

FACIAL PLASTIC SURGERY

TODAY

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We know you can raise a few eyebrows

How to put the sparkle back in your eyes

When was the last time someone told you that your eyes sparkle? People generally assume that how you look is how you feel. If the skin above your brow has begun to sag and cause wrinkles, you may appear angry, unapproachable, or worried. As we age, the skin around our eyes loses elasticity and may begin to droop or become puffy, causing a perpetual look of being tired or sad. There are solutions for improvement—and your facial plastic surgeon can help you enhance and revitalize the area around your most engaging feature, the eyes.

Tightened and charming

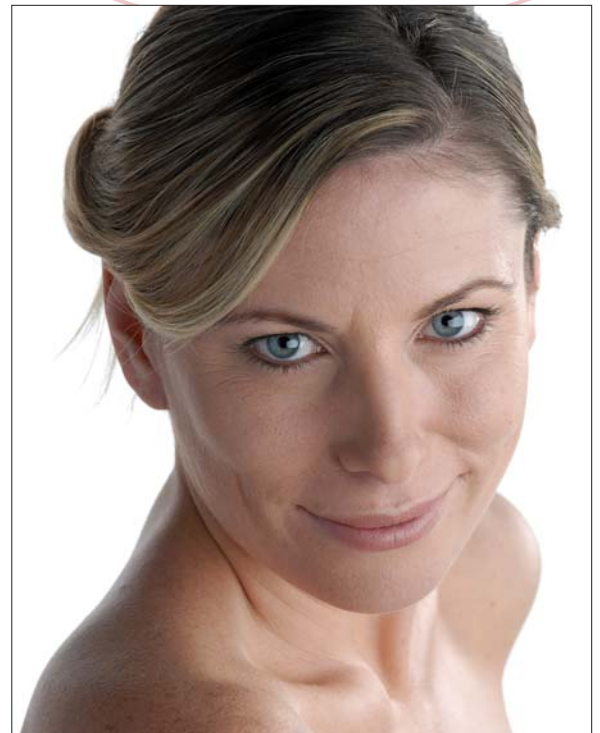
People should be able to tell when you are excited or surprised by how you raise your eyebrows. If you have vertical lines between your brows or sagging forehead wrinkles that are inhibiting your expressions, you may want to consider a browlift.

A browlift removes excess, loose skin and tissue from the forehead. Depending on the individual, the surgeon may remove part of the muscle that causes vertical frown lines between brows. Incisions for the procedure may be hidden in the eyebrows, the hairline, or in natural facial creases. Fine sutures are applied after the skin has been tightened. To see if a browlift may be right for you, put your hands above your brows and outside the edges of your eyes and gently raise the skin upwards. Browlifts are an excellent option to reduce a sinking brow or noticeable furrows between the eyes.

Wide-eyed and twinkling

Each year, over 100,000 men and women decide to revitalize and rejuvenate their eyes through eyelid surgery (blepharoplasty). This procedure can be performed on the upper eyelids, the lower eyelids, or both.

If folds of skin have begun to hang over your upper eyelids, blepharoplasty can open your eyes and brighten your outlook. Tiny incisions are hidden in the natural creases above each eye. Excess skin and fatty tissue are removed and the incisions are closed with fine sutures.



A lower lid procedure may be recommended if you have puffy bags under your eyes. Incisions are made either inside the lower eyelid or in a natural smile crease below the eyelash line. Sutures, if used, dissolve after a few days. Upper and lower eyelid surgery may be done at the same time.

Restore the natural sparkle to your eyes by combating the aging brows and eyelids. Your facial plastic surgeon will evaluate your needs and help formulate an optimal plan to refresh your look. If you would like to look as young as you feel, contact your facial plastic surgeon today. ■

Nip and Tuck: Facial plastic surgery among ethnic groups is a

Record numbers of African-Americans, Asian-Americans, and Hispanics are lining up for a nip here, a tuck there. Where patients 30 years ago had mixed feelings over changes that might reject their ethnic heritage, now, members of minority groups are realizing that facial plastic surgery can refine features, correct disharmonies, and reduce the signs of aging. There is not one standard of beauty to compare oneself with; instead, the goal is to look our best—transcending cultural and racial boundaries.

The American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) surveyed 1,336 of its physician members in 2006 and found a substantial long-term and short-term difference in ethnic groups undergoing facial plastic surgery. Compared to 1999, African Americans who underwent cosmetic surgery has increased by 77 percent, Hispanics increased 56 percent, and Asian Americans increased by 60 percent. Asian Americans demonstrated the largest growth rate since 2005, expanding by 35 percent last year alone.

