

# FACIAL PLASTIC SURGERY

# TODAY



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## Cheers to the season: Why winter is the most popular for procedures

**W**inter is a prevalent time of year to have cosmetic and reconstructive procedures. According to the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), treatments and surgeries increase by approximately 25 percent from Thanksgiving through New Year's Eve. Why this season and what are people having done?

### Winter inspirations

The holiday season typically means more family reunions, office parties, and festive get-togethers. People want to look their best for these occasions. For major surgery, plan enough time for recovery and for the full results to be apparent. If you are looking for subtle changes, treatments can be scheduled weeks or even days before an event.

This time of year, while joyful and fun, can also present additional stress. Some patients report that it is essential to schedule "me time" and pampering treatments to maintain sanity.

Facial plastic surgeons have also seen an increase in gift giving over the winter months. Whether in a dollar amount or for a specific treatment, more couples—spouses, mother/daughters, friends—enjoy sharing the experience by giving the gift of enhancement as a gift to each other. Some patients place a significant importance on the new year and find the boost in self-confidence and rejuvenated appearance as the perfect way to begin the new year.

### Winter practicality

The winter months offer some practical reasons for having procedures. Many find it easier to take extended time away from work over the holidays. And during recuperation, staying indoors is not such a chore when the weather isn't warm. Also, with several layers of clothing, hats, and scarves, it is easier to camouflage your recovery in cooler temperatures.

If you would prefer to not recover over the major holidays, there are also two, long holiday weekends that may be convenient, Martin Luther King Day and Presidents' Day.



### Winter trends

Popular noninvasive treatments over the winter include neurotoxins (Botox, Xeomin, Dysport), dermal fillers, and photorejuvenation. Patients also combine these treatments with highly individualized therapies; 66 percent of AAFPRS surgeons report noninvasive treatment combinations as a top trend. While the results are immediate and there is no downtime, changes are not as comprehensive and not permanent.

Common surgeries over the winter include facelift, nose surgery, and eyelid surgery. Recovery can take one to three weeks and then an extended period before you see the final results, depending on the extent of the procedure. Follow your facial plastic surgeon's postoperative instructions for optimal healing; this may include no strenuous activity, avoiding sun exposure, and plenty of rest and relaxation.

What are you waiting for? 'Tis the season to plan for a rejuvenated you, or for the ones you love. Make a consultation appointment today to discuss your options with your facial plastic surgeon. Cheers to the season! ■



## How to Prepare for Your Facelift

1. Educate yourself about the procedure.
2. Compile questions to discuss with your facial plastic surgeon.
3. Talk to other patients that have had a similar facelift.
4. Review your surgeon's before and after photographs.
5. Check your motivation and expectations; a facelift is an opportunity to improve your appearance, not a means to perfection.
6. Design a treatment plan with your surgeon to meet your unique needs.
7. Pay attention to all preoperative instructions.
8. Follow postoperative directions explicitly for optimal results and healing.



production. Nonsurgical options have the advantage of immediate results but are only temporary.

Consider what improvements you would like to see. Are you looking for a dramatic difference? Would you prefer no downtime with subtle results? What area of your face are you looking to improve? Your facial plastic surgeon will evaluate your facial features, discuss your goals, and propose the right facelift to achieve the right results. ■

## ASK THE SURGEON



*Question: Can you eliminate crow's feet and laugh lines by performing facial exercises?*

No, you cannot eliminate these wrinkles, which typically appear due to aging and the natural loss of elasticity in the skin. Performing facial exercises can strengthen muscles that support your skin and delay the progression of sagging and wrinkling, but they will not eradicate the wrinkles. Talk to your facial plastic surgeon about the specific exercises and alternatives to consider. Injectable fillers plump up the area and can soften wrinkles around the eyes. Neurotoxins—Botox, Dysport, Xeomin—can be injected under the skin to paralyze the muscles in the face that pull the skin and cause wrinkles. Microdermabrasion uses micronized crystals to remove dead cells and smooth crow's feet lines. Your facial plastic surgeon will evaluate your wrinkles and recommend the best treatment plan. ■

## HEALTH TIP



Cosmetic surgery is an investment of time, energy, and money. What can you do to protect this investment? Most patients feel especially motivated after surgery to instill and further healthy habits that support their rejuvenated, new confident self. Capitalize on this opportunity!

