

FACIAL PLASTIC SURGERY

TODAY



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Achieving wedding day glow every day and ever after

Whether bride, mother of the bride/groom, or guest in a pew, it's time to prepare for that upcoming wedding. Experts say that the secret to silky, wedding day skin is to start working on it right after the engagement. Take the necessary steps to achieve radiant, walk-down-the-aisle glow for your skin.

Basic Skin Care

Revamp your skincare routine to reap the benefits now and for years to come. Your facial plastic surgeon can suggest specific products or a regimen that is tailored to your skin in controlling the signs of aging and improving the clarity of your skin. Try these simple steps that will benefit all skin types:

Clean. Wash your face twice a day with a mild soap. Avoid a cleanser with perfumes or dyes. Rinse thoroughly and pat dry. Try an occasional steaming for your face; besides relaxing, it helps clean your pores.

Moisturize. Your skin loses a lot of moisture through evaporation. Drink plenty of water and use a moisturizer that is water-based with no perfumes or dyes. In the morning, apply a moisturizer with a sun protection factor (SPF) of at least 15. At night, treat your skin to a more intense moisturizer.

Protect. If you do not protect your skin from the sun, the harmful ultraviolet rays can cause premature aging of the skin. Use a foundation or



moisturizer that contains sunscreen (SPF 15 or higher). Seek the shade and wear a wide-brim hat when you are outdoors for an extended period. Also, refrain from smoking or excessive second-hand smoke as this impedes blood circulation and increases wrinkles.

Nurture. As your body's largest organ, your skin depends on nutrients and good circulation to stay healthy. Eat a balanced diet and exercise regularly.

Beyond the Basics

As you are booking reception halls and caterers, do not forget to think about yourself. Maybe you want to take steps to look your most beautiful with results lasting long after the wedding is over. Reducing the appearance of fine lines, wrinkles, or discolorations will require help from your physician. The two most popular procedures for brides-to-be and the mothers are

Botox and chemical peels. See your facial plastic surgeon for more information and for your optimal treatment plan.

We can all start with the basics. This will get you on your way to brighter, healthier looking skin. Talk with your facial plastic surgeon about your options before you decide on a course of action that would be advantageous to making you look rejuvenated and glowing for the big day and happily ever after. ■

Although aging is inevitable, check out these age-

We all feel much younger than we look. As time marches on, there are gradual changes to the tone and look of your skin. Take the necessary steps to fight against the aging process. Not only will you look fabulous, but you will also feel a surge in self-confidence. Additionally, common surgical and non-surgical procedures are available to help reduce the signs of aging. Feel free to discuss your options with your facial plastic surgeon; you will not regret it.

In Your 20s

This is the time to take good care of your skin in order to reap the benefits when you are 50 or 60 years old. The most important advice you can take from your facial plastic surgeon is to protect your skin from the sun. Use a moisturizer everyday with a sun protection factor (SPF) of at least 15. If you are still struggling with acne, see your facial plastic surgeon for products to target your blemishes. Clean, moisturize, and protect your skin on a daily basis.

In Your 30s

Signs of aging may start to appear with fine lines showing around your mouth and eyes. Your facial plastic surgeon may recommend specialized alpha-hydroxy cleansers, Botox injections, or filler injections to fight those wrinkles. Most people in this age group are beyond acne, but may have visible acne scars. Your facial plastic surgeon can evaluate the scarring and recommend a treatment plan such as a skin graft, z-plasty, microdermabrasion, or laser resurfacing.

In Your 40s

The aging process continues with less elastic skin, more noticeable wrinkles, and less oil production. Your facial plastic surgeon may prescribe an exfoliator to remove dead skin cells, suggest a chemical peel to smooth the face, or recommend blepharoplasty to remove sagging skin and puffiness around the eyes. Drink plenty of water and exercise to promote hydration and circulation of nutrients to your skin.

In Your 50s

The toll of gravity causes fat cells to collect around the neck and chin. Your skin may begin to lose its plumpness and tone. Irregular pigmentation and age spots may appear. Skin care may include alpha-hydroxy acids and Vitamins C and E. You may be a good candidate for a facelift. See your facial plastic surgeon to screen for skin cancer or actinic keratosis, a precursor to skin cancer.

