- Excess sagging skin
- Interest in a facelift without the required downtime
- Too much excess tissue in the neck to enjoy the benefits of the Laser-Assisted Weekend Neck Lift™

### **Candidacy Requirements:**

- Nearly anyone in good overall health who wants a more youthful neckline
- Both men and women in multiple age groups (it's one of the procedures most highly sought after by men!)
- People who have lost a significant amount of weight to remove resulting excess skin
- Within 20 pounds of ideal weight (recommended)
- Those with health risks that prevent pursuing a facelift

**Surgical Procedure:** The Signature Profile Neck Lift is performed in our office under local anesthesia. During the procedure, Dr. Clevens or Dr. Barbee will create and conceal a zigzag

incision along your neckline. The incision will be customized according to your unique anatomy, so it will be well camouflaged and difficult to see after the healing process is complete.

**Benefits:**

- Significant improvement in the contour of the neck and chin
- Tightening of the lax muscles that often form bands on the neckline
- Can be safely and comfortably performed in the office under local anesthesia
- Requires only a very small incision that is well hidden and fades over time
- Addresses common issues like turkey neck and muscle banding
- Same benefits as a facelift but with less downtime and lower cost

**Recovery:** One of the biggest benefits to the Profile Neck Lift™ is how simple the recovery process is following the procedure. Many patients only experience minimal bruising, fullness, and discomfort. After a Signature Profile Neck Lift™, it's important to restrict normal activities and get more rest than usual to speed up your recovery. You should avoid aspirin, ibuprofen, Vitamin E, and any medicines that thin the blood for 10-14 days prior to and subsequent to your neck lift surgery.

**Combination Options:** The Profile Neck Lift™ is minimally invasive and can be safely combined with other procedures to achieve ideal results. It's often combined with other facial and eyelid rejuvenative procedures, such as upper and/or lower eyelid blepharoplasty, and dermal fillers, like Botox.

**Patient Testimonials:** "I am very pleased with the results from my procedure. I am happy that I have had the excess skin removed from my neck. I hated the skin that hung from my neck. I called the excess skin my chicken neck, and after 15 years I finally had the procedure to fix it. I wish I had done it sooner." -B.C.

"I recently lost 100 pounds and feel better than ever! The downside of losing a lot of weight is the extra skin that hangs around afterward."

**Laser-Assisted Weekend Neck Lift™ - Complete Information**

**Overview:** Dr. Clevens' innovative Laser-Assisted Weekend Neck Lift™ removes fatty areas of the neck and chin, tightens underlying muscles, and "shrink-wraps" the skin, allowing you to improve the contours of your neck and chin with minimal incisions and a fast recovery.

**Key Features:**

- Removes fat and excess skin while tightening underlying muscles
- Uses laser energy to resurface the underside of the neck skin
- Restores a youthful contour
- Minimal incisions and rapid recovery
- Can be combined with other procedures like male eyelid surgery and laser skin resurfacing

## **Target Areas:**

- Turkey neck and double chin
- Common neck, chin, and jawline issues
- Fatty areas requiring removal
- Muscle banding requiring tightening

**Surgical Location:** The Laser-Assisted Weekend Neck Lift is performed in a fully accredited outpatient surgery center in Melbourne, Florida that meets all the same stringent guidelines for safety as a hospital setting.

**Recovery:** The procedure's minimal incisions and rapid recovery allow you to have the treatment and recover over a long weekend, as featured in Allure magazine.

## **General Neck Lift Information - Comprehensive Details**

**Overview:** A neck lift—or lower rhytidectomy—can give you a more youthful, contoured profile by improving the signs of aging in the neck and jawline by reducing the presence of excess fat and jowls in your lower face.

## **What Neck Lift Addresses:**

- Excess fat under the chin and in the neck
- Sagging, loose skin in the neck area
- "Turkey neck" or "wattle" appearance
- Muscle banding in the neck
- Double chin appearance
- Jowls in the lower face
- Loss of jawline definition

**Surgical Process:** Your surgeon will create a zigzag-shaped incision underneath your chin, resembling a natural line in the crease of the neck. Dr. Clevens will always work to methodically camouflage the incision based on your anatomy. Excess fat and skin laxity will be addressed according to your personal goals, while loose neck muscles are tightened to reduce banding. Dissolvable sutures will then be placed to carefully close your incisions.

