

FACIAL PLASTIC SURGERY

TODAY



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Proper diet, support, relaxation ... all help prepare you for surgery

When considering a procedure, there are many benefits to planning and preparing in advance. If you want your surgery and recovery to go as well as possible, then consider the following guidelines.

Maintain a Steady and Healthy Weight

You want to be at a stable weight when you have a procedure. If you are in the midst of losing weight, talk to your doctor about your regimen and goal weight. If you have a considerable amount of weight to lose, your physician may recommend you wait until your weight has stabilized; however, this depends on what type of treatment or procedure you are pursuing.

Assess Your Diet

Eating nutritional food and staying hydrated can help your body recuperate from surgery much quicker. Make sure you are eating plenty of fruits and vegetables and drinking at least eight glasses of water each day. This will not only help prepare you for surgery, but it will help you live a healthier life.

Learn About the Procedure

Find out as much information as you can about a procedure you are considering. Call your physician's office and ask if they can recommend resources—online or in print. Talk to your family to gain their insight and opinion. This will help you to articulate your aspirations, expectations, questions, and concerns to your facial plastic surgeon. Your physician will describe the procedure, the technique, and the recovery. Ensure you understand the entire process.



Rally Support

It is important to have a support system for you regardless if your procedure is minimally invasive or major. Share your plan and let family and friends know how they can help you. Delegate responsibilities now so that you won't have to worry about figuring it out when you're on your way home. Think about tasks such as walking the dog, picking up the mail, watering plants, carpool duty, etc.

Follow Instructions

Your physician will provide you with detailed instructions to follow for optimal results. These must be followed exactly and can begin as much as two weeks prior to the procedure. These may include quitting smoking, stopping certain medications (e.g., aspirin and ibuprofen), and staying out of the sun.

Plan Accordingly

Your surgery may require no down time or two weeks of taking it easy. Regardless, use this pre-operative time to plan for a smooth convalescence. Go get your prescriptions for post-op filled. Prepare and freeze meals that you can simply heat and eat. Make sure you have clothes clean and ready for the week after.

Rest and Relaxation

As you prepare for your procedure, it is important that your body is well-rested and not tense. It is normal to be nervous, but you don't want this to keep you up at night. Try relaxation techniques or a trip to the spa. If you can sustain a sense of calmness, your body will heal and recover quicker after surgery. ■

Chemical peels are still in ... how do you select the right peel

Whether you want to reduce the appearance of wrinkles or minimize years of sun damage, there is a wide range of chemicals and strengths available to meet your needs. Find out more about this rejuvenation procedure including how the peel works and what strengths are available.

How Does a Chemical Peel Work?

Your skin is composed of two layers, the epidermis and the dermis. The epidermis is on the surface. Underneath, the dermis is composed of long fibers, called collagen, that stretch and relax with age and sun damage. Within the dermis are two layers: the papillary layer (upper) and the reticular layer (lower). The papillary layer can heal from injuries

without scarring. When the reticular layer is damaged, scars may result.

A chemical peel is applied to remove the damaged, outer layers of the skin so that new, regenerated skin can replace it. The active ingredient and the concentration of the chemical will determine what layers will be eradicated. The stronger the peel, the deeper it will permeate. After the damaged layers have been removed, the skin works to rebuild the lower, collagen and elastin layers of the skin to produce smoother, rejuvenated skin.



Before (left) and after a chemical peel, following a facelift. Photo courtesy of The Face Book, published by the American Academy of Facial Plastic and Reconstructive Surgery.

Bad Habits to Avoid If You Value Your Appearance

There are all sorts of reasons to avoid smoking, drinking, and drugs—three life-threatening habits that teens are particularly susceptible to. One reason is appearance. Just as with the foods you eat the toxins that you take into your body eventually will show up on your face. Let's look at the damage they do.

Smoking

- ☛ Constricts the small blood vessels of your face, reducing the supply of oxygen to delicate facial tissues. Eventually this will destroy that healthy glow that most teens admire, leaving you with a grayish “smoker’s face.”
- ☛ Contributes to lines around your face and eyes. Taking a drag on a cigarette causes your mouth to “purse up.” While the lines may not be noticeable in the teen years, eventually the lines around your mouth become permanent. Wrinkles around your eyes develop even sooner—experts aren’t sure if this is the result of reduced oxygen to the face or because cigarette smoke causes squinting.
- ☛ Stains your teeth and spoils your smile. Smoking also is directly linked to mouth and throat cancers. Incidentally, the chewing tobacco popular today might not make your clothes smell bad, but it does stain your teeth and contribute to oral cancer.

Drugs

- ☛ Cause acne flare-ups (especially “speed” or amphetamines).
- ☛ Suppress circulation to your skin, causing it to lose its natural color and look gray and tired. This is true of both stimulants and depressants, including the caffeine that is in colas, tea, and coffee.
- ☛ Contribute to nasal problems. This is a particular danger with cocaine, which can lead to nosebleeds and breathing difficulties, destroy the cartilage within your nose, and even cause your entire nose to collapse.
- ☛ Cause facial lines and wrinkles. This is as true of marijuana as it is of regular cigarettes.
- ☛ Cause fluid retention that results in a roundness or distortion of your face if the drugs are steroids or synthetic male hormones.

Drinking

- ☛ Dehydrates your skin by drawing water away from its surface. Healthy skin needs this moisture.
- ☛ Increases the problem of broken capillaries.
- ☛ Causes blood vessels to expand, or dilate, increasing the redness of your skin. An alcohol “glow” is too red to look healthy.
- ☛ Lowers your physical reaction time, thus contributing to accidents, especially those involving motorcycles and automobiles. The facial damage from such accidents is a leading cause of facial disfigurement for teens.

for your skin?

Types of Peels

Alphahydroxy acid (AHA) is a mild chemical solution—glycolic, lactic, or salicylic acid—that gently peels the epidermis and can peