

# FACIAL PLASTIC SURGERY

# TODAY



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## Achieving the perfect pouty lips ... your filler options

**W**e have all seen those full, gorgeous lips on Hollywood's finest and wondered if our own lips might benefit from some plumping up. They would and you'd be surprised at how quick and easy it can be done. There are many choices available that will not only enhance your lips to luscious status, but also help smooth out unsightly lines around the lips. Keep reading for treatments and advantages to finally getting that perfect pout.

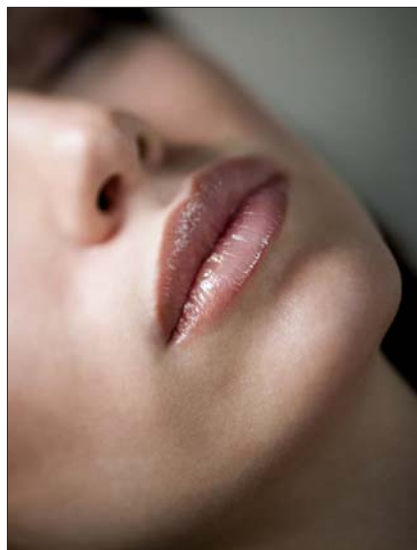
### Injectable fillers

Fillers are injected into your lips or the lip border with minimal pain, minor swelling, and little to no side effects. The results are immediate with no recovery time. Typically, fillers are derived from collagen, hyaluronic acid, or synthetic material. The results are temporary, with duration depending on the substance.

Collagen has been used for more than 20 years to treat wrinkles and scars. It is an animal derivative (bovine dermal collagen) and can be injected into the border of the lips to achieve fuller-looking lips and softened vertical wrinkles. A skin test should be performed before using to ensure that you are not allergic to the bovine dermal collagen. Results last between three and five months.

Human derived collagen (from the dermis or second layer of skin) can be purified and made into an injectable liquid. The results are similar to collagen, but may last up to six months.

Hyaluronic acid, e.g., Restylane® and Juvederm®, is a biodegradable, yet long-lasting injectable agent that works with the body's own hyaluronic acid and creates volume. Results can last six to nine months.



Synthetic material, such as Radiesse®, offers results that may last between two to five years. The substance is made from synthetic calcium composite; therefore, no allergy testing is necessary. Radiesse keeps its cream-like texture throughout its life after injection. Sculptra® is made of synthetic polylactic acid contained in microspheres; it restores volume and may last up to two years.

### Surgical procedures

There are many kinds of synthetic implants, e.g., Advanta®. This is a biocompatible material that is surgically inserted from the corners of the inside of the lips. A few tiny stitches are made, with mild swelling for three to five days. Unlike the injectable fillers mentioned, the results are permanent and the

cost is higher.

Alloderm® is processed human tissue and is surgically placed like Gortex. The results typically diminish after six to 12 months. Although solid or semi-solid materials are more invasive than injectables, they offer a longer-lasting enhancement of the lips.

Another procedure is the lip lift, which shortens the distance between the bottom of the nose and the top of the upper lip to give the appearance of greater fullness. An incision is made in the upper lip that follows the lip line (Cupid's bow). Some of the skin is removed and the lip is lifted to create a fuller look with more pout.

Talk with your facial plastic surgeon. You can discuss what treatment would be best for you. Before you know it, your lips will be luscious, full and trendy! ■

# Controversies in facelift surgery, your options, what's new, and

**A**re you looking for a dramatic difference in your appearance? Are you willing to have extensive surgery? Would you prefer as little downtime as possible after surgery with subtle results? Although these questions cover the extremes, you could still be talking about the same procedure-- a facelift.

From its early days in the 1920s until today, the facelift has evolved to provide more natural results and to meet the changing demands of the consumer. Today, more

patients are seeking minimally invasive techniques, which has inspired a variety of facelift offerings—all with the goal of personalization to meet the patients' needs. Remember that a minimally invasive procedure may or may not correct the areas that are concerning you.

