

FACIAL PLASTIC SURGERY

TODAY

THIRD QUARTER 2004, VOL. 18, No. 3

Be informed, be realistic, be a happier patient

Facial plastic and reconstructive surgery provides a way for patients to improve and enhance their appearance. The ideal candidate is one who is informed, properly motivated, and has realistic expectations for results. With the deluge of makeover stories in the media, are patients coming in with the right motivations and healthy expectations for having facial plastic surgery?

Educating yourself

Spend time researching the procedure that has peaked your interest. Are there multiple options that may meet your needs? Talk to friends and family members about the procedure; they may be able to provide feedback or information. You can also expect at your consultation appointment a full evaluation of your facial features, including the discussion of the procedure(s), risks, benefits, alternatives, and reasoning for proposed treatment. This is an opportune time to ask questions and ensure that you thoroughly understand the procedure. The more prepared and educated you are about a procedure, the more comfortable you will feel discussing your treatment plan at your appointment.

Your motivation

Carefully examine your motivation for seeking facial plastic surgery. Why do you want this procedure? This is one of the first questions you will have to answer during your initial consultation. If you want to look as young as you feel or increase your self-confidence, these are healthy reasons. Do you want to change your appearance to look like Miss Hollywood star? Are you tired of your sister nagging you about your nose? Are you expecting a miracle? Do you think this procedure will salvage a disintegrating career? These are all examples of inappropriate motivations for surgery. Discuss openly why you want the surgery and what you expect will be the outcome. While motivation will vary from one person to another, it is necessary to determine that you have the right motivation and a realistic attitude before recommending any procedure.

Realistic expectations

Facial plastic surgery has obvious and sometimes dramatic benefits. However, you need to keep in mind that no surgery can achieve perfection. Changing your appearance will not solve career, marital, or emotional problems. It will increase your self-esteem and self-image, which will then positively affect other areas of your life. You should expect realistic results. Depending on the extent of the procedure, it may take weeks before the swelling subsides and you can see the results of the surgery. You should be prepared to tolerate some discomfort during and after surgery, although you will be given a pain medication to lessen the discomfort. The best thing you can do for yourself before surgery is get informed, soul-search your motivations, and set healthy expectations for the process. ■



Recent national survey reveals an increase in facelift surgery ...

According to a recent survey by the American Academy of Facial Plastic and Reconstructive Surgery, the number of facelifts performed in 2003 increased 46 percent from 2002. The study also stated the majority of facelifts were performed on women between the ages of 40 and 59. Why is this procedure becoming popular and is it right for you? The following information will help you to gain a good understanding of what the facelift procedure is and the possibilities of enhancement and improvement on your appearance.

What is a facelift?

A facelift is a surgical procedure that improves the appearance of the aging face by removing accumulated fat, re-supporting muscles that have stretched, and removing excess skin. The lower third of the face is targeted for refinement; therefore, a facelift does not eliminate forehead wrinkles, bags under the eyes, or crow's feet. There are different techniques that may be used such as deep plane facelift, s-lift, j-lift, and midface lift.

➤ *Deep plane facelift:* This involves elevating facial muscles and fat that lie below the superficial musculoaponeurotic system, or SMAS layer, and securing the fat pads of the cheek and midface back to their natural position.

➤ *S-lift:* This technique fixates the soft tissue to the cheek bones, providing stability and fullness to the area. Its name is derived from the shape of the excision that is used near the ear.

➤ *J-lift:* Derived from the area it addresses, the jowls, entails repositioning the muscles groups underneath the surface and thereby lifting the jowl to its natural best site.

➤ *Midface lift:* 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.

Is it for me?

You are only as old as you feel, right? A facelift offers a way for your appearance to reflect your youthful inner spirit. If you want a facelift in order to feel better about yourself and are looking for improvement and not perfection, then a facelift may be a viable option.

consideration when deciding if a facelift is right for you. Your facial features, skin quality, and the severity of the problem will be discussed openly.

How is surgery performed?

The exact steps of your procedure will be determined by the approach that is taken to meet your needs. Generally, incisions will be made on the hairline at the temples, following the natural line in front of the ear, curving behind the earlobe into the creases behind the ear, and into or along the lower scalp, or inside the ear. The skin will be separated from the fat and muscle below. The muscle is re-supported with stitches. Fat may be trimmed or suctioned from around the neck and chin to improve the contour. The skin is redraped and tightened to a natural point, and then the excess skin is removed. Stitches, sutures, or metal clips may be used to secure the skin and to close the incisions. Additional incisions may be made under the chin to address loose deposits of hanging tissue.

