

# FACIAL PLASTIC SURGERY

# TODAY

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## Tired of looking tired? There are options for you to consider

If you think you look tired all of the time, you are not alone. Sixty-two percent of members responding to an annual survey conducted by the American Academy of Facial Plastic and Reconstructive Surgery stated that eyelid procedures to look less tired are a rising trend. Wrinkles, dark circles, hollowness, and crow's feet can make you look exhausted when you're not. Talk to your facial plastic surgeon about the available treatments or procedures that will address your needs.

Wrinkles under your eyes can be treated with creams that contain retinoid (vitamin A) and antioxidants. Retinoid increases cell turnover, which stimulates collagen production. The antioxidants help prevent the breakdown of collagen. Another minimally invasive option is light therapy with a non-ablative fractional laser. This targets specific areas and stimulates new collagen production.

Botox, Dysport, or Xeomin may be injected under the skin to paralyze the muscles in the face that pull the skin and cause wrinkles, e.g., crow's feet or frown lines between the eyebrows.

For dark circles due to pigmentation irregularities, fillers can be injected to plump the area and reduce the appearance of darkness. Injectable fillers also soften wrinkles and make the skin look tighter in areas like the lids, eyebrows, and crow's feet.



If you have sunken areas or hollowness below the eyes, an autologous fat transfer may be the right treatment for you. A small amount of fat is harvested from your body and then injected beneath the skin and muscle of the cheek and lower eyelid to fill in the area.

In addition to injectable fillers, microdermabrasion can provide a fresh and temporary glow to the crow's feet area. It uses micronized crystals to remove dead cells to smoothen the area.

A permanent option to revitalize the eye area is eyelid surgery (blepharoplasty), which can reduce puffiness, sagging skin, and drooping eyelids. Your surgeon will remove excess fat, muscle, and loose skin, while hiding the incisions in the natural lines and creases of the eyelid. The result is a more wide-eye appearance with smooth, rejuvenated skin. You may need upper eyelid surgery, lower eyelid surgery, or both.

Several factors will be considered to determine what cosmetic treatment or procedure is right for you, including age, skin type, ethnic background, and overall health. During your consultation, you will be examined and asked to answer queries regarding your desires and motivation for seeking assistance. You and your facial plastic surgeon will discuss the best plan of action, whether it includes a series of minimally invasive treatments, eyelid surgery, or a combination of procedures. You'll have that refreshed, younger looking appearance back in no time. ■

# Evaluate your overall facial needs and take a cosmetic vacation...

**T**ake a cosmetic vacation this summer—revitalize and rejuvenate! From simple treatments to a combination of procedures, you will feel a major boost in self-esteem and confidence if you take the time to improve and update your appearance.

## Skin

If you are unhappy with the tone of your skin, consider photo-rejuvenation. It is a noninvasive, intense pulsed light laser treatment that can improve blemishes, sun damage, birthmarks, broken capillaries, and more. There is no downtime, but several treatments may be required for desired results.

For superficial scarring, your physician may recommend cleansing, exfoliating, and moisturizing the skin to keep it looking fresh and healthy as it turns over new cells. A mild chemical peel may be applied to remove the damaged skin. Deeper scars may require a stronger treatment such as dermabrasion or laser therapy. A scar can also be removed surgically; the incision is closed with fine stitches, resulting in a less prominent scar.

Crow's feet—tiny wrinkles that radiate from the corner of your eyes—can be treated with an injectable filler to plump up the area and soften the wrinkles. Fillers are temporary and will require repeated treatments. Botox, Dysport, or Xeomin can be injected under the skin to paralyze the muscles in the face that pull the skin and cause wrinkles. The resulting smooth skin lasts from three to six months. Laser resurfacing may also be used to stimulate collagen production and reduce wrinkles.

For a more permanent way to address sagging skin and wrinkles around your eyes, blepharoplasty (eyelid surgery) may be an option. This procedure removes excess fat and skin from the lower and upper eyelids, leaving the skin around your eyes smoother and younger looking.

## Overall wrinkles and sagging

Overall aging to the face—loss of that youthful look—may be a combination of loose skin, laxity of underlying muscles, and an accumulation of fat. One of the earliest signs is the obliteration of the angle formed by the neck and the lower jaw. A facelift can improve the appearance of



the lower two-thirds of your face by reducing the sagging skin, muscles, and fat.

While younger patients may require less extensive procedures or older patients may request less downtime, recent advances in techniques and modern variations to the traditional facelift offer a wide range of facelift procedures. Trust your face to a facial plastic surgeon to personalize your facelift, decrease operative time, reduce postoperative

complications, and provide optimal results.

## Nose

Nose surgery, or rhinoplasty, is the most popular procedure performed by facial plastic surgeons. It can reduce the size and position of the nostrils; improve a nasal tip that is upturned, hooked, bulbous, or drooping; correct nasal asymmetry; and reduce humps or depressions on the bridge. Incisions are typically made inside the nose; the underlying bone and cartilage is reduced, augmented, or rearranged to create a newly shaped structure. The tissues are redraped over the new frame and the incisions are closed. Your facial plastic surgeon will evaluate your nose in proportion with your other features to provide optimal results.

## Chin

You may be unhappy with your profile because you think your nose is too big or your chin is out of proportion to the rest of your face, or both. You may require a chin implant. Or, if the chin is too large, your surgeon can sculpt the bone to a more pleasing size. Your facial plastic surgeon may recommend one procedure or a combination of chin surgery and nose surgery in order to bring your profile into balance.

## Cheeks

Fullness of the cheeks is one of the strongest characteristics of youth. Most people start to notice fat loss from the midface region in their late 30s, causing the skin to sag and may cause folds and wrinkles around the mouth. For minimally invasive solutions, try autologous fat transfer or injectable fillers. These are long lasting or potentially permanent.

## you deserve it

Cheek implants are a permanent possibility. They hold up the collapsed tissue and restore the youthful appearance of adequately padded skin at healthy levels of distention and elasticity. This improves the contour, creates balance, and bolsters self-esteem.

### Lips

Thin lips are a common complaint. You may want to start with a minimally invasive solution, such as a soft tissue filler injection, e.g., hyaluronic acid. There is limited to no downtime with this treatment; results last between three to six months. For longer-lasting options, consider lip implants, fat injections, or a lip lift. The surgical lip lift shortens the distance between the bottom of the nose and the top of the upper lip to give the appearance of greater fullness, with additional benefits of tightening sagging skin and redefining the lip line.

### Forehead

If you have furrows (vertical lines) between your brows or sagging, horizontal forehead wrinkles that are inhibiting your expressions, you may want to consider a browlift. This procedure removes excess, loose skin and tissue from the forehead. Your surgeon may remove part of the muscle that causes vertical frown lines between eyebrows. A less invasive alternative to reduce furrows is with a neurotoxin injection (Botox, Dysport, Xeomin); although, treatment must be repeated every four to five months in order to maintain the smooth appearance.

Schedule some time for yourself this summer with a cosmetic vacation. If you do not have a specific treatment or procedure in mind but are looking to renew and rejuvenate, make an appointment today with your facial plastic surgeon to discuss the many possibilities; you deserve it. ■

## ASK THE SURGEON



*Question: I think I'm a good candidate for lip enhancement and am desperate to add more volume to the area. What would you recommend?*

You may be a good candidate for lip enhancement if your lips are thin and tend to disappear when you smile; if your lips have become less full and thinner due to age; if you are self-conscious about the appearance of your lips; or if enhancement would help balance out the overall appearance of your face.

There are several options at your disposal to help you achieve fuller lips. You can opt for lip injection done using natural or synthetic fillers. The fillers may last for several months; however, you will need regular retouch treatments to keep the lips full. The Food and Drug Administration (FDA) recently approved Volbella, a hyaluronic acid lip filler, that may last up to a year. For permanent solutions, consider lip implants or a surgical procedure. Your facial plastic surgeon can review the options with you and recommend what will meet your needs. ■

## HEALTH TIP



Buyer beware! With the increasing popularity of neurotoxin injections—Botox, Dysport, and Xeomin—the ubiquitous deals and coupons that offer reduced rates for these treatments and services are proliferating. The most surprising places include gyms and salons. Facial plastic surgeons state that these deals cheapen the field of facial plastic surgery, often have inadequate patient screening, and lack appropriate training for non-medical staff to perform the discounted procedures. Do not let the reduced rates be the determining factor in selecting a treatment or a facial plastic

surgeon. Patients are encouraged to exercise caution; select a board certified surgeon who specializes in plastic surgery of the face, head, and neck. ■

## WHAT'S NEW?



The FDA has just approved a new filler, called Juvéderm Vollure XC, which is the first and only hyaluronic acid filler approved for the correction of moderate to severe wrinkles and nasolabial folds that lasts up to 18 months. According to the clinical trial, 59 percent of subjects reported improvement in nasolabial folds for up to 18 months—this is substantial given that most fillers typically last only around 12 months. Also, 82 percent of participants stated they were very satisfied after six months and 68 percent reported satisfaction at the 18-month mark.

Back in December 2016, the FDA approved two new fillers, Restylane Refyne and Defyne, to treat wrinkles and folds. There are new products becoming available all the time; talk to your facial plastic surgeon about what might work best for you. ■

## How to avoid a botched job

**A**chieving a safe and reliable outcome for a procedure is paramount. This requires collaboration among the patient, the facial plastic surgeon, and the skilled staff at the office or facility. What can you do? Do your homework—on the surgeon, the facility, and how to be a good patient.

### Your facial plastic surgeon

Ask your physician if he or she is board certified; look for a board affiliated with the American Board of Medical Specialists (ABMS). Visit [www.certificationmatters.org](http://www.certificationmatters.org) to check. Many facial plastic surgeons are certified by the American Board of Otolaryngology, a board recognized by the ABMS. Surgeons who are board certified by the American Board of Facial Plastic and Reconstructive Surgery (ABFPRS) have had one year of general surgery residency after medical school, followed by four years of residency in otolaryngology head and neck surgery, a one-year fellowship in facial plastic surgery (optional), a rigorous two-day exam, and peer review of at least 100 surgical procedures.

Your surgeon should also be a reputable member of an organization of surgeons who specialize in facial plastic surgery and has privileges to perform procedures at a local hospital or ambulatory center. The Federation of State Medical Boards provides a Web site to verify a physician's medical license and education; visit [www.docinfo.org](http://www.docinfo.org).

Most physicians have their degrees and certifications framed throughout their office. Don't be afraid to point and ask for more details about their credentials and their experience. Be sure you enquire about the training of the office staff, as well. You want to make sure that you will receive individual monitoring by skilled, licensed personnel before, during, and after the procedure.

### Facility

Ensure that the place where you will have your procedure is accredited or in the process of being accredited. This makes certain that the facility is adequately equipped; meets fire, sanitation, and building codes; has been inspected and evaluated; and meets specific standards that assure patient safety and the efficiency of the facility and the equipment. The facility



should be accredited by one of the following: the Accreditation Association for Ambulatory Health Care, (847) 853-6060, or [www.aaahc.org](http://www.aaahc.org); the American Association for Accreditation of Ambulatory Surgery Facilities, (888) 545-5222, or [www.aaaasf.org](http://www.aaaasf.org); the Joint Commission on Accreditation of Healthcare Organizations, (630) 792-5005, or [www.jcaho.org](http://www.jcaho.org); or licensed by the state in which the facility is located.

### You as the patient

Provide your physician with a full medical history, including current medications and supplements. Check your motivations for the procedure; your physician will also want to see that you have realistic expectations. Once your procedure is a go, you will be given pre-surgery guidelines—follow these explicitly, they are for your safety. You will also be given instructions on medication and care for the optimal recovery process. Your surgeon will advise you on when you can safely resume your normal routine. Most importantly, follow the pre- and post-operative directions explicitly and contact your physician with any questions.

Facial plastic and reconstructive surgery can be performed safely and effectively. Take the time to research your facial plastic surgeon, the facility, and the procedure. Maintain open communication with your physician, who will make sure you feel comfortable with your decision and receive the best of care with optimal results. ■