- Eat a clean, nutrient-dense diet, i.e., minimizing processed food and ingesting a wide variety of vegetables, fruits, nuts, protein, and healthy fats.
- Drink adequate water to support the elasticity of your skin and facial glow; drink half of your weight in ounces (not to exceed 100 ounces). Avoid excess alcohol, which can cause dehydration.
- Keep your weight within a healthy range. Excessive loss or weight gain will affect the resilience of your skin.
- Stick to a skin care routine; cleanse, exfoliate, and moisturize (with SPF 15) daily.
- Exercise to promote good circulation so cells get adequate oxygen and nutrients.

If some of these tips are difficult for you to implement or sustain, make an appointment with your facial plastic surgeon to discuss ideas and strategies personalized for you. ■

## WHAT'S NEW?



Although around for several years, cryotherapy (freezing treatment) is gaining new popularity as a noninvasive, skin rejuvenation option. The skin is cooled with vaporized liquid nitrogen; this stimulates blood flow, increases oxygenation of dermal cells, activates collagen production, promotes skin tightening, and restores a youthful glow. Pigmentation spots can be lightened with cryotherapy. The treatment can also shrink pores, reduce roughness, and reduce inflammation and puffiness under the eyes. Cryotherapy sessions take between 15 minutes to an hour, with no downtime. After treatment, the area will be red and may take up to seven days to fully heal depending on the extent of your treatment. ■

# Addressing pigmentation concerns

**P**igmentary disorders are abnormal clusters of pigmented cells. Café au lait spots, melasma, lentigines, and post-inflammatory hyperpigmentation are among the most common complaints of those seeking skin care.

## Café au lait spots

Café au lait spots are tan birthmarks caused by clusters of pigmented skin cells (melanin). Moles usually appear after birth. Those that appear at birth have a higher risk of becoming skin cancer, especially if covering a large area. Moles should be checked on a regular basis. Any sudden color change, pain, or bleeding, should warrant an immediate check with your doctor.

Surgical removal of a lesion is the preferred treatment in cases where the mole has a high risk of becoming malignant (cancerous). Laser surgery, surgical scraping, and cryotherapy (freezing) are not permanent solutions. The lesion will reappear eventually. Medical treatment is not necessary if the birthmark degenerates over time.

## Lentigines

Lentigines, also known as age spots or liver spots, are harmless, oversized freckles. They tend to appear due to photodamage caused by ultraviolet radiation from the sun. The melanocytes (pigment-producing cells) release too much pigment in response to the harmful effects of sun exposure. If bothersome, patients may ask their facial plastic surgeon for camouflage techniques; otherwise, topical creams, peels, and lasers may be used.

## Post-inflammatory hyperpigmentation

Post-inflammatory hyperpigmentation can occur when there is trauma—pimple, burn, laser resurfacing, etc.—to the skin that causes inflammation and increased blood flow to the area. The increased blood flow stimulates the melanocytes to secrete more melanin, which causes the area to darken. Without treatment, it can take years to fade.



## Melasma

Hormones, genetics, medications, and environmental factors can cause melasma, or darker patches of skin. Melasma is often seen on the cheeks, forehead, and above the lips. The condition is most common in women after pregnancy or those taking oral contraceptives. The melanocytes are hypersensitive to ultraviolet light and overproduce melanin in the affected areas. The condition usually fades after giving birth or discontinuing oral contraceptives. If the pigmentation does not lighten or if the trigger is not hormone or medicine related, topical creams, chemical peels, or laser treatments can be used to improve the skin color and tone.

Be proactive with proper skin care: clean, exfoliate, moisturize, and protect with sun screen. Most pigment blemishes can be camouflaged with make-up or treated via topical creams, steroids, antibiotics, chemical peels, laser treatment, or surgical removal. Your facial plastic surgeon will tailor the treatment based on your skin tone, severity, and extent of the pigmentation problem. Make your appointment today to discuss your aesthetic and medical concerns and the best mode of concealment or treatment. ■

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