

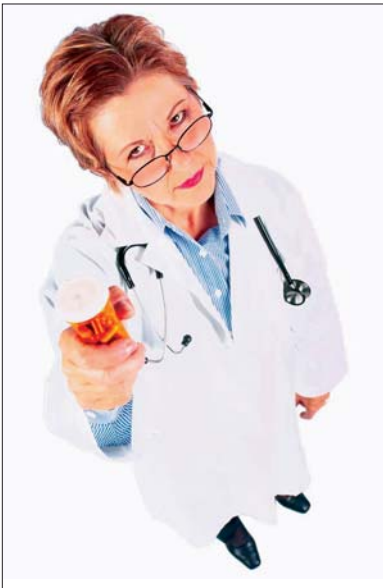
FACIAL PLASTIC SURGERY

TODAY



SPRING ISSUE 2007, VOL. 21, No. 2

Doctor Directed: Today, Tomorrow, and the Future



Whether you are a new patient or have been under the supervision of a facial plastic surgeon for years, there are procedures that your doctor may recommend today, tomorrow, and in your future—from low maintenance to advanced.

Start today

Make your face look better starting today! There are maintenance tips and rituals that will help restore that glow to your skin. For example, no one likes to see black heads or large pores. What can you do? Keep your skin clean by massaging in the cleanser and fully rinsing your face. Apply a moisturizer after cleansing that is not oil-based, but contains a sun protection factor of at least 15. To get rid of clogged pores, try exfoliating. This can loosen dry skin that can cause blockage. For oily skin, try a scrub with alpha hydroxyl or salicylic acid. Most importantly, clean your skin routinely twice a day.

Consider tomorrow

If you are starting to see fine lines appear around your lips and eyes, consider filler injections. This is a non-invasive treatment with no downtime and immediate results. There are a number of products on the market that can be injected into your skin to plump up lines, creases, and depressed scars. They may also be used to add fullness to the cheek area or the lips. The results are temporary, however, lasting between six and 12 months.

Laser technology has continued to advance and provides many benefits for patients eager to improve the tone and texture of their skin. A photofacial, which uses intense pulsed light (IPL) technology, is a series of treatments performed over three-week intervals to improve the skin. This helps patients who suffer uneven pigmentation, sun damage, or rosacea. There is no recovery time. More extensive laser resurfacing can be used for scar revision and deep wrinkles.

Plan for future

We all have to fight against the aging process. Begin discussing with your physician what rejuvenation procedures may be right for you. A facelift focuses on the lower two-thirds of the face; sagging muscles are re-supported, excess skin is removed, and besides smoother skin, your jawline gains redefinition. The result is a refreshed appearance that matches your youthful spirit.

If you have lost significant volume to your cheek area from aging, you may contemplate cheek implants. This restores fullness and lifts sagging skin as well. It is a permanent solution.

One of the first facial features to show signs of aging is our eyes. If you are looking to reduce the bags under your eyes, or if your upper eyelids are beginning to weigh down your lid, think about blepharoplasty (eyelid surgery). Your facial plastic surgeon will remove excess skin and fat from around your eyes, reducing the appearance of bags and wrinkles.

Start implementing the low-maintenance tips today. Then, plan ahead for a rejuvenated and enhanced, new you! ■

Best Bets for a Rejuvenated Look: Botox® Injections or Forehead

Do you see vertical lines between your brows? Or, maybe the skin is starting to sag and wrinkle above your brows. The skin on your forehead ages along with the rest of your skin due to diminutive collagen production, hormone loss, and damage from the sun and environment. Two treatment options that will restore a more youthful, refreshed appearance to the area above the eyes are botulinum toxin type A injections (BOTOX®) and a brow lift. Find out what treatment option may be right for you!



Multiple procedures were performed on this patient including an endoscopic brow lift, upper eyelid surgery, a neck lift, chin implant, and laser skin resurfacing. Photos courtesy of the American Academy of Facial Plastic and Reconstructive Surgery.

