

WELCOME TO A BEAUTIFUL JOURNEY.

THE ELÉVOLVE™ FACIAL REJUVENATION
EXPERIENCE WITH DR. MARK MURPHY



MARK R. MURPHY

— PALM BEACH —
FACIAL PLASTIC SURGERY

CONSISTENT, NATURAL, LASTING RESULTS.

Thank you for your interest in pursuing facelift surgery with Dr. Mark Murphy and Palm Beach Facial Plastic Surgery (PBFPS)—the premier national and international destination for “all-things” facial beauty and balance here in West Palm Beach, FL.

THE PBFPS DIFFERENCE

As a double-board certified facial plastic surgeon with over two decades of experience,

Dr. Murphy has hand selected a team of passionate, facial-focused aesthetic experts to help him curate an exquisite and completely individualized experience for your facial rejuvenation journey. This “dream team” has become known for providing and maintaining the most natural-looking, elevated facial rejuvenation results—no matter where you are on the aging trajectory. Our proprietary “Elévolve” approach to facial rejuvenation is exclusive and unique, and you’ll learn more about it in the pages that follow.

During a customized facial rejuvenation journey at PBFPS, you will be treated to an experience that is second to none. You will receive undivided attention from Dr. Murphy and our highly trained Physician’s Assistant, Aesthetician/Laser Specialists, and Surgical Team—who will all work closely with you to provide warm, attentive, professional, and thorough care through every aspect of your visits, treatments, and follow-up.

Your Elévolve Facial Rejuvenation will include a customized treatment plan delivered to you by one of the nation’s top facial plastic surgeons. By expertly combining surgical and non-surgical treatments, including Deep Plane Facelift, Deep Plane Neck Lift, skin refreshing CoolPeel, fractional CO2 laser, rejuvenating IPL treatments, and effective skin care products, a youthful appearance is within your reach. During your first consultation, we will create your tailored plan after carefully assessing your aging management concerns and long-term goals.

We hope you agree that our difference is delightful.

SURGICAL HIGHLIGHTS THAT MAKE A DIFFERENCE

- Prior to surgery you will receive an advanced skin regimen to optimize and prep your skin prior to surgery.
- You'll enjoy a relaxing and complimentary Hydrafacial® leading up to your surgery.
- All surgical patients have access to Dr. Murphy's direct cell phone following surgery.
- For added comfort and peace-of-mind, a skilled nurse will stay with you the evening following your surgery.
- Dr. Murphy is double-board certified, with 20+ years of specialized focus in Facial Plastic Surgery, and hundreds of positive reviews. He is also the author of six medical publications on facial plastic surgery techniques.
- Dr. Murphy is an esteemed member of Persana, an exclusive, invitation-only platform that connects discerning patients to peer-vetted, world-class aesthetic surgeons and physicians specializing in their desired procedure(s).
- Your comprehensive care will be delivered by a highly-trained surgical team that has worked alongside Dr. Murphy for 10+ years.



Meet Dr. Mark R. Murphy

DR. MURPHY IS DOUBLE-BOARD CERTIFIED BY THE AMERICAN BOARD OF FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY AND THE AMERICAN BOARD OF OTOLARYNGOLOGY-HEAD AND NECK SURGERY.

Dr. Mark R. Murphy is a member of esteemed professional organizations including:



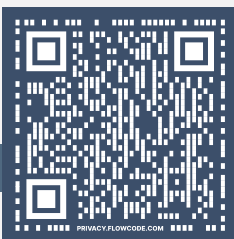
AMERICAN ACADEMY OF
OTOLARYNGOLOGY-
HEAD AND NECK SURGERY

Known amongst the elite of Palm Beach and beyond for his refined facial rejuvenation, Dr. Mark R. Murphy is a master of his craft. In his two+ decades of private practice at Palm Beach Facial Plastic Surgery, Dr. Murphy has developed a refined, holistic approach to facial aging that produces remarkably natural-looking and sustainable results—his proprietary *Elévolve Facial Rejuvenation Method*. By considering the physiological, and anatomical changes that happen to the skin and facial structures as we age, the *Elévolve* approach combines a Deep Plane Facelift and Deep Plane Neck Lift, along with other surgical and non-surgical strategies to help his patients look their best in every decade of life.

Dr. Murphy puts passion and purpose behind every individualized *Elévolve* treatment plan. He is committed to providing state-of-the-art techniques and technologies that consider global rejuvenation of the full face, neck, and skin, so patients look refreshed, beautiful, and natural.

In addition to his technical skill and artistic capabilities, Dr. Murphy is a kind and compassionate surgeon. He cares for his patients as he would his own family—with honesty, warmth and a meticulous eye for detail. This rare blend of integrity, artistry, and skill is what sets him apart with distinction.

Dr. Murphy is also a popular contributor to the media about aesthetic and anti-aging facial rejuvenation tips, trends, and technology.