**Recovery Information:** Neck lift recovery depends on the type of neck lift performed, how much fat and skin were removed, and if other procedures were performed during the neck lift. Your neck may feel tight and appear bruised immediately following your surgery. After a neck lift procedure, you will return home the same day as your surgery and will want to rest and take it easy. Depending on whether you combine your neck lift with other cosmetic surgery procedures, you may be able to return to your ordinary activities in just three to five days.

**Combination Options:** For optimal results, some patients combine a neck lift with:

- Facelift

- Eyelid surgery
- Brow lift
- Cosmetic laser skin resurfacing

#### **Benefits of Neck Lift:**

- More youthful, contoured profile
- Improved signs of aging in neck and jawline
- Removal of excess fat and jowls
- Tightened neck muscles
- Reduced appearance of banding
- Enhanced jawline definition
- General improvement in overall appearance

### **MyEllevate® Nonsurgical Neck Lift - Complete Information**

**Overview:** Many of our patients come to us searching for a way to restore the youthful appearance of their neck with little to no downtime. Also known as "The Zoom Lift," this procedure helps by addressing fullness and/or sagging skin in the neck and chin area, which many of our patients notice after seeing their reflections during video calls.

**Technology:** MyEllevate works by using ICLED™ light-guided technology to place a suture support system that tightens the muscles in your neck (also known as platysma). These sutures are permanent and will create an immediate improvement by reshaping the sagging tissues to reveal a more youthful contour and reduce the presence of "banding."

**Ideal Candidates:** The ideal candidate for the MyEllevate treatment is a patient who wants to improve the appearance of the neck, chin, and jawline without surgery or a lengthy recovery period. MyEllevate is a great option for those who would prefer a nonsurgical alternative to a traditional neck lift or facelift with minimal downtime, yet still want a result that's long-lasting and life-affirming.

#### **Benefits:**

- Cosmetic improvements to the neck, chin, and jawline
- Addresses saggy skin and excess fat
- Reduces "double chin" appearance
- Smoother neck and tightened skin
- More elegant contour and youthful profile
- Immediate, natural-looking results
- Long-lasting effects (approximately 5-7 years)

#### **Procedure Details:**

- Unlike a facelift or neck lift surgery, MyEllevate requires no incisions or surgical removal of excess skin



- Usually performed in Melbourne and Merritt Island, Florida offices in about an hour
- Performed under local anesthesia
- Uses permanent sutures for lasting results

**Recovery:** You'll notice an improvement in the contour of your neck immediately following your MyEllevate procedure. You may also experience some mild bruising or swelling, which will resolve in about one week. Although you can return to work immediately following your treatment, you may have some restrictions on physical activities like lifting or exercise.

**Cost:** MyEllevate treatments cost between \$5,000 and \$8,000 (may vary based on provider education, training, and experience).

#### **Comparison with Other Options:**

- **MyEllevate vs. Thread Lifting:** Thread lifting involves the use of dissolvable sutures that are placed beneath the skin "blindly" for more unpredictable, temporary results. MyEllevate uses permanent sutures placed with extreme precision using light-guided technology.
- **MyEllevate vs. Traditional Surgery:** Traditional Facelift and Neck Lift surgical procedures are performed in an operating room under general anesthesia. MyEllevate is a minimally invasive approach performed in an office setting under local anesthesia.

**Follow-up Care:** We'll schedule follow-up appointments, meeting with you the day after your MyEllevate procedure and continuing to follow up with you at intermittent intervals for about a year to ensure your recovery is going smoothly and that your results are what you expected.

## **FACELIFT GUIDANCE & DECISION-MAKING**

### **"How Do You Know If You Need a Facelift?" - Complete Blog Content**

**Age Considerations:** Aging impacts people in different ways at different rates, depending on genetics, diet, skin type, ethnicity, and other factors. Although the majority of facelift procedures (66 percent) are performed on people 55 and older, many in their 40s and early 50s have facelifts as well (32 percent). Age is truly just a number, and whether a facelift makes sense for you is much more dependent on your individual signs of aging.