BOTOX® Cosmetic

The Food and Drug Administration (FDA) approved BOTOX® Cosmetic in 2002 for the temporary treatment of moderate to severe frown lines between the brows in people 18 to 65 years of age. It is available by prescription only. These frown lines that appear between your brows are called glabellar lines. They result from constant muscle contraction over time. After years of expressing your emotions, the lines linger longer and become more pronounced. Botulinum toxin injections, or BOTOX® Cosmetic, can temporarily reduce the appearance of these lines for up to four months after treatment. It works by blocking the nerve impulses of the injected muscles, so the muscles do not contract and the lines do not form.

What to expect

Your facial plastic surgeon will evaluate your facial features and determine where to

administer the injections—this is unique and based on how the individual's muscles contract and appear. Most likely, you will be comfortably seated in a reclined chair. While no anesthesia is required, your physician may apply a cold pack or anesthetic cream to numb the area. Several tiny injections will be made directly into the muscles that cause those lines between the brows. The procedure typically takes about 10 minutes. Once you are done, there is no recovery time. You should begin to see improvement within days.

One of the most popular questions asked: Will I be able to make facial expressions after treatment? Yes! Unlike how it is portrayed in Hollywood spoofs and movies, BOTOX® Cosmetic will not prevent you from smiling, frowning, or any other expression. You still will be able to—just without the wrinkles and creases between your brows.

Since BOTOX® is a temporary solution, be sure to discuss with your physician a treatment schedule. If you do not continue treatment, the lines will reappear.

Brow lift

The brow lift, or forehead lift, is a surgical procedure to correct the sagging of the skin. Patients that often appear angry, sad, or tired because of their sagging skin, benefit immensely from smoothing and minimizing these frown lines, creating a refreshed, more alert appearance. A good candidate for this procedure may have congenital (genetic) indicators, such as low

eyebrows that project a sad expression; or, due to aging, a candidate may have horizontal forehead lines, furrows between the eyebrows, hooding eyelids, or sagging skin.

What to expect

To see what a brow lift can do for your face, put your hands above your brows and outside the edges of your eyes and gently raise the skin upward. Brow lifts can improve a sagging brow or deep furrows between the eyes. This procedure is typically performed on patients between age 40 and 65; however, it may be necessary at an earlier age if addressing a congenital or reconstructive issue.

Good health and realistic expectations are a prerequisite for surgery. The procedure can be performed under local anesthesia and sedative; however, most patients request general anesthesia.

and Brow Lifts

The placement of the incisions will be determined based on the patient's needs—along the hairline, behind the hairline, or in some cases, above the brow. This will also affect if your hair can be divided into small sections and pinned back, trimmed, or a small section shaved. After the incisions are made, your surgeon will tighten loose skin and remove excess tissue. If you have muscle that is causing vertical lines between the brows, the surgeon may remove this as well. The procedure can take between one to two hours, depending on the extent of the surgery.

Following surgery, there will be some tenderness and swelling for the first 10 days. Your physician will advise you to keep your head elevated to reduce swelling and to apply cold compresses. The sutures are usually removed within seven to 10 days following surgery. Although specific instructions will be given at the time of your surgery, most patients resume normal activities within two weeks.

Insurance does not cover surgery for cosmetic reasons. However, if you are having a brow lift to improve sagging skin that interferes with vision, you may be able to receive reimbursement. Be sure to talk to your doctor and the insurance provider to see if you qualify and for the degree of coverage.

Brow lifts can be combined with other surgical procedures, such as blepharoplasty (eyelid surgery) and facelift.

In order to discuss what option is best for you, make an appointment with your facial plastic surgeon today. You can discuss BOTOX®, brow lift, the techniques, the surgical facility, any additional surgery, and cost.

When you emerge as a refined and refreshed new you, you will be glad you did. ■

ASK THE SURGEON



I am not happy with how my eyes look and will be having eyelid surgery next month. Is this considered cosmetic surgery or reconstructive surgery? How do I know if my insurance will cover any of the costs?

Cosmetic surgery is an elective surgery to improve your appearance and self-esteem. Usually, it is not covered by health insurance. Reconstructive surgery is performed on abnormal facial features caused by disease, trauma, congenital defects, or developmental abnormalities. Surgery to rebuild or to reconstruct may improve function or restore a more normal appearance.

