

# FACIAL PLASTIC SURGERY

# TODAY

SPRING ISSUE 2016, VOL. 30, No. 2

## The results are in! Latest trends in facial plastic surgery

The survey results are in! According to facial plastic surgeons of the American Academy of Facial Plastic and Reconstructive Surgery, the top three trends in 2015 were requests for natural-looking rhinoplasty results (74 percent), combined surgical and non-surgical procedures (72 percent), and eyelid procedures to look less tired (71 percent). More than half of the surgeons also saw a rise in patients asking to get their cheekbones back (56 percent) and people turning to cosmetic procedures to remain competitive in the workforce (51 percent).

BOTOX® (Allergan), along with Dysport® (Galderma) and Xeomin® (Merz), remains the most popular minimally invasive procedure for both men and women, followed by hyaluronic acid fillers. As for surgical trends, rhinoplasty leads the way again, followed by blepharoplasty and facelifts.

New this year, more young adults and teens are opting for aesthetic procedures. Sixty-four percent of surgeons surveyed saw an increase in cosmetic surgery or injectable treatments in patients under age 30. While young and impressionable, the more they are inundated with celebrity images via social media, the more they want to replicate the results. Additionally, the prevalence of non-invasive procedures is making it more appealing for younger patients to try aesthetic enhancements before aging is even a concern.

The influence of celebrities and selfies on facial plastic surgery is not just a Gen X movement. Patients of all ages are becoming desensitized to facial plastic surgery as more celebrities come clean about their cosmetic tweaks. Having a little "work done" has become less taboo. In fact, 82 percent of surveyed surgeons reported that celebrities were a major influence in their patients' decisions to have surgery last year. Daily deal aggregators, e.g., Groupon, also stimulate consumers to try treatments.

Each year, facial plastic surgeons report seeing a more educated consumer. This is due to the wealth of information available to patients on the Internet from authoritative sources and knowledgeable media. This has also led them to be savvier about choosing a qualified surgeon. Not surprisingly, the survey found that the top concern of patients is finding

### AAFPRS 2015 ANNUAL SURVEY RESULTS

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the right practitioner whom they can trust, followed at quite a distance by concerns for the costs and visible results. Pain and discomfort was of the least concern, perhaps due to improved methods of topical anesthesia and more minimally invasive treatment options.

What are the projections for 2016? Since the economy continues to improve, along with increased consumer awareness and a growing comfort level with the safety and predictability of cosmetic treatments, the demand for facial cosmetic procedures will most likely continue to expand. Facial plastic surgeons agree that the biggest trend for the future of facial plastic surgery is more emphasis on early maintenance starting in the 20s and 30s to avoid more complicated procedures and delay the need for cosmetic surgery down the road. Contact your facial plastic surgeon for more information about these treatments or procedures. ■

# Addressing the droopy, sagging skin around your eyes... consider

**E**yelid surgery (blepharoplasty) improves the area around the eyes. You may be an excellent candidate if you suffer from excess hanging skin covering the natural fold of your upper eyelid, have loose skin hanging over the eyelashes, suffer puffiness in upper or lower eyelids, have sagging skin ("bags") underneath your eye, or have excess skin and fine wrinkles in the lower eyelid. All of these conditions can make you look unraveled, old, and tired.

According to a recent survey by the American Academy of Facial Plastic and Reconstructive Surgery, 71 percent of facial plastic surgeons identified patients getting blepharoplasty to look less tired as one of the top three trends they are seeing.

## Upper eyelids

"My droopy eyelids were driving me crazy. I had always had very fleshy eyelids, and as I got older, they began to sag badly. Putting on makeup was difficult. My eyelids felt funny, too, like they were in my way. Without realizing it, I started keeping my brow muscles tensed upward all the time. I was shocked when I saw that I had developed permanent creases in my forehead from doing that," says Agnes W., age 58.

This patient's droopy eyelids could be improved through upper eyelid surgery. The incisions would be made in the natural lines and creases of the lids. Excess fat is removed or



repositioned, and then the loose muscle and skin are removed. Fine sutures are used to close the incisions, thereby minimizing the visibility of any scar.

## Lower eyelids

In lower eyelid surgery, the surgeon makes the incision in an inconspicuous site along the eyelash line and smile creases of the lower lid. Excess fat, muscle, and skin are then trimmed away before the incision is closed with fine sutures.

Eyelid puffiness caused primarily by excess fat may be corrected by a transconjunctival blepharoplasty. The incision in this case is made inside the lower eyelid, and excess fatty material is removed. When sutures are used to close this kind of incision, they are invisible to the eye. They are also commonly self-dissolving and leave no visible scar.

## Combining surgeries

Your facial plastic surgeon can tackle both upper and lower eyelid surgery if you have the need. An example would be a patient with drooping upper eyelids and puffy lower eyelids. Correcting both at the same time would result in smooth, firm, and younger looking skin around the eyes. A combined blepharoplasty usually requires from one to three hours and is done under local or general anesthesia. See the sidebar for the benefits of combining these two procedures.

## Recovery

Immediately following surgery, there will be some swelling and discomfort, which gradually decreases over time. Cold compresses, as well as head elevation when lying down, will enhance healing and relieve tenderness. Permanent stitches will be removed in three to five days after surgery. Self-absorbing stitches will dissolve on their own. Over the first seven to 10 days, you will clean the eye area and may need to apply eye drops. Your facial plastic surgeon will provide postoperative instructions for you to follow. The final results may take months to show; however, the revitalized, youthful results will be worth the wait.