The surgery is typically performed—taking two to four hours depending on the

extent—in an outpatient facility or in a hospital setting, and most patients go home the same day. The surgery may be done under twilight anesthesia; medication is given orally and intravenously, along with a local anesthetic.

What is the recovery process?

Following the procedure, your head may be wrapped in bandages to minimize bruising and swelling. You can expect some swelling and bruising of the face and eyelids, which usually

Average Number of Patients Receiving Each Procedure

	Total			Women			Men		
	2002	2003	% Change	2002	2003	% Change	2002	2003	% Change
Blepharoplasty	68.8	77.5	+11%	56.5	58.2	+3%	14.9	26.4	+77%
Botox	171.6	118.7	-31%	157.4	58.8	-63%	18.1	28.2	+56%
Chemical Peels	113.6	84.9	-25%	105.1	78.9	-25%	13.6	18.4	+35%
Chin Augmentation	14.1	11.1	-21%	11.4	8.8	-22%	5.1	4.8	-6%
Facial/Neck Lipo-suction	33.8	12.1	-64%	28.9	18.0	-38%	7.3	4.4	-40%
Fat Injections	57.4	19.7	-66%	54.8	11.9	-78%	9.3	22.7	+146%
Filler Injections	67.2	89.9	+33%	67.8	47.5	-29%	15.9	48.1	+202%
Forehead Lift	36.8	19.6	-47%	25.8	15.4	-40%	7.1	8.3	+17%
IPL Laser Resurfacing	111.3	182.7	+65%	96.2	21.9	-78%	18.3	66.7	+363%
Laser Resurfacing	48.8	18.4	-63%	46.7	18.6	-61%	7.9	6.1	-23%
Lip Augmentation	21.5	18.0	-16%	20.7	15.8	-24%	3.2	9.8	+206%
Microneedling	162.9	89.2	-45%	155.9	78.2	-50%	17.1	11.8	-31%
Otoplasty	8.5	4.9	-42%	5.7	3.3	-42%	5.3	3.2	-39%
Rhinoplasty	52.8	71.7	+36%	35.8	44.6	+25%	17.9	26.9	+50%
Rhytidectomy/Rhytidoplasty	37.4	25.7	-31%	31.5	21.7	-31%	8.4	7.5	-11%
Scar Revision	32.8	15.6	-52%	22.8	8.3	-63%	18.6	7.4	-61%

Courtesy of the American Academy of Facial Plastic and Reconstructive Surgery

The earliest apparent change is the elimination of the angle formed by the neck and the lower jaw. Overall aging to the face may be a combination of loose skin, laxity of underlying muscles, and an accumulation of fat.

Look along your jawline, from your nose to your jaw, and under your chin. If you feel that these areas could use some attention, schedule a consultation to review your options. Bone structure, ability to heal, age, physical condition, and skin texture are all factors to be taken into

is it for you?



Generally, incisions will be made on the hairline at the temples, following the natural line in front of the ear, curving behind the earlobe into the creases behind the ear, and into or along the lower scalp, or inside the ear. (Illustration courtesy of *The Face Book*, published by the American Academy of Facial Plastic and Reconstructive Surgery.)

diminishes within 10 days. Dressings are removed the day after surgery. Initially, there may be a feeling of numbness and tension in the operative area. You will be given guidelines to follow during recovery such as keeping your head elevated, refraining from strenuous activities, avoiding sun exposure, and eating a balanced diet. There is little pain following a facelift, although, pain medication is prescribed to alleviate any discomfort.

The procedure will require four to six weeks for the skin to completely heal. Makeup may be applied over the skin of the face up to the edge of the scars approximately seven to 14 days following surgery. Most patients return to normal activities within 14 days after surgery. Remember, healing is a gradual process; it may be several weeks before you will begin to see the new you. ■

ASK THE SURGEON



I am a salesman for a large company where competition is high both inside and outside of the company. Over the past few years, I have felt that my appearance—looking older, tired, etc.—is affecting my performance. What procedures do you recommend for men? I am particularly unhappy with my sagging jowls.

In today's competitive job market, sagging jowls, tired eyes, and drooping foreheads are liabilities for men as well as women. Many men today seek facial plastic surgery to maintain the healthy, robust appearance that reflects the way they feel inside. A facelift can remove those sagging jowls and restore your jawline. Bagginess around the eyes and deep brow lines that project an angry or worried look are also common in men. These problems may be improved by blepharoplasty (eyelid surgery), a forehead or eyebrow lift, or Botox injections. If your face doesn't project your true image, facial plastic surgery might help — men as well as women. ■

HEALTH TIP



Do you exfoliate? If so, you're in good company. With the explosion of products containing alpha hydroxy acids (AHA)—chemicals that strip away worn-out surface skin cells and stimulate the production of new collagen—exfoliation has become an American obsession.