When compared to the other facial cosmetic procedures offered, the 2006 survey revealed that African Americans were most likely to undergo rhinoplasty, nose surgery, (62 percent) as were Hispanics (53 percent). Asian-Americans were most likely receiving blepharoplasty, eyelid surgery, (44 percent), while Caucasians opted almost equally between blepharoplasty and rhinoplasty (32 percent versus 29 percent).

Rhinoplasty

Rhinoplasty means to reshape the nose. The goal of this procedure is to bring your nose into balance with the rest of your facial features. Many people of Asian and African descent have noses with wider bases and less sharply defined tips. These people, as well as many Hispanics, also have thicker skin on the tip of the nose, giving it a rounded, bulbous appearance. If you are self-conscious or uncomfortable with your nose, talk to your facial plastic surgeon. Since the nose is a prominent feature, rhinoplasty can have a positive affect on the overall harmony of your face.

The procedure begins by either a closed rhinoplasty, where incisions are confined to inside the nose; or open rhinoplasty, where an incision is made across the columella—between the nostrils—in addition to inside the nose. Your physician will assess the bone and cartilage structure of the nose and then begin shaping it. Depending on your needs, this may mean adding to, taking away, or moving various structures to obtain optimal results. Once refinements are made, the tissues are re-draped over the new frame and the incisions are closed. A splint is placed on the outside of the nose to help retain the new shape while the nose heals. Soft, absorbent material may be used inside the nose to



African Americans who underwent cosmetic surgery has increased by 77 percent with rhinoplasty being the most common procedure.

maintain stability along the septum (dividing wall of the air passages).

Blepharoplasty

Characteristic of approximately 90 percent of the Asian race, a single eyelid hangs from the brow to the lashes with no eyelid fold. Some Asian patients seek blepharoplasty, or eyelid surgery, to divide the eyelid into two portions, creating a permanent fold. This can provide a more awake look, may ease application of makeup, and can improve one's upward gaze.



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Rhinoplasty and blepharoplasty top the list

While rhinoplasties and blepharoplasties are the more common surgeries, people of various ethnic backgrounds are having the gamut of treatments to make themselves look and feel great about their appearance. These increasing surgeries on minorities are due to medical advances of techniques and tools, education of possibilities, and affordability of the increasing middle class to expend on procedures.

growing trend

Regardless of race, you may be a candidate for blepharoplasty. Different techniques provide options for reshaping and adjusting the lids for both cosmetic and functional purposes.

Cosmetically, you may want to reduce the excess skin in your upper eyelids to create a younger, more wide-eyed appearance. In upper eyelid surgery, your physician will follow the natural lines and creases of the eyelid in order to minimize the appearance of scars. The incision is made, and excess fat, muscle, and loose skin are removed. Fine sutures are used to close the incision. A variation of this surgery is the double eyelid procedure for patients who seek to add a crease to their upper eyelid.

Blepharoplasty can also be used to correct ptosis, a drooping upper eyelid that is congenital or develops with age. Patients whose field of vision is limited due to ptosis may be able to seek insurance reimbursement since the procedure is medically necessary.

Most people seek lower blepharoplasty to reduce the bags under their eyes. There are two common approaches for lower eyelid surgery. In the first approach, the surgeon makes an incision inconspicuously under the lower lashes and removes skin and fatty tissue. Scarring is hidden in the inherent folds. The second approach, transconjunctival blepharoplasty, involves making incisions from the inside of the lower lid to remove excess fat. This method works best for the patient who has a pocket of fat beneath the lower eyelid with no sagging skin. ■

ASK THE SURGEON



I like the shape of my nose and would like to keep it that way. Unfortunately, I have difficulty breathing out of my nose. Is there a procedure to correct this that will not affect the appearance of my nose?

Yes, there are procedures that can correct your difficulty in breathing with little or no external change to the appearance of your nose. The most common diagnosis is a deviated septum—the septum is the wall between the nostrils that separates the two nasal passages. It supports the nose and directs airflow. If the septum is crooked, it can cause difficulty in breathing, among other issues. There may be other reasons for the obstruction; however, so it is important that you make an appointment to see a facial plastic surgeon. The physician will be able to fully evaluate and recommend the optimal treatment plan. ■

HEALTH TIP



Summer means fun in the sun—but don't forget to read your medication labels! Some prescriptions have a warning label stating that your prescription may cause sensitivity to the sun's rays. Non-prescription drugs can also have this affect. This means the medication increases the skin's susceptibility to reddening and burning from the sun. It may cause the skin to burn in less time or at a lower intensity of sunlight than it would normally. The key is to be aware of the potential reaction and to protect your skin—as with any known side effects, you may or may not be affected. If you have any questions regarding your medications and possible photosensitivity, speak with your physician and with the pharmacist. Take extra precaution by applying sunscreen with at least a sun protection factor (SPF) of 15, every two hours while outdoors. Seek the shade and wear a wide-brimmed hat.