Most reconstructive surgeries are covered partly or completely by health insurance. Not all surgeries are necessarily so cut and dry. For example, eyelid surgery (blepharoplasty) is usually not covered by insurance; however, if your eyelids are obstructing your vision, it may be considered reconstructive surgery. Be sure to discuss your surgery and coverage with both your physician and your health insurance provider. ■

HEALTH TIP



If you are considering a treatment or procedure, your first step is to make a consultation appointment with your facial plastic surgeon. Do you know how to maximize this time with your physician? The purpose of a consultation is to get to know your facial plastic surgeon and to discuss your personalized treatment plan. The appointment can take between 15 minutes to an hour, depending on your needs. Expect your doctor to perform a full evaluation of your facial features, review your medical history, and discuss your motivations and expectations for treatment. Your

surgeon will discuss what you would like to see enhanced, along with recommendations. Details of procedures, risks, benefits, alternatives, and reasoning for proposed treatment will be discussed. Make sure you take advantage of this time by preparing questions. Request to see before and after photographs of previous patients. Also, make sure you understand the plan—before, during, and after treatment. Studies have shown that patients who felt fully prepared and educated about their procedure benefited with less anxiety and a quicker recovery time. ■

WHAT'S NEW?

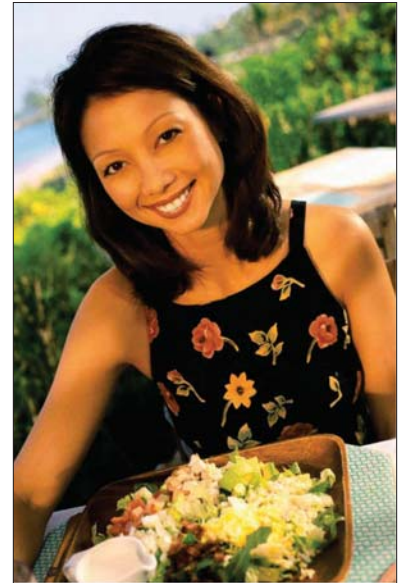


Spas and private massage practices are seeing an increase in popularity of the facelift massage. What does it entail and does it replace a facelift? The facelift massage is a healthy, reasonably priced treatment that is non-invasive. The massage therapist may combine upward strokes, tapping, warm towels, exfoliation, and chilled river stones, among other techniques. There are different types of facelift massages available—Belavi facelift massage, cool lift face rejuvenation, Indian face massage, Upledger facelift, and more—each providing a distinct method to deliver relaxing and

therapeutic results. Spa-massage therapists state that clients feel an immediate improvement with relaxed muscles and a more toned appearance. Additional benefits may include increased blood circulation. The facelift massage does not replace a facelift, and cannot offer the long-lasting improvements and enhancements that a facelift can. ■

Eat Your Way to Good Looks

Good nutrition influences how you look and how you feel. The following chart addresses some common ailments and complaints and suggests the nutrients you may be missing and where you can find them. Here's to good health!



Your Problem	What You Need	Where to Get It
Acne, skin eruptions, blotchy complexion	Vitamin A	Apricots, broccoli, milk, butter, spinach, tangerines.
	Zinc	Liver, dark turkey meat, whole grain breads, bran.
	Vitamins B-1, B-2, and B-6	Meat, fish, poultry, whole grain breads and cereals, many fruits and vegetables.
Flabby skin	Selenium maintains the skin's elasticity; too much, though, can be toxic	Poultry, seafood, red meat.
Pale complexion	Folic acid	Asparagus, broccoli, spinach, liver.
Bleeding gums	Vitamin C	Citrus fruits, cantaloupe, berries, tomatoes, broccoli.
Tooth decay	Calcium	Skim milk, cheese, yogurt.
	Vitamin D	Fortified milk, liver, eggs, fish.
Dull, lifeless hair	Vitamin B-12	Lean meat, fish, eggs, milk, liver.
Premature hair loss	Zinc	Liver, dark turkey meat, whole grain breads, bran.