#### **Signs You May Need a Facelift:**

- Deep creases and loose, sagging skin around the lower half of your face and neck
- Neck laxity or jowls
- Advanced signs of aging that impact self-esteem
- Areas that cannot be addressed with nonsurgical treatments

#### **Alternative Options:**

- **For Less Advanced Aging:** Some patients explore nonsurgical cosmetic treatments like Botox and fillers to improve their appearance without surgery
- **C-Lift:** A nonsurgical liquid facelift exclusively available at Clevens Face and Body Specialists, excellent for someone who is not yet ready for surgery
- **Neck Lift:** Sometimes referred to as a "lower facelift" because it focuses on improving the neck and chin but doesn't involve lifting the cheeks or tightening jowls

**Health Considerations:** When determining whether someone is a good candidate for a facelift, the more important question to ask is, "Are you in good overall health and free from health problems?" rather than basing the decision on age. Our facial plastic surgeons have performed facelifts on patients in their 70s and 80s.

## **CLEVENS INSTANT LIQUID RHINOPLASTY - COMPLETE DETAILED INFORMATION**

**Overview & Innovation:** You're not alone if you've found yourself wishing your nose better complemented your sense of facial harmony. Maybe you've even considered a rhinoplasty, or nose job, but you're not yet ready for a surgical procedure. You can enjoy notable improvements to the size and shape of your nose in just 10 to 15 minutes, thanks to our liquid rhinoplasty in Merritt Island & Melbourne FL at Clevens Face and Body Specialists.

**Signature Procedure:** The Clevens Instant Liquid Rhinoplasty procedure can help you enjoy your ideal nose in minutes, thanks to the use of injectable dermal fillers. This cutting-edge procedure was created by Ross A. Clevens, MD, FACS, and is performed exclusively at Clevens Face and Body Specialists by facial plastic surgery specialists Dr. Clevens and Phillip Barbee, MD.

**Creator's Expertise:** Designed by Dr. Clevens, this technique combines his expertise as a master injector and renowned dermal filler trainer with more than 25 years of experience performing thousands of rhinoplasty surgeries as a facial plastic surgery specialist. Dr. Clevens is an internationally known speaker who has taught his "Liquid Rhinoplasty" technique to hundreds of facial plastic surgeons.

**Target Candidates:** The Clevens Instant Liquid Rhinoplasty procedure is designed for individuals who are:

- Unhappy with the appearance of their nose
- Not ready or don't have the time for surgery
- Seeking immediate results
- Looking to avoid significant downtime or recovery period
- Wanting to see how they feel about results before committing to surgery

**Specific Applications - The Clevens Instant Liquid Rhinoplasty procedure may be right for you if you want to:**

- Smooth out bumps or ridges on the bridge of the nose
- Lift the nasal tip
- Fill in depressions or indentations
- Improve nasal symmetry
- Resize and reshape an overly large or small nose
- Camouflage small bumps
- Refine the nasal tip

#### **Procedure Details:**

- **Duration:** 10 to 15 minutes depending on goals and treatment area
- **Anesthesia:** No anesthesia required
- **Location:** Performed at Melbourne and Merritt Island, Florida offices (less than an hour from Orlando)
- **Technique:** Doctor places filler into the intradermal part of the skin, augmenting and reshaping nose to form new nasal contour
- **Immediate Results:** Instantly visible changes

#### **Benefits:**

- No surgery or downtime
- Immediate results
- Can last up to two years
- Allows you to instantly change the look of your nose
- Tailored to personal goals
- Improves nasal contour and enhances confidence
- Cost-effective way to see how you feel about results before having surgery

**Consultation Process:** During your consultation, one of our master injectors will get to know you and hear all about your personal cosmetic goals. This will give us the chance to guide you to the right procedure, so you can enjoy results that are tailored to your specific objectives and your lifestyle. You'll be given a thorough understanding of what you can expect from the treatment experience, and will explore the results that you can anticipate.

**Treatment Planning:** Dr. Clevens or Dr. Barbee will listen to your concerns and achieve an understanding as to exactly what you want to change about your nose, developing a treatment plan in partnership with you. Based on this personalized treatment plan designed to achieve your unique cosmetic goals, your doctor will place the filler strategically.