In Your 60s and Beyond

If you are not feeling your age, why not make a change to look more like you feel. The folds around your nose and mouth have deepened, with excess skin producing a wattle appearance on your neck. There are options for improving matters. Midfacial implants can enhance your cheekbones and support the soft tissues of your face. A facelift can tighten sagging muscles and skin, redefining the jaw line. Skin rejuvenation procedures – microdermabrasion, chemical peels, and laser skin resurfacing – reduce the signs of wrinkles, uneven pigmentation, and scarring.

You cannot reverse the aging process, however, your facial plastic surgeon can help you reduce the signs of aging. Your physician will recommend procedures or techniques to rejuvenate and brighten your appearance based on three factors: (1) the status of your current features; (2) what you are interested in changing; and (3) what will produce realistic, optimal results.



Common Procedures to Reduce the Signs of Aging

Botox: Botulinum toxin was approved by the Food and Drug Administration (FDA) to reduce the signs of wrinkles around the eyes and between the brows. There is no recovery time. Botox is injected to relax the facial muscles and reduce wrinkles for three to six months.

Filler Injections: Soft-tissue fillers (e.g., collagen or fat) fill in lines, creases, and depressed scars. They can also be used to add fullness to the cheek area or the lips. There is no downtime associated with this procedure and results last between six and twelve months.

Microdermabrasion: This procedure uses one of several methods, such as a rotating brush or a pressurized stream of fine particles to remove the top layers of the skin to treat scars and wrinkles, exposing an undamaged, smoother layer. There is little recovery time and you can resume normal activities immediately.

Chemical Peels: These materials facilitate resurfacing of the skin by causing gentle coagulation and removal of the outermost layers—allowing smoother and more supple skin to regenerate. This is an effective treatment for wrinkles caused by sun damage, mild scarring, and certain types of acne.

defying strategies

The deeper the peel, the longer the recovery time, with an average of two weeks.

Photofacial: Using Intense Pulsed Light (IPL) technology, a series of treatments are performed over three-week intervals to improve the overall tone and texture of the skin. Patients who suffer uneven pigmentation, sun damage, or rosacea may benefit from this minimally invasive treatment. There is no recovery time.

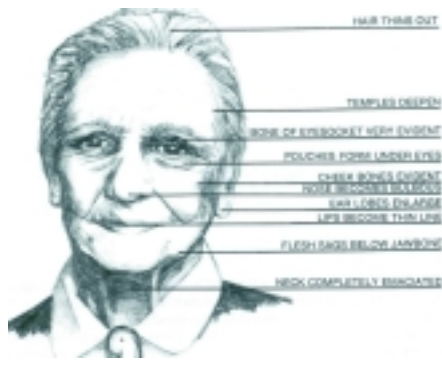
Blepharoplasty: This surgery of the eyelids removes fat and excess skin reducing the appearance of bags and wrinkles in the eye area.

Facelift: A facelift removes excess skin and repositions the underlying tissue and muscles. The result is a younger looking you, with dramatic improvement in the lower two-thirds of the face.

Cheek or Chin Augmentation: Implants are placed in the cheeks or chin to improve bone structure and support sagging, soft tissues. Cheek augmentation allows you to regain the young, full cheeks of your youth. Chin augmentation can bring harmony to your profile and distinguish your jaw line.

The wonders of facial plastic surgery can make you look up to 15 years younger. Ask the many men and women who have undergone a procedure what a dramatic difference it has made in their lives. ■

As we age, gravity, the elements, and nature all conspire against us to work unattractive changes in our skin and musculature. The diagram shows the changes to our facial features as we age.



ASK THE SURGEON



What is the difference between a facial plastic surgeon and a (general) plastic surgeon?
Not all surgeons are alike. Facial plastic surgeons have specialized training to perform cosmetic and reconstructive surgery on the face, head, and neck regions only. After four years of medical school, their training includes one or two years of post-graduate training in general surgery residency and at least four additional years of specialty training in head and neck surgery (otolaryngology). A general plastic surgeon performs both face and body procedures. After medical school, their training includes three to five years in general surgery residency and two years of specialty training in all body areas. ■

HEALTH TIP



Do you ever wish for more hours in a day? Does your list of things to do never seem any shorter? The solution is in practicing effective time management. Implement these time techniques so you may have a balanced professional and personal life with less stress and improved health.