These are just a few of the more commonly used drugs that can cause photosensitivity reactions in some people.

Brand Name	Generic Name	Therapeutic Class
Motrin	ibuprofen	NSAID*, antiarthritic
Crystodigin	digitoxin	antiarrhythmic
Sinequan	doxepin	antidepressant
Cordarone	amiodarone	antiarrhythmic
Bactrim	trimethoprim	antibiotic
Diabinese	chlorpropamide	antidiabetic (oral)
Feldene	piroxicam	NSAID, antiarthritic
Vibramycin	doxycycline	antibiotic
Phenergan	promethazine	antihistamine

Source: Food and Drug Administration, <http://www.fda.gov/fdac/features/photocht.html>

*Nonsteroidal anti-inflammatory pain drugs (NSAID) ■

WHAT'S NEW?



Sculptra®, manufactured by Dermik Laboratories, is a brand name for synthetic poly-L-lactic acid, a synthetic but biocompatible material from natural sources. Sculptra® was approved by the Food and Drug Administration (FDA) in 2004 for severe facial fat loss (lipoatrophy) due to human immunodeficiency virus (HIV). Dermik Laboratories is seeking FDA approval for cosmetic treatments, such as treating skin folds, indented chin, hollowed cheeks, and sunken eyes. The manufacturer states that Sculptra® has been safely used outside the United States since 1999 in over 150,000 patients under the trade names New-Fill™ and Sculptra®. No skin testing is required prior to use. Results can last up to two years. More studies will have to be done. ■

Fear not, here are tips for the care and repair of your ears

Whether your earlobe is torn from a baby's sharp tug or from extended time wearing fashionable, yet too heavy, dangling earrings-your facial plastic surgeon can correct your earlobe with a simple procedure.

Care of the tear

What should you do the moment the earlobe tears? Put immediate pressure on the earlobe until the bleeding has subsided. Apply antibacterial ointment and call your physician. You may benefit from immediate repair if the ear hole is small and the skin tear is raw. Your facial plastic surgeon can bring the raw edges together and keep it in place with sutures.

In cases where the ear hole is rather large and the tear is small, your physician may delay repair until the wound has healed. After a local (numbing) anesthesia is applied, the skin on the split is removed and sutured back together. Your physician may create a flap to rebuild and reshape the lobe if there is damage that is more extensive. Closure is often performed using a zigzag technique to reinforce the area, especially if you are considering re-piercing.

Most patients will resume their normal daily activities immediately following surgery with little or no interruption. Your physician will give you specific post-operative instructions. This

may include keeping the sutures dry for several days, avoiding tight fitting garments that are removed over the head, and limiting the amount of bending over (keep head elevated). There may be mild discomfort that can be managed with Tylenol.

Avoiding infection

Whether you have newly pierced ears, newly repaired lobes, or have had pierced ears for 20 years with no problems, everyone is susceptible to infection and tears. To avoid infection, clean the earlobes with rubbing alcohol. Keep your earrings clean by swabbing the posts with rubbing alcohol. Be vigilant for possible allergic reactions. Most commonly, this occurs with earrings that contain nickel. Stick with sterling silver, hypoallergenic stainless-steel posts, or 14-karat (or higher) gold posts. If the earlobe becomes red, hot to the touch, or you see pus, contact your physician-these are signs of infection.

Most physicians will recommend waiting at least six weeks to ensure that the earlobe has completely healed. It is highly recommended that you ask your physician to re-pierce the ear or request a referral. The new ear hole must be located in a new site, not in an area previously weakened by heavy or dangling earrings.



The second problem is tearing your earlobe. Avoid extremely heavy earrings or wearing any type of dangle earrings for an extended period. If you use the telephone frequently all day at work, remove your earrings to minimize tension on the hole. Even when wearing light-weight hoops, be mindful that they can get caught on combs, brushes, clothing, etc. And, if you are going to be around small children, it is easiest to remove the temptation.

Take care of your earlobes. If you have concerns about their appearance and want to discuss cosmetic or reconstructive options, contact your facial plastic surgeon for an appointment. ■