#### **Limitations:**

- Results are temporary (not permanent like surgical rhinoplasty)
- Does not actually reduce the size of the nose—it fills in depressions to subtly reshape it
- Not everyone is a qualified candidate
- Only certain concerns can be addressed nonsurgically
- Requires skill and eye of a rhinoplasty surgeon for desirable outcomes

# SURGICAL VS. LIQUID RHINOPLASTY - COMPLETE COMPARISON

## "Surgical vs. Liquid Rhinoplasty: Which Nose Job is Right for You?" (March 29, 2025) - Full Content:

What's more, advancing technologies are creating more options than ever before for improving your nose. Just because you want to enhance your nose doesn't necessarily mean you need to undergo surgery. There are now non-surgical options available to help improve the appearance of your nose.

### Surgical Rhinoplasty Details:

- **Definition:** Rhinoplasty or septorhinoplasty is a surgical procedure that involves manipulating the skin, bone, and cartilage of the nose to reshape, refine, and resize it
- **Reasons for choosing:** Correcting an overly large or small nose, fixing crooked or uneven nostrils, functional improvements
- **Benefits:** Only long-lasting fix, completely customizable, allows you to reshape nose until it's exactly what you want, permanent results
- **Drawbacks:** Longer recovery time, still surgery with potential risks, permanent results (can't be easily undone)
- **Recovery:** 7-10 day recovery period required

### Liquid Rhinoplasty Details:

- **Definition:** Nonsurgical rhinoplasty is a cosmetic treatment that involves using injectable fillers to reshape the nose without the need for any incisions
- **Benefits:** Quick, nonsurgical nose job with no downtime, patients can resume daily activities right away, typically no bruising or fullness afterwards, instant results, cost-effective
- **Drawbacks:** Results are temporary (typically last up to two years), not everyone is qualified candidate, doesn't reduce nose size, requires skilled injector for desirable outcomes
- **Best for:** Patients looking for permanent change may want to explore surgical rhinoplasty, but liquid rhinoplasty is cost-effective way to see how you feel about results before having surgery

### Decision Factors:

- **Functional vs. Cosmetic:** Patients with more functional rather than cosmetic concerns such as sleep apnea, severe congestion, trouble breathing, and/or a deviated septum are likely better candidates for surgical rhinoplasty
- **Candidacy:** Not everyone is a candidate for liquid rhinoplasty, because only certain concerns can be addressed nonsurgically
- **Long-term goals:** It all depends on you and your goals!

# SURGICAL RHINOPLASTY - COMPREHENSIVE INFORMATION

## Complete Surgical Rhinoplasty Details:

**Overview:** We perform rhinoplasty procedures in Melbourne and Merritt Island, FL to help permanently reshape your nose, improve breathing, and reduce congestion. Rhinoplasty, also known as a nose job, improves the size and proportion of your nose. In addition to correcting aesthetic concerns about the bridge of your nose (a nasal hump or indentation), the projection of the tip, or a crooked nose, the procedure can also improve breathing and reduce congestion.

**Consultation Process:** You will experience a one-on-one consultation with Dr. Clevens or Dr. Barbee, who will take the time to fully explore your procedure and answer any questions you may have. Together, you will work on designing a custom procedure that meets your needs, while your surgeon also takes care to answer all of your concerns so you feel comfortable and know what to expect.

**Treatment Planning:** Consultations are also an ideal opportunity to discuss other plastic surgery options that concern your facial features. Once your treatment plan has been agreed upon, we'll present you with a quote for your surgery and talk over any financing options that may interest you. Finally, we'll schedule your surgery, along with any related pre- and post-operative appointments.

## Surgical Techniques:

- **Open Rhinoplasty:** Incisions made externally between the nostrils
- **Closed Rhinoplasty:** Incisions made internally concealed within the nose
- **Technique Selection:** The chosen technique depends on your needs, and your surgeon will talk you through the ins and outs of your procedure before getting started

## Surgical Process:

1. Anesthesia or sedation administered for comfort and safety
2. Incisions made (open or closed technique)
3. Nasal bones often carved, reshaped, or reset, depending on goals for surgery
4. Cartilage manipulation and reshaping
5. Careful closure of incisions

**Safety Measures:** Since rhinoplasty is typically an elective procedure, it is only performed under the safest conditions. To ensure your safety and comfort, Dr. Clevens and Dr. Barbee bring their patients to a fully accredited ambulatory surgery center with physician anesthesiologists.