- ☞ **Prioritize work:** Avoid rushing at the last minute to complete something by planning ahead and prioritizing your daily tasks.
- ☞ **Build in breaks to relax and clear your mind:** If you do not make time to relax you will eventually suffer burnout.
- ☞ **Stay committed to what is important:** Make sure you can clearly state what your 5-year, 10-year, etc. goals are so you can constantly measure if you are heading in the right direction.
- ☞ **Schedule no-interruption times for your most difficult tasks:** You need to set aside time when you are not going to answer the phone or talk to co-workers. Devote your full attention to a task and complete it.
- ☞ **Eliminate time-wasting activities:** Evaluate how you spend time in your personal and professional life. Eradicate those tasks that require much effort with little return. For example, are there chores you can delegate to your eight year old? What are you doing at work that is not part of your job description? ■

WHAT'S NEW?



Closure Medical Corporation received approval from the US Food and Drug Administration (FDA) to market its High Viscosity DERMABOND Topical Skin Adhesive, used to close wounds. This is an advanced, thicker formulation than the original Dermabond. It provides physicians with greater precision and control of application especially when used on curved areas of the body, such as around the eyes and nose. The High Viscosity DERMABOND is noted for its ease of use, broadness of applicability, and the nature of its antimicrobial barrier. The FDA approval is based in part on the findings of an 84-patient multicenter clinical study conducted at the Orlando Regional Medical Center and Stony Brook University Hospital, Long Island New York. Ask your facial plastic surgeon if you might benefit from this new product to hit the market. ■

Ear refinement: parents struggle to make the right call



Is it too late for my child? Six-year old George C. came to see his facial plastic surgeon. His parents were concerned that they had waited too long to fix his protruding ears. The physician explained that five to six years of age is ideal because the ears have reached their full size, yet the cartilage is still pliable, permitting greater ease of shaping. After evaluation, the physician agreed that George was an excellent candidate for otoplasty. The procedure was a success, and the parents reported that George felt more comfortable and confident as a result.

As a parent, you want to do what is best for your child. The process of evaluating your child's options for improvement, including reshaping, repositioning, and reconstructing the ears depends on the nature and extent of the problem. Your physician will help you through this process in order for you to make an educated decision for your child.

How do I know what is normal? Individuals are evaluated based on proportion and harmony with their total facial features; the following guidelines cannot be applied perfunctorily to every patient. Ears generally lie close to the head and extend from the level of the brow to the base of the nose. The grown ear protrudes approximately 2.0 centimeters at its midpoint; is between 5.5 and 6.5 centimeters long; and measures 3.0 to 4.5 centimeters in width. Earlobes may be curved and hanging or straight and attached to the side of the head. With age, earlobes become longer at the base.

What causes ear abnormalities? The development of the outer ears may stop short in the womb. If the complex folds fail to form, the child is born with cup-like ears that project from the sides of the head. In other cases, excess ear cartilage develops resulting in ears that stick out too far. Occasionally, the ears just grow too large. Not all ear problems are evident at birth. As we age, the collagen fibers relax, causing creases and elongated earlobes. A traumatic injury or complications from ear piercing can also cause an abnormal appearance.

How is otoplasty performed? The surgery begins with an incision just behind the ear, in a natural fold. The surgeon removes the necessary amounts of cartilage and skin required to achieve the right effect. In some cases, this entails trimming the cartilage, or shaping it to a more desirable form and then pinning the cartilage back with permanent sutures to secure the cartilage. In other instances, the surgeon will not remove any cartilage at all, using stitches to hold the cartilage permanently in place.

What can I do to help my child? You need to have a positive attitude with realistic expectations. Your physician will thoroughly explain your options and help you consider what is best for your child psychologically, physically, and aesthetically. ■