Be advised, however, AHA products can increase your skin's sensitivity to the sun's ultraviolet rays, making it even more vulnerable to damage. Choose your exfoliant carefully and take extra steps to protect your skin from sun damage. Because AHA skin products are classified as cosmetics, they are not subject to regulation by the federal government's Food and Drug Administration. Nor are manufacturers required to reveal the concentration of alpha hydroxy acid in their products. To make things worse, the active ingredients, usually glycolic or lactic acid, may be camouflaged with names that sound more appealing, such as sugarcane extract or mixed fruit acids.

The best results seem to come from preparations that contain a five to eight percent acid or lactic acid. Higher concentrations may be too irritating, and lower ones ineffective. Look for a product that lists AHA as its second or third ingredient.

Before applying a product to your face for the first time, test it on a small patch of skin on the inside of your arm. Stop using it if you feel stinging or burning. ■

WHAT'S NEW?



The FDA recently approved Hylaform, the newest weapon in the battle against wrinkles. Hylaform is a hyaluronic acid-based dermal filler that is indicated for injection into the mid to deep dermis for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Hylaform gel is a clear, colorless gel made from purified hyaluronic acid, a naturally occurring substance (complex sugar) found throughout all living organisms. In the skin, hyaluronic acid fills the space between collagen and elastin fibers—replenishing the natural volume lost during aging—while delivering essential nutrients and hydration. The body naturally absorbs Hylaform gel over time.

Hylaform requires no skin test and provides immediate, lasting results. In clinical studies, reported adverse events for Hylaform were mild, compared to the other Hyaluronic acid products currently available in the United States. ■

Aging is inevitable; but premature aging can be fought



Your skin is the largest organ of your body. Collagen and elastin, two protein fibers, give the skin its elasticity and help keep it hydrated.

As the skin ages, the fibers become less efficient and are replaced at a slower rate. It is impossible to stop the aging process; however, there are ways you can fight and prevent premature aging with proper hygiene, products, rest, relaxation, and a healthy lifestyle.

Cleanse daily to remove accumulated oils and dirt. Oily, dull skin can make you appear older than you are; wash gently twice a day with a mild cleansing agent designed for the face. Avoid ordinary soaps, which dry and irritate facial skin. Pat your face dry and apply a moisturizer, preferably with a sun protection factor (SPF) of at least 15.

Stay out of the sun and apply sunscreen generously before venturing outdoors. Ultraviolet radiation from the sun destroys skin cells. Over time, exposure leads to wrinkles, age spots, a weathered look, and a higher risk of skin cancer.

Do you know your skin type—oily, dry, sensitive, combination? Purchase products that are designed for your skin type to ensure your skin will look radiant and youthful.

Adequate rest can help your skin rejuvenate and glow on a daily basis. During the deepest stage of sleep, your body releases growth hormones for

cell repair. Without this regenerative effect, your skin's texture, thickness, and elasticity are diminished. The average adult requires seven hours of sleep per night.

Schedule time for yourself, learn relaxation techniques, and make pampering sessions a priority. Stress negatively affects your skin and accelerates the aging process. When you are feeling overwhelmed, nervous, or anxious, one way your body reacts is by producing excess oils in your skin. Be proactive in reducing stress and your skin will benefit.

A healthy lifestyle affects how you look and how you feel. A diet filled with plenty of whole grains, fruits, and vegetables is important for your skin to get the proper nutrients it needs. Drink plenty of water and exercise on a regular basis, which will promote good circulation of oxygen and nutrients to the skin as well.

Will exercising your facial muscles fight the aging process? No, exercising these muscles will not prevent your skin from sagging. As we age, the problem is not muscle laxity, but rather loss of collagen in the skin, the effects of gravity on fat and fascia, and the stretching of facial ligaments. Your skin will benefit more overall if you exercise your whole body, rather than just those facial muscles.

If you smoke, you should quit. Smoking affects the blood supply to the skin, inhibiting proper circulation and increasing wrinkles. Smokers also have a risk for squamous cell cancers that is about 50 percent higher than nonsmokers' risk.

Even after taking preventative measures, you may consider a cosmetic procedure to restore your youthful appearance. Minimally invasive procedures such as a glycolic peel or mini-facelift may bring the results you need; or possibly a surgical procedure such as cheek implants and a facelift to restore fullness and smoothness to your face.

Start with the above factors that you can control and then come in to discuss what other options there are to undo or slow down some of the unavoidable effects of growing older. ■