Ask yourself what improvements you would like to see. The facelift typically improves the lower two-thirds of your face. It addresses sagging skin, fat, and muscle. The angle of your neck and lower jaw can also be restored to a more youthful appearance. Your surgeon will work



*This patient had multiple procedures: a browlift, deep plane facelift, upper and lower lid blepharoplasty, and laser resurfacing. The post-operative photo (right) was taken a year after the surgeries. Photo courtesy of the American Academy of Facial Plastic and Reconstructive Surgery.*

with you to decide which technique will bring you the optimal results you seek. The key is an individualized approach. The following options will provide you with a starting point to discuss at your consultation appointment.

## Full facelift

A full facelift, or traditional facelift, is designed to remove accumulated fat, re-support the neck muscles that have stretched, and remove excess skin—primarily in the lower two-thirds of the face. It smoothes the neck area, reduces jowls, and refines the jaw line. The facelift procedure

typically performed taking two to four hours depending on the extent in an outpatient facility or in a hospital setting. Patients return home the same day of surgery. Swelling diminishes after one to two weeks.

## Deep plane facelift

The deep plane facelift was developed in the 1980s and is more extensive than a full facelift. The deep-plane facelift uses the deeper tissues to reposition the facial muscles and the cheek fat pad. The focus is on tightening and fixating the sagging deep soft tissue and the SMAS layer

can improve wrinkled skin; however, skin type and patient age are important factors in the result.

Incisions are made around and behind each ear. The skin is raised, excess fat and skin are removed, the underlying connective tissue is lifted and repositioned, and permanent or long lasting absorbable sutures are used to hold the soft tissue and overlying skin in its new location. The surgery is

## Limited incision facelifts

The following procedures—S-lift, J-lift, and short scar facelift—minimize the incision length. The advantage may be a shorter recovery. The disadvantages of a limited incision facelift are that it may not last as long and the change may not be as dramatic as from a traditional procedure.

The *S-lift* derives its name from the "s" shape of the excision used near the ear. A technique involving suturing of the SMAS and the ESP (extension of the supraplatysmal plane) to the perosteum and zygomatic bone is used. This means that the fixation of the soft tissue to the cheekbones provides stability as well as fullness to the area. The S-lift is not as invasive as the full facelift, therefore, there is less procedure time, lower cost, and quicker recovery. This lift is best for those who have early or minimal aging changes.

The *J-lift* is a procedure that lifts and firms the lower one-third of the face and neck. Its name comes from the area that is corrected by the procedure, the jaw line or jowls. By repositioning of the muscle groups underneath the surface, the jowl is lifted to its natural best site for beauty. The incisions are hidden.

The *short scar facelift* has an incision length half the size of a traditional facelift incision. This makes the procedure less invasive. This lift repositions the skin and soft tissues of the face that have been affected by the aging process, with the principle difference being minimized scarring. Unfortunately, not all patients are good candidates for this technique; patients with excessive skin around the neck would benefit more from a traditional facelift.

## what works for you

(superficial musculoaponeurotic system). The muscles and fat pads of the cheek and midface are elevated and then secured in their new, youthful position. While the deep-plane facelift allows more facial sculpturing to correct problems in the cheek and midface region (e.g., reducing the appearance of deep creases between the nose and the mouth), the procedure is more invasive and requires a longer recovery period.

### Midface lift

This lift has been used for the past decade. It is performed through tiny incisions placed inconspicuously within the hairline and on the inside of the mouth. During the procedure, the fat pads of the cheeks are repositioned up and over the cheekbones where they belong. This redraping improves the nasal furrows and restores a more youthful appearance. This option is advantageous to the patient seeking improvement in the cheek and lower eyelid area, which the traditional facelift cannot provide.

Most important: Choose the right facelift to achieve the right results. Ensure that your facial plastic surgeon is trained in multiple techniques so that you are not limited to a single operation. 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 procedures to fit your needs. Trust your face to a facial plastic surgeon to personalize your procedure to decrease operative time, reduce postoperative complications, and provide optimal results. Make your appointment to discuss your facelift today! ■

## ASK THE SURGEON



*I have reddish-purple spots on my face that seem to be becoming more noticeable as I age. Is there a way to make my skin appear more even?*

Yes, there are several options that may reduce the appearance of the spots on your face. Two possible solutions are camouflaging or laser resurfacing. Your facial plastic surgeon will help you choose which treatment is best for your skin.

You can camouflage your blemish with a concealer or a color corrector. Concealers work well to mask discolorations. Choose a product that is hypoallergenic, fragrance free, opaque, and waterproof. Color correctors are not as opaque as concealers and come in tints; e.g., a green corrector would reduce the reddish-purple appearance of your spots.