**Advanced Techniques:** The facial plastic surgeons at Clevens Face and Body Specialists use natural healing serums and TXA (tranexamic acid) during rhinoplasty and other procedures so many patients experience no bruising at all.

## Recovery Timeline:

- **Immediate:** Apply ice compresses for first 48 hours to manage swelling
- **Week 1:** Dressing removed, notice significant changes to overall nose shape
- **Week 2:** Fullness should have diminished enough to notice changes in nasal structure
- **Ongoing:** Initial swelling should subside quickly and continue to decline for several months
- **Activity Restrictions:** Contact sports, diving, and other strenuous activities should be avoided for first 3-4 months

## Common Concerns Addressed:

- **Glasses:** Can place pressure on nasal bridge and typically not worn during initial recovery period. Dr. Clemons will help find alternatives for vision correction during this time.
- **Breathing:** It's normal to feel congested after rhinoplasty, but nasal passages will be fragile initially

## POST-RHINOPLASTY CARE - DETAILED GUIDANCE

### "Six Things to Avoid After Rhinoplasty" - Complete Content:

The recovery period after any type of facial plastic surgery is as important as the preparation period and as important as what goes on during the actual surgery itself. After rhinoplasty, what you do (or don't do) to your nose affects your results as much as what you tell the surgeon you'd like changed about your original nose.

**1. Exercise and Strenuous Activity:** It's common for surgeons to recommend avoiding exercise and other strenuous activity for about a month after rhinoplasty. But even some seemingly benign forms of movement should also be avoided during those first weeks after surgery, such as:

- Bending over or leaning forward
- Lifting anything remotely heavy
- Stretching the facial muscles
- After surgery, keeping the head elevated is usually recommended

**2. Nose Piercings:** Surgeons recommend avoiding the use of any nose piercing during the next three months after performing nose surgery, and you will need to pay attention to ensure proper healing. Most piercing shops will give you a detailed report or suggest recommendations for piercing care, but be sure to ask all questions to your plastic surgeon.

**3. Swimming:** Swimming, or even just splashing about in the pool, should be avoided until your surgeon gives you the go-ahead, usually two months or so after your rhinoplasty. Swimming isn't just a form of exercise—it also exposes your healing nose to chlorinated or salty water,

which can irritate the healing incisions or the delicate nasal passages. Swimming can also put pressure on the nose, potentially impacting the results from your surgery.

**4. Blowing Your Nose:** It's normal to feel a bit congested after your rhinoplasty. But since the nasal passages are going to be a bit fragile, you want to resist the urge to blow your nose during that time. Blowing your nose with any force can make it bleed, particularly during the first week after surgery. You'll also want to resist the urge to sniff through your nose in the first few weeks after your rhinoplasty.

**5. Sneezing:** Many surgeons advise avoiding sneezing for at least the first week or so after your surgery. If you feel a sneeze coming on, try opening your mouth, to reduce the force on your nose. Coping with sneezing and feelings of congestion can be challenging after your recovery, but just remember that any discomfort is temporary.

**6. Activities that Risk Impact:** Any activities that could result in impact to the nose should be avoided during the healing period.

## **PATIENT TESTIMONIALS & STORIES**

- Complete video testimonial collection including specific procedure experiences
- Detailed patient journey stories for rhinoplasty, facial procedures, breast procedures, and body contouring
- Extensive before and after photo galleries with detailed case studies showing transformation results
- Real patient experiences with specific treatment protocols and recovery outcomes
- Patient feedback on signature procedures like Clevens Instant Liquid Rhinoplasty and Profile Neck Lift™

## **MEDICAL AESTHETICS & SKINCARE - COMPREHENSIVE SHOP INFORMATION**

### **Medical-Grade Skincare Line - Complete Details:**

**Creator & Formulation:** Formulated by Harvard-trained Facial Plastic Surgeon Ross A. Clevens, MD, FACS, our medical-grade skincare collection is designed with higher concentrations of active ingredients to deliver results that over-the-counter products just can't achieve.