If you are in good health and have a positive attitude with realistic expectations, make an appointment with your facial plastic surgeon to discuss and decide what is optimal for you. ■

# blepharoplasty

## Advantages of Combining Procedures

Each patient has unique needs and goals. Your facial plastic surgeon will propose a comprehensive plan that may include various treatments, procedures, or a combination of the two. If combining surgical procedures or combining a surgical and minimally invasive procedure is part of the plan, you need to consider if it is right for you.

Advantages of combining surgical procedures:

- Less overall appointments
- Less time in surgery
- Overlap in recovery
- Less time off of work
- Less time to achieve desired results
- Less cost, due to less doctor, anesthesia, and facility fees

The ability to combine a surgical and nonsurgical procedure at the same time depends on the combination and may have similar benefits as mentioned. The AAFPRS survey showed this as a top trend in 2015.

It is quite common to combine minimal invasive treatments; however, the advantages may not be as significant. For example, a patient concerned about laugh lines and wrinkles between the brows, may decide to have filler injections to treat the laugh lines and Botox, Dysport, or Xeomin injections to treat the forehead wrinkles. While it is more efficient to get them done at the same time, there may not be a cost advantage.

## ASK THE SURGEON



*I would like to plump up my lips, but I'm not sure if I am ready for anything permanent. What are my options?*

For an immediate fix, use a lip scrub to soften lips, moisturize, and apply a bold lip color. This will make your lips appear fuller. You can also try a lip plumper, which has mildly irritating ingredients that stimulate blood flow and add fullness to your lips. Apply a glossy finish to enhance the illusion of plumpness.

You can restore full voluptuous lips through injectable fillers, implants, and surgical lifts. The most popular treatments are fillers because they can be done on your lunchbreak and require minimal recovery with limited swelling or bruising. Hyaluronic acid fillers, such as Restylane-L, Perlane-L, Juvederm XC, and Belotero Balance, are commonly used and provide results that last several months. Keep in mind for temporary solutions, you will need repeated treatments to maintain the lip fullness. Recently, the Food and Drug Administration approved Juvederm Ultra XC for lip augmentation, which is the only filler that has proven results lasting up to one year.

If you feel comfortable after trying a temporary solution, you may want to discuss lip implants or surgical procedures for something more permanent. ■

## HEALTH TIP



If you are unhappy with your facial scars, there are several options to improve your appearance. First, your facial plastic surgeon will evaluate your skin tone, skin type, and the extent of the scarring. Then, your physician will recommend a plan to provide the optimal results. Superficial scars may be treated with a mild chemical peel or exfoliation treatment. Deeper scars may require a stronger treatment such as dermabrasion or laser therapy. Dermabrasion removes dead skin cells, reducing the appearance of scars, and a fresh layer of skin is revealed. There are different

types of lasers that may be used to treat the skin. Laser therapy removes the outer layer and stimulates the cells to produce collagen. These are just a few options; make an appointment with your facial plastic surgeon to discuss the possibilities of improving your skin. ■

## WHAT'S NEW?



You may have heard about three-dimensional (3D) printing. It is the process of making 3-D solid objects from a digital file. Facial plastic surgeons are using this technology to assist with facial reconstruction and face transplantation. In a recent reconstruction, the surgeon was able to make a copy of the undamaged side of the patient's face and then project that onto the damaged side. This print mirror image served as a guide in a complex case to then restore the patient's face. In face transplant cases, the 3-D printed models provide visual guidance and reduce overall procedure time. ■

# Spring fever makeover

Spring is in the air; it is the perfect time to take a break and plan for a revitalized and rejuvenated you. Whether you want to finally address some concerns with treatments or schedule a surgical procedure that will prepare you for summer fun—the options are endless. Check out these suggestions to say goodbye to winter and hello to spring.

## Routine

Skin care technology and products are changing all the time. When did you last consult with your facial plastic surgeon regarding your skin care routine and the products that you have been using? You may need to freshen up your daily cleansing and moisturizing regimen. Check in with your surgeon for an evaluation of your skin, a review of products that you are using, and recommendations for your unique skin tone and texture.

## Tone

Along with the sunnier days, your skin tone can also be brighter with a few treatment options. Laser resurfacing, microdermabrasion, and chemical peels offer varying degrees of removing the old, wrinkled top layer of the skin and allowing a new, refreshed layer to come through. If you have concerns regarding sunspots, uneven pigmentation, blemishes, fine lines, rosacea, or scars, your surgeon can provide guidance on how these options will improve your visage.

## Volume

As we age, we tend to lose volume in our skin. Fillers can be used to improve the appearance of moderate to severe facial wrinkles and folds. The most common areas are the smile lines around your nose and mouth, marionette lines at the corners of your mouth, and fine lines above the mouth. Fillers are injected with minimal discomfort and may last between a few months to two years, depending on the material used. If you are looking for plumper, fuller lips, try lip augmentation; there are surgical and non-surgical options.



## Shape

Your most prominent feature—the nose—affects the overall balance and harmony of your face. Rhinoplasty, surgery of the nose, is the number one procedure performed by facial plastic surgeons. This procedure can improve symmetry, increase or decrease the size of the nose, reduce a hump, reshape the tip or bridge, narrow the span of the nostrils, or change the angle between your nose and upper lip. The recovery and return to normal activities could be up to two weeks, depending on the extent of your surgery. Plan well in advance.

## Restoration

If you are looking to remove accumulated fat, resupport the neck muscles that have stretched, and remove excess skin primarily in the lower two-thirds of the face, then a facelift (rhytidectomy) may be right for you. The result is a smoother neck area, reduced jowls, and refined jawline.

Channel that spring fever into something productive—a makeover! You have already taken the first step by getting educated about your options. If you don't have a specific treatment or procedure in mind but are looking to renew and rejuvenate, make an appointment with your facial plastic surgeon. You can discuss your concerns and decide what would be optimal for you. ■