Your surgeon may recommend laser resurfacing. This would remove the epidermis (outer layer) of your skin and allow a new, supple skin to emerge. Lasers work by producing a powerful beam of light that gently removes the skin tissue. The depth of laser resurfacing depends on the type of laser, wavelength, power, and pulse direction. Slight pigmentation problems generally originate in the epidermis, which can be penetrated by the laser. After resurfacing, during the repair process, your skin rebuilds the tissue allowing a fresh new layer to emerge. Laser resurfacing is a good option for improving uneven pigmentation. ■

## HEALTH TIP



There are new products, procedures, and techniques popularized in the media everyday. It is very important to seek the advice of your facial plastic surgeon before committing to the latest trend—especially when it comes to a product that has not been approved by the Food and Drug Administration (FDA). For example, a recent article in the *Washington Post* discussed Lipodissolve™ as an alternative to liposuction. There are no standards for the mixture of phosphatidylcholine and sodium deoxycholate—i.e., the ingredients and strengths that make up Lipodissolve may vary. Also, it has not been approved by the FDA. More studies must be performed; therefore, patients should be cautious. ■

## WHAT'S NEW?



ArteFill® is a combination of collagen and acrylic beads that stimulates the skin to make its own collagen. It is the first and only non-resorbable aesthetic injectable implant approved by the Food and Drug Administration for the correction of nasolabial folds (marionette lines). The results are permanent.

ArteFill is injected into the deep dermis, using a threading technique. There is no pain or discomfort to the patient due to the lidocaine within the solution. However, patients must be tested for collagen allergies before using the product. ArteFill® is an improved version of its predecessors, ArteColl® and ArteFast®. ■

# Recapture your summer glow with a peel

The summer is over; however, that does not mean that you have to say goodbye to your glowing summer skin. Keep your skin refreshed and healthy by maintaining a simple skin regime of cleansing, moisturizing, and protecting. If you are looking for a more extensive polishing of your skin, consider a chemical peel. This nonsurgical, rejuvenation procedure improves uneven texture, mild scarring, wrinkles, and discoloration spots (sun or aging). There is a range of chemicals and strengths used to meet the individual's needs. Check with your facial plastic surgeon regarding expectations and types of peels.

## How it works

A chemical solution is applied to your skin. The active ingredients and concentration of the chemical determine what layers of your skin will be stripped away. In other words, the stronger the chemical, the deeper it will permeate. The epidermis is the surface layer. The dermis is underneath and is composed of the papillary layer (upper) and the reticular layer (lower). The epidermis and the papillary layer of the dermis can heal from a chemical peel without scarring. When the reticular layer is damaged, it may cause scarring.

During the healing process, you may experience some redness, dryness, and temporary flaking. For stronger peels, a crust or scab will form on



the treated area. Make sure you follow your physician's postoperative instructions carefully to ensure the best possible results. Avoid any sun exposure during this time and adequately protect your skin after your recovery.

## Types of Peels

Your physician will determine what type of chemical or combination of chemicals to apply to your skin. For a brighter, smoother looking skin, you might consider an alphahydroxy acid

(AHA) peel, such as glycolic, lactic, or fruit acids. This gentle chemical peels away the epidermis and a portion of the papillary dermis. It can treat fine wrinkling, areas of dryness, uneven pigmentation, and acne. There may be some initial redness, but patients return to normal activities immediately following treatment.

A moderate peel used to treat fine lines, weathered skin, and pigment problems is trichloroacetic acid (TCA). The peel penetrates the epidermis and into the papillary dermis. There is mild discomfort and swelling for about a week. Repeated treatments may be necessary to achieve the desired results.

The phenol peel is the strongest of the chemical solutions and offers more dramatic results that are longer lasting than the AHA or TCA peels. Patients who are looking to remove extensive wrinkling, marked discoloration, scarring, and pre-cancerous growths may benefit from this treatment. The formation of the new layer of skin usually takes seven to 10 days, with a full recovery taking approximately two weeks.

Recapture your glowing summer complexion with a chemical peel. From mild to strong solutions, your facial plastic surgeon will help you rejuvenate and refresh your face for the fall with the right peel for you. ■