Explore Dr. Murphy's recent interviews.



PROFESSIONAL MEMBERSHIPS:

- American Academy of Facial Plastic and Reconstructive Surgery
- American Academy of Otolaryngology
- American Medical Association

POST-GRADUATE EDUCATION & TRAINING:

Columbia University, New York, NY 1998-1999

- College of Physicians and Surgeons – General Surgery

New York Presbyterian Hospital, New York, NY 1999-2003

The University Hospitals of Columbia and Cornell
Memorial Sloan – Kettering Cancer Center

- Otolaryngology – Head and Neck Surgery

Medical Missions for Children, Antigua, Guatemala 2002

- Facial Plastic Surgery Mission

Tulane University, New Orleans, LA 2003-2004

Sanctioned by the American Academy of Facial and Reconstructive Surgery and selected from over 40 top candidates nationwide as one of the most prestigious and coveted fellowships programs in the country, offered under the direction of Calvin M. Johnson, Jr.

- Facial Plastic Surgery Fellowship



I couldn't be happier with the results of my surgery! They are very natural and beautiful. Dr. Murphy is an amazing surgeon – the absolute best. He takes his time and really listens to what you want. His staff is incredible, also. I would highly recommend Dr. Murphy for any facial needs.

- Bridget L.



MORE ABOUT DR. MURPHY'S ELEVOLVE APPROACH

THE EVOLUTION OF AGING WELL

Your face is on a journey, and it evolves during each stage of life. There are three pillars of aging: gravity, volume loss, and sun damage. Elévolve addresses these pillars, and the effects they have on your appearance, creating a system of aging management that will shape the future of your face in every decade.

Over time, if not addressed, unwelcome changes may occur in your appearance, including loss of hydration, rough texture, fine lines & wrinkles, dark spots, and thinning of the skin. Biological factors, such as the loss of volume in the fat pads and changes in the muscular and bone structure can make the jawline look less defined, and facial volume in the cheeks diminished. Environmental and lifestyle factors such as sun exposure, diet, alcohol & tobacco use, and stress can contribute to wrinkles, lines, and unevenness in texture. Elévolve addresses these issues head-on, creating harmony and balance in your facial structure, solving skin concerns, and creating a youthful appearance that looks natural and beautiful.

When you schedule an Elévolve consultation, we'll evaluate the appearance of your face and neck—with consideration of your unique stage in aging. We employ a holistic approach to achieve an overall look of vitality and rejuvenation and deploy the newest technological innovations and cutting-edge surgical techniques for Deep Plane Facelift and Deep Plane Neck Lift, along with other surgeries such as a browlift, upper blepharoplasty, fat transfer, and more. These procedures combined with non-surgical aesthetic treatments such as injectables and laser skin rejuvenation will keep you in front of the aging process—and help you maintain your most youthful, vibrant look. By incorporating a holistic approach to facial age management, you will always look fresh and rejuvenated—never artificial or "pulled."

I advise against piecing out the quest for a more youthful look. For many patients, undergoing a facelift without a neck lift can end up making the final result look unnatural. Furthermore, restoring a more youthful facial shape through surgery ends up looking artificial if sun damage and loss of volume are not addressed.

- DR. MARK MURPHY

Dr. Murphy and the expert team at Palm Beach Facial Plastic Surgery are here to empower your confidence at every age. From your first Elévolve consultation to surgery performed in our private on-site surgical suite to your attentive follow-up care and aesthetic maintenance regimen, we are dedicated to helping you achieve a lifetime of beautiful, natural results.



Aging is inevitable.
Aging well is Elévolve.



Before

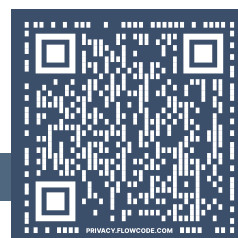


1 Month



6 Months

Scan to see more Elévolve results.



PREPARING FOR YOUR ELÉVOLVE FACIAL REJUVENATION CONSULTATION

FOCUS ON THE FULL PICTURE

Just like we take a holistic approach to your aesthetic facial aging management, in preparing for the first Elévolve consultation, we encourage patients to take a holistic approach to their full facial rejuvenation “wish list.” This includes focusing on all the areas that impact the phenomenon of aging in the face, not just “face shape” and/or “neck sagging.” Take a look at the following facial areas and check all the items that you’d like to discuss with Dr. Murphy and his team when you are ready to book your consultation:

- Forehead Lines, Hairline



- Jowls



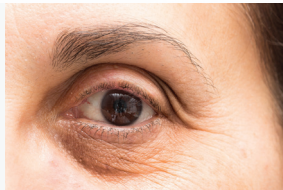
- Frown Lines or Heaviness in Eye Area



- Double Chin or Undefined Jawline



- Under Eye Hollowness, Darkening



- Lost Lip Volume



- Crow’s Feet Lines



- Loose, Sagging Skin (Face or Neck)



- Lines and Wrinkles around the Nose and Mouth



- Skin Appearance and/or Texture



- Flattened Cheeks or Sunken Cheeks



- Other: _____



Resources for Out-of-Town Patients.



