

# FACIAL PLASTIC SURGERY

# TODAY



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## The advantages of rejuvenation at an early age

**A** more youthful appearance and smooth complexion are pleasing and desirable.

As we age, it becomes more difficult to retain that healthy, young glow. More patients – both men and women – are having rejuvenating procedures at a younger age. There are many benefits to this trend, such as less invasive procedures that leave you looking fresher instead of altered, supple skin that heals faster, and little recovery time. The ultimate benefit for the patient is that you can remain younger-looking longer.

Why wait to rejuvenate? Rejuvenate means to make new. Patients agree that it is physically easier to have a series of smaller procedures starting at a younger age that are less invasive, then to wait and have a major procedure down the road. Why would you wait to benefit your emotional well-being as well? The boost in self-confidence and self-esteem is obtainable now.

Janice W., 35 years old, was not happy with the wrinkles that were around her eyes, making her look much older than she felt. “I was looking at some recent photographs taken of myself and couldn’t believe how old my eyes looked,” says Janice.



“The best decision I made was making the consultation appointment, where I was reassured that there were minor procedures that could be done now to renew and revitalize my appearance.”

Janice decided to have Botox injections and was very pleased with the results. “It boosted my self-confidence like you wouldn’t believe,” says Janice. “I’m so glad I didn’t wait!” Janice also reports that most of her friends and family told her she looked, “great” and “happier,” but did not attribute the revitalized look to anything physical.

Kevin S., 38 years old, states, “In my profession, it is very important to maintain a certain look. I told myself that when the muscles of my face started going south, I would have something done – right away. I didn’t want to wait so long that surgery would cause a remarkable difference,” says Kevin. “Two months ago, I had a mini-facelift. It didn’t give me a new face; it gave me back my old face, the way it was 10 years ago. The changes were so subtle that no one had any idea I did it, and that’s what I wanted – to look like me, only better.”

If you would like to be proactive in fighting against the aging process, make a consultation appointment to discuss what your options are. ■

# FAQs about facial plastic surgery ... are you a good

**B**efore considering a procedure, you should try to get as much information as possible. The following questions represent the most popular inquiries that new and current patients ask in regards to facial plastic and reconstructive surgery. Please feel free to contact us if your specific questions were not addressed.

## *Am I a good candidate?*

Every patient is unique. Your physician will determine this based on your expectations, attitude, and physical features. Be prepared to answer the following questions: What do you want to change? Why do you want to correct this problem? What do you expect the surgery to do for you? Has anyone else urged you to have surgery? What is your goal in seeking this change?

Good candidates for facial plastic and reconstructive surgery understand how facial plastic surgery can improve their appearance, but they are not looking for perfection. They are strongly motivated and understand that surgery involves a certain amount of discomfort and it may be some time before the final results are realized.

## *What is the purpose of the consultation?*

The consultation gives you an opportunity to get information, ask questions, and discuss concerns. It will help you make an informed decision as to whether a procedure can help you achieve the improvement you desire.

## *How does a facial plastic surgeon determine what is attractive?*

There have been studies of the features and



characteristics of facial appearance that are accepted as beautiful. Facial plastic surgeons learn about these aspects of treatment planning during their many years of training, and are quite familiar with commonly held standards of beauty by the time they are ready to take their board examinations. Discussion with each patient helps the facial plastic surgeon integrate general standards of beauty with the patient's thoughts about beauty as well as those of the physician.

The following aesthetic principles may be considered. First, the rule of thirds: A well-proportioned face may be divided into equal thirds by drawing horizontal lines through the forehead hairline, the brow, the base of the nose, and the edge of the chin. Second, the rule of fifths: A proportionate face may be divided vertically into fifths, each approximately the width of one eye. Facial features should fall within these parameters. Third, bilateral symmetry: An attractive face exhibits a high degree of similarity between one side of the face and the other. Remember though, aesthetic principles are only a guideline. True beauty starts from within. The goal of

facial plastic surgery is only to enhance the unique features you present to the world.

## *What are the most popular procedures patients have?*

In 2002, the most popular cosmetic surgical procedures were blepharoplasty (eyelid surgery) and rhinoplasty (nose surgery). In the same year, the most common cosmetic non-surgical procedures were Botox, microdermabrasion (skin resurfacing), and chemical peels (skin resurfacing).

## *What type of anesthesia is used?*

The type of anesthesia is determined by the procedure and what you and your doctor decide is best (i.e. local anesthetic, intravenous sedation, or general anesthesia).

## *What are the risks involved with surgery?*

As with any surgical procedure there may be risks involved, such as infection or scarring. You can reduce your risks by choosing a qualified facial plastic surgeon and closely following both the before and after surgery instructions.

## *What can I do before I have surgery to enhance the surgical outcome and recovery?*

Quit smoking. Smoking affects the blood supply to the skin; it may slow healing time and increase the risk of bleeding and other complications. Exercise! A regular exercise routine pre-operatively will help you post-operatively. Eat a healthy, balanced diet. What you eat affects both the surface of your skin and the underlying structures, including nerves, blood vessels, cartilage, and muscle tissues. A healthy diet promotes a vibrant complexion and an overall

## candidate?

healthy glow. Also, relax and prepare yourself mentally for the procedure. A positive mental outlook can actually speed healing time and help you look and feel your best.

*Will the insurance company cover any of the costs?*

Reconstructive surgery is covered by most health insurance policies, although the specifics of coverage may vary greatly.

Cosmetic surgery, however, is usually not covered by health insurance because it is elective and not considered a medical necessity. Keep in mind that there are a number of gray areas that may require special consideration by an insurance carrier. The insurance company often looks at the principal reason the procedure is being performed: is it for relieve of symptoms or for aesthetic improvement?