### **Product Categories:**

- Anti-aging treatments
- Acne care solutions
- Redness and rosacea treatments
- Professional-grade skincare regimens

## Shopping Features:

- FREE shipping on orders \$100 or more
- 72+ products available in collection
- Online ordering system at [shop.drclevens.com](http://shop.drclevens.com)
- Virtual and in-person consultations available

**Professional Support:** Meet in-person or virtually with one of our Medical Aestheticians to get all your questions answered and learn more about how to get glowing, healthy skin! Whether you want to erase the signs of aging, clear up redness, or resolve acne once and for all, our Facial Plastic Surgery Specialists have designed a skin care regimen for you!

**Medical Supervision:** Unlike the facials or peels that can be found just about anywhere, the treatments at Clevens Face and Body Specialists are only performed by licensed medical aestheticians under the direct supervision of facial plastic surgery specialists Ross A. Clevens, MD, FACS, and Phillip Barbee, MD.

---

## Pricing & Financing

### General Pricing Information

- Mommy Makeovers: \$15,000 and up
- Pricing varies based on:
  - Surgeon experience and training
  - Procedure complexity
  - Facility standards
  - Geographic location
  - Combination of procedures

### Financing Options

- Multiple financing plans available
  - Discussed during consultation process
  - Customized payment solutions
- 

## Online Shop & Products

### Medical-Grade Skincare Line

Available at [shop.drclevens.com](http://shop.drclevens.com):



- Anti-aging treatments
- Acne care solutions
- Redness and rosacea treatments
- Higher concentration active ingredients
- Professional consultation available

**Shipping:**

- FREE shipping on orders \$100 or more
- 72+ products available
- Online ordering system

**Consultations for Skincare**

- In-person or virtual meetings with medical aestheticians
  - Personalized skincare regimen design
  - Professional product recommendations
- 

## **Community Involvement & Recognition**

**Awards & Recognition**

- 2024 Best Cosmetic/Plastic Surgery Center - Florida Today
- 2018 American Business Awards - Top Healthcare Firm
- RealSelf Hall of Fame Award
- Multiple industry recognitions for innovation and patient care

**Professional Involvement**

- International speaking engagements
- Facial plastic surgery meeting faculty positions
- Industry innovation leadership
- Community outreach programs
- Philanthropic efforts and charitable donations

**Professional Training & Education**

- Dr. Clevens serves as mentor for fellowship training
- Dermal filler training provider
- Continuing education leadership
- Innovation in surgical techniques

---

## Accessibility & Accommodations

### ADA Compliance:

- Accessibility accommodations available
  - Contact Accessibility Manager at 321-727-3223
  - Website accessibility features
  - Facility accommodations for vision-impaired and other disabilities
- 

## Key Differentiators

### Unique Selling Points

1. **Specialization:** Team of specialists focusing solely on their areas of expertise
2. **Innovation:** Signature procedures like Clevens Instant Liquid Rhinoplasty
3. **Experience:** 25+ years serving Central Florida
4. **Comprehensive Care:** Full spectrum from surgical to non-surgical options
5. **Educational Focus:** Strong commitment to patient education and informed decision-making
6. **Safety Standards:** Fully accredited facilities exceeding national standards
7. **Natural Results:** Focus on achieving natural-looking outcomes
8. **Customization:** Highly personalized treatment plans
9. **Technology:** Most extensive laser technology collection in Central Florida
10. **Reputation:** Award-winning practice with outstanding patient satisfaction

### Practice Philosophy

- Patient safety and comfort as top priorities
  - Personalized care and attention to individual goals
  - Natural-looking results that enhance rather than change
  - Comprehensive approach to aesthetic medicine
  - Commitment to ongoing education and innovation
  - Community involvement and giving back
- 

*This knowledge base represents a comprehensive compilation of information from the Clevens Face & Body Specialists website and associated domains, organized to provide a complete understanding of their services, team, procedures, and practice philosophy.*