PLANNING FOR OUT-OF-TOWN PATIENTS

DESTINATION PALM BEACH!

We can't think of a better place to have expert, world-class surgery and to recuperate in the beauty and serenity of our West Palm Beach surrounds. To accommodate our many out-of-town patients, we have a robust page on our website to assist you in your logistical planning, with details regarding our preferred airports, transportation services, accommodations, and more.

Following your initial consultation with Dr. Murphy you will be guided by our team through:

PLANNING BEFORE SURGERY

Once your surgery is scheduled your Patient Care Coordinator/Pre-Operative Nurse will assist you in your preoperative testing in your hometown. They will also help arrange your pre-operative appointment in person with Dr. Murphy. At this appointment Dr. Murphy will examine you, review your procedures, and complete photographs.

PLANNING POST SURGERY

Following surgery your post operative nurse will bring you back to your hotel and stay with you through your first night of recovery. The length of time required for you to stay in West Palm Beach will vary depending on the nature of your procedure and will be discussed during your initial consultation.



THE ROAD TO RECOVERY

AN OVERVIEW OF YOUR POST-OP RECOVERY TIMELINE

WEEK ONE

During this week, you will experience the bulk of your swelling and bruising. You will also have all your sutures removed between 5 – 10 days and will begin to start feeling like yourself again.

WEEK TWO

Residual swelling will be present. You will begin your post-surgical lymphatic massage regimen outlined in your Eléolve treatment plan to aide in your recovery.

WEEKS FOUR-SIX

While you may be feeling like yourself again, use caution to not overdue your daily activity as your body is still healing. Most patients return to light activity at 3-4 week lower body only.

BEYOND SIX WEEKS

While you may be feeling like yourself again, use caution to not overdue your daily activity as your body is still healing. Most patients return to light activity at 3-4 week lower body only.



PRE & POST SURGERY FAQ's

WHEN CAN I COLOR MY HAIR BEFORE AND AFTER SURGERY?

You should not have your hair colored within 10 days of surgery. Following surgery, you can have your hair colored at 5-weeks post-op.

WHEN CAN I GET BACK TO MY EXERCISE ROUTINE?

Light exercise may resume at 4 weeks with full activity at 8 weeks. Exercising too soon can prolong recovery—always go slow and listen to your body.

IS IT NORMAL TO FEEL NUMBNESS?

It is normal to have numbness and sensation changes following surgery. This will normally resolve within the first few months. Until sensation returns do not use excessively hot/cold objects on the face to avoid injury.

You will be given ample time to address all your questions and concerns about surgery during your initial consultation.



MAINTAINING YOUR GORGEOUS RESULTS

As a destination center of excellence in facial rejuvenation, Palm Beach Facial Plastic surgery provides the most comprehensive array of non-surgical anti-aging and aesthetic treatments to help patients maintain their surgical results, continue to beautify the face and skin, enhance wellness, and elevate overall confidence.

Many of our Eléolve clients complete their comprehensive approach to facial rejuvenation with regular and on-going expert treatments and services to address skin tone, texture, laxity, hydration, and volume with customized treatment plans targeted for each stage of aging.

We will cover your personalized maintenance plan in during the first Eléolve consultation, but encourage you to explore our complete (and growing) array of facial rejuvenation services listed here:

INJECTABLES

Neurotoxins - Botox[®], Dysport[®], Xeomin[®], Daxxify[®]
Juvederm[®] Collection of Fillers
RHA[®] Family of Fillers
Restylane[®] Family of Fillers
Sculptra[®]

ADVANCED SKIN REJUVENATION

RF Microneedling
Fractional CO2 Laser
Cool Peel™ Laser
IPL Photofacial

AESTHETICIAN SERVICES

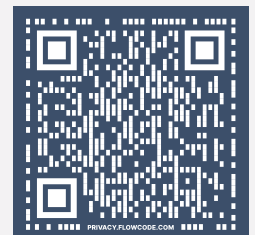
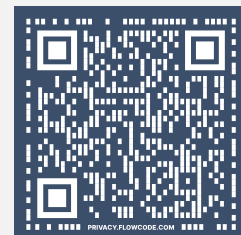
Hydrafacial[®]
Dermaplaning
Red/Blue Light Therapy

PERMANENT MAKEUP

Lip Blush
Eyelash Extensions



FOR MORE INFORMATION ON THESE
INNOVATIVE SERVICES, SCAN TO EXPLORE:





ELÉVOLVE™

THE LIFT YOU'LL LOVE

BY DR. MARK R. MURPHY

To schedule your private
Elévolve Facial Rejuvenation
consultation, please call:

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