*Does skin type affect the surgical results?*

Yes. Your facial plastic surgeon will carefully assess your skin type, because the outcome may be affected by such factors as thickness of your skin, the amount of oil it contains, the degree of pigmentation, and the quality of underlying cartilage. Skin type will not necessarily disqualify you for facial plastic surgery; however, it may be necessary to modify, or even avoid certain procedures to minimize the possibility of scarring or prevent undesirable changes in pigmentation.

*What is the recovery period for most surgeries?*

The healing period for many facial plastic surgery procedures is one to two weeks. Much of the swelling that may occur resolves within this period, and any discoloration can be effectively camouflaged with high-coverage cosmetics. This is just an average, however, and does not pertain to all procedures or combinations of procedures. ■

## ASK THE SURGEON



*I have heard a lot of buzz about BOTOX as a means for looking younger in the area around the eyes. Does this include getting rid of crows feet?*

Botulinum toxin, BOTOX®, is used in your facial plastic surgeon's office as a wrinkle reducer. A small amount is injected under the skin to paralyze the muscles in the face that pull the skin and cause wrinkles. BOTOX® can weaken muscles in the forehead and around the eyes. This means that BOTOX is a great option for reducing the appearance of crows feet. The procedure is minimally invasive, so there is no need for sedation or local anesthetic. You can resume normal activities immediately. After treatment, the overlying skin remains smooth and unwrinkled from three to six months. ■

## HEALTH TIP



Are you planning to enjoy the great outdoors this winter? Whether your plans include skiing in the mountains or sunbathing in a subtropical locale, be sure to take a few simple precautions to protect your facial skin and keep it healthy and glowing.

The cold, dry weather dries the skin, making it more fragile and susceptible to irritation. Indoor heating, typically of low humidity, makes the problem even worse. Keep your skin healthy and hydrated by following these tips:

- Apply a broad spectrum sunscreen with at least a sun protection factor (SPF) of 15 year round to your skin and lips. Snow, sand, and water all reflect the sun's rays, increasing their intensity and the damage they can do to your skin.
- Wear protective sunglasses and a wide-brimmed hat to prevent unnecessary exposure. Did you know that continual squinting will speed the formation of lines and wrinkles around your eyes?
- Drink plenty of water, especially during active sports, to ensure your skin receives an adequate supply of inner moisture.
- Use a humidifier. A relative humidity near 50 percent will help prevent your skin from drying.
- Apply a mild moisturizing cleaner instead of harsh soap that may dry the skin.
- Use a heavier moisturizer than usual, applying it while your skin is still damp.

By taking these preventative steps, you will be well on your way to a good skin care regimen for the winter. ■

## WHAT'S NEW?



Restylane is a crystal-clear gel that may be used for filling out facial wrinkles, facial folds, and the lips. Restylane is currently being reviewed by the FDA, with projections that it will be approved for injections in the face in 2004.

Restylane contains hyaluronic acid, which is a natural substance already present in the skin. Once it is injected, it works together with the body's own hyaluronic acid and creates volume. The results can be seen immediately, with the majority of patients enjoying the effects longer than 6 months. This may vary based on the structure of the skin, age, and lifestyle of the patient.

The treatment takes approximately 30 minutes, with no pre-testing necessary since Restylane is not derived from animals. The reported advantages are its long lasting effects, minimally invasive technique, and natural component. ■

# Types of scars and how to minimize their visibility

Scars result any time the deeper layers of skin are cut or torn. The appearance of the scar is affected by many variables, such as the size and depth of a wound, the blood supply to the area, the thickness and color of your skin, and the direction of the scar. Whatever type of scar you have, chances are there is a procedure that can help make it smaller and less conspicuous. Each type of scar responds to a different facial plastic surgery technique.

**Keloid.** Keloids are thick, protrusive mounds of scar tissue and are often red or darker in color than the surrounding skin. Keloid scars result from an overproduction of collagen that grow beyond the margins of the original wound.

Injecting steroid medication directly into the scar tissue will reduce redness, itching, and burning. The steroid also stops collagen production, which may allow the scar to flatten and fade over time. If more revision is necessary, the scar tissue can also be excised and closed with one or more layers of stitches.

**Hypertrophic Scars.** Hypertrophic scars are thick, red, and raised, however, unlike keloids the scar remains within the boundaries of the original incision or wound.

You may start out with topical applications or steroid injections. If this does not seem effective, the scar can be improved surgically by repositioning the incision so it heals in a less visible pattern.

**Contractures.** Burns or other major injuries may form a scar that pulls the edges of the skin together, a process called contraction. The resulting contracture may affect the adjacent muscles and tendons, restricting normal movement.

Correcting a contracture usually involves cutting out the scar and replacing it with a skin graft or a flap. In some cases, a Z-plasty or W-plasty may be used. These two techniques depict the different ways to release a contracted scar – cuts that resemble a z shape or a w shape, depending on the severity of the scar.

Scars that are raised or bumpy may respond to a resurfacing technique. In laser resurfacing, the laser emits powerful bursts of high-intensity light that vaporize the scar tissue with little or no damage to surrounding areas of the skin. Another option is dermabrasion (a facial sanding technique). On the other hand, if the scar is depressed, your physician may inject dermal fillers, such as collagen, to raise the scar.

Make an appointment to discuss your options. In some cases, more than one treatment, or a combination of techniques, may be needed to attain the best results. Although scars cannot be eliminated entirely, modern techniques can minimize their visibility making it possible for disfiguring scarring to achieve a normal appearance. ■



*Scar revision surgery can improve emotional as well as physical scars achieving a more natural appearance and a more normal life.*

