

FACIAL PLASTIC SURGERY

TODAY



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'Tis the season for facial plastic surgery... winter gear, perfect cover up

You have decided to have a cosmetic or reconstructive procedure, but you're not sure when would be the best time of year to schedule it. Consider the winter season; from the ease of taking extra time off at work and camouflaging post-surgery bandages to starting the New Year with the new you, there are several advantages to consider.

Give the gift that keeps giving. After spending time and energy on others; plan to give the gift of a cosmetic treatment or surgery to yourself. Or, consider spreading the joy by sharing the gift with your significant other, daughter, or best friend. Facial plastic surgeons report that couples—spouses, mother/daughters, friends—delight in sharing the experience by giving the gift of enhancement and a confidence boost to each other.

Plan a staycation. It is a slow time of year for many businesses, so colleagues will not mind if you take some additional days off. An extended vacation can be beneficial in allowing for a full recovery before going back to work. And, there will be extra time to get into beach-ready shape before the summer rolls around. If you prefer not to recover over the festivities and you are considering a less invasive procedure, there are two, long holiday weekends (Martin Luther King Day and Presidents' Day) to choose from that may be convenient.

Seize the opportunity for an easier recovery. Your facial plastic surgeon will recommend plenty of downtime, no strenuous activity, and avoidance of the sun rays, which can darken scars or cause abnormal pigmentation. In the cooler months, it will be effortless to stay indoors; when you do venture outside, you can conceal your recovery under turtlenecks, hats, and scarves.

Popular surgeries over the winter are a facelift, nose surgery, and eyelid surgery. Recuperation can take one to three weeks depending on the extent of the procedure. Non-invasive treatments include neurotoxins



(Botox, Xeomin, Dysport), dermal fillers, and photorejuvenation. The results are immediate, but not as comprehensive or permanent.

The colder weather can be harsh on your face, causing cracking, chapping, and irritation. While you wait for your treatment or procedure, be sure to take care of your skin with daily cleansing. You may want to exfoliate once a week with a light scrub to remove the top, dull layer of skin cells. Don't pick at the dry skin. Switch to a heavier, oil-based moisturizer with a sun protection factor of 15 to nourish and protect the skin.

What are you waiting for? It's time to plan for a new you in the New Year! Contact your facial plastic surgeon to discuss what procedure or treatment is right for you and when you can schedule it. ■

FAQs about ethnic facial plastic surgery: double eyelid surgery,

Facial plastic surgery can refine features, correct disharmonies, and reduce the signs of aging, regardless of your ethnicity. There is not one standard of beauty, which all persons can be compared; instead, the objective is to look our best—and this transcends cultural and racial boundaries. The following questions and answers address what you need to know with respect to your skin and how these factors may influence the experience you have with facial plastic surgery.

What is unique about ethnic facial plastic surgery?

Your facial plastic surgeon will take into account your needs and objectives for reconstructive or cosmetic surgery and will ensure that the changes balance your face within ethnic norms. This means that your improvements or enhancements will not look out of place or take away from your heritage and natural features.

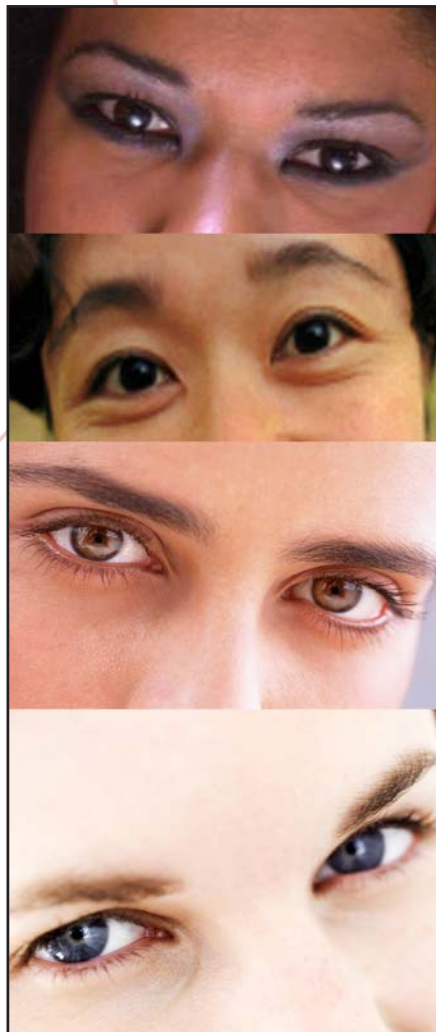
Do different skin types have different benefits or challenges?

Yes, skin texture, thickness, and support structures vary among ethnicities. These are important considerations for your facial plastic surgeon to review for any type of surgery, resurfacing, or skin peel.

African-American complexion: Signs of aging appear very late and fine wrinkling typically does not occur with this skin type. Skin cancers are rare. Postoperative swelling is minimal; however, scar formation and pigmentation changes may present challenges. Also, thicker cartilage is not easily adjusted.

Oily, olive, dark complexion: Similar to the African-American complexion, the signs of aging appear later and skin cancers are rare. Darker, thicker scars are more common; cartilage tends to droop and is resistant to change. There may be prolonged postoperative swelling and oiliness following a procedure.

Asian complexion: The signs of aging appear late and fine wrinkling typically does not occur. A low nasal bridge may require correction.



Additional surgical steps are needed to create an eyelid crease or fold.

Fair, light complexion: The skin is relatively thin and handles easily. Scars tend to be narrow and nearly invisible. The signs of aging appear early and fine, deep wrinkles may be difficult to remove entirely. Initial bruising is more obvious than in darker skinned individuals.

What are the trending procedures or treatments based on ethnicity?

According to the American Academy of Facial Plastic and Reconstructive Surgery, African Americans and Hispanics are most likely to undergo rhinoplasty (nose surgery). Asian-Americans are most likely to choose blepharoplasty (eyelid surgery), while Caucasians opt almost equally between blepharoplasty and rhinoplasty.

While these procedures are the more common surgeries seen, people of various ethnic backgrounds are having the gamut of treatments to make themselves look and feel great about their appearance. The advances in techniques, tools, and technologies have also expanded the realm of possibilities and combinations of procedures and treatments available to meet your needs.

What is ethnic sensitive rhinoplasty?

Rhinoplasty means to reshape the nose; ethnic sensitive rhinoplasty provides nasal reshaping that corresponds with the remaining ethnic features of a face. A Hispanic person would not look good with an African American nose. A classic Caucasian nose would not look good on a person of African descent. The goal of this procedure is to bring your nose into balance with the rest of your facial features.

Many people of Asian and African descent have noses with wider bases and less sharply defined tips. These people, as well as many Hispanics, also have thicker skin on the tip of the nose, giving it a rounded, bulbous appearance. Your facial plastic surgeon will look at your features and consider what adjustments should be made in order for the nose to be in harmony with the rest of the face. Most patients request to alter the

sensitive rhinoplasty

angle, tip, width, etc.; these will be addressed within the scope of providing a natural, improved outcome within the norms of your ethnicity.

What is the double eyelid procedure?

Characteristic of approximately 50 percent of the Asian race, a single eyelid hangs from the brow to the lashes with no eyelid fold. Some Asian patients seek blepharoplasty, or eyelid surgery, to divide the eyelid into two portions, creating a permanent fold. This can provide a more awake look, may ease application of makeup, and can improve one's upward gaze.

Do different ethnicities age differently in the lip area and what are options for augmentation?

No, generally, the lips thin as we age regardless of skin tone or color. The lips become less defined and appear flat. There are various types of augmentation—a temporary solution such as a dermal filler or a more permanent fix with an implant—to discuss with your facial plastic surgeon.

Your facial plastic surgeon will take into account your skin type, anatomy, response to incisions, scarring, and wound healing—then tailor a treatment plan accordingly. The outcome of your procedure may be affected by such factors as the thickness of your skin, the amount of oil it contains, the degree of pigmentation, and the quality of underlying cartilage.

Your facial plastic surgeon will discuss the possible results and ensure that you are having surgery for the right reasons and with realistic expectations. No matter what your ethnic background, your facial plastic surgeon will enhance your aesthetics while preserving and respecting your ethnicity for facial balance and beauty. ■

ASK THE SURGEON



I am interested in improving the crow's feet appearing in the corners of my eyes. What are my options?

In most cases, Botox, Dysport, or Xeomin—all neurotoxins—will relax the muscles that cause these wrinkles and improve your appearance. The medication is injected under the skin to paralyze the muscles in the face that pull the skin and cause wrinkles. This minimally invasive option, with no recovery time, lasts from three to four months. Another injectable filler, hyaluronic acid, can plump up the area and soften the wrinkles. The results are temporary, lasting six to 12 months; repeated treatments are required to maintain the smoother skin. Microdermabrasion uses micronized crystals to remove dead cells and smooth crow's feet and forehead lines. Your facial plastic surgeon will discuss your options and tailor your treatment to meet your goals. ■

HEALTH TIP



Leave the airbags on and buckle that seat belt. These protective devices—alone and especially in combination—reduce the likelihood of facial fractures for those involved in motor vehicle collisions.

A study published in *JAMA Facial Plastic Surgery** evaluated 518,106 patients treated after a collision between 2007 and 2012 at trauma centers in the United States. Approximately 11 percent experienced one facial fracture, with the most common being a nasal fracture (5.6 percent) followed by midface fractures (3.8 percent). Among these patients with at least one facial injury, 5.8 percent had airbag deployment only; 26.9 percent used their seatbelt only; and 9.3 percent used both seat belt and airbag. Almost 57 percent used no protective device. Researchers found that the likelihood of facial fracture after a car collision was significantly reduced by the use of airbag alone and the use of seat belt alone. The greatest reduction was for patients using both protective devices. Be smart about protecting your face; keep the airbag on and seat belt fastened. ■

WHAT'S NEW?



Regenerative medicine is the process of replacing, engineering, or regenerating human cells, tissues, or organs to restore or establish normal function. It is an exciting field with the potential to change current options within facial plastic and reconstructive surgery. Patients with devastating disorders or congenital abnormalities of the head and neck—burns, cleft lip and cleft palate, facial nerve injuries, or even aging—will have the potential for restoration of tissues and organs through regenerative medicine. In a recent article published in *JAMA Facial Plastic*

*Surgery**, the authors reviewed stem cells, growth factors, and synthetic scaffolds; examined platelet-rich plasma (PRP); and suggested directions for future studies. These advancements will improve patient outcomes and cost effectiveness. For example, PRP injections are changing how facial plastic surgeons approach hair restoration. They have shown promising results in making hair grow better and faster. Your facial plastic surgeon will keep you up to date on the latest regenerative breakthroughs and how these developments can positively impact your overall health. ■

*For more information on *JAMA Facial Plastic Surgery*, go to <http://JAMANetwork.com/journals/JAMAFacialPlasticSurgery>.

Millennials attack aging with “prejuvenation”

Millennial women are maintaining their youth through “prejuvenation,” i.e., a hot new term describing how young women are having minimally invasive beauty treatments earlier in order to prevent aging, rather than correct it. Popular treatments include light chemical peels, hyaluronic acid fillers, neurotoxins (Botox, Xeomin, Dysport), and photorejuvenation. Wouldn't you want to stop that forehead wrinkle before it became noticeable? What about avoiding crow's feet?

According to the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), a reported 64 percent of member facial plastic surgeons indicated an increase in cosmetic surgery or injectable treatments in the under 30 crowd. Many millennials are adopting Botox, Xeomin, or Dysport as routine wrinkle prevention and lasers and chemical peels as standard preferences to reduce sun damage. What is fueling this affection toward pre-treatment?

The selfie is not going away. It forces young adults to hold a microscope up to their own image and often look at it with a more self-critical eye. Whether it is on Facebook, Instagram, Snapchat, or a dating app, it is often the first impression that millennials get of each other.

Social media presence and perceptions are very important for this generation. The more they are inundated with their own selfies and celebrity images, the more they want to adjust their features or replicate others' results. Celebrities openly come clean about their cosmetic improvements, making it much less taboo. In fact, 82 percent of surveyed surgeons reported that celebrities were a major influence in their patients' decision to have surgery last year.

Rhinoplasty (nose surgery) was the most performed procedure on patients between the ages of 22 and 34 in 2015. Millennials are also having lip augmentation surgery, eye surgery, and cheek injectables to sculpt and restore volume.

With the improving economy, 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 future of facial plastic surgery will continue to emphasize early maintenance—starting in the 20s and 30s—to avoid more complicated procedures and delay the need for cosmetic surgery down the road.

Millennials, and patients overall, are doing their due diligence to get educated about facial plastic surgery. There is a wealth of information from authoritative sources that patients have access to via the Internet. Millennials feel they are being smart about tackling aging head-on.

Whether you are a millennial or part of another generation, you too can be smart about fighting aging by contacting your facial plastic surgeon for an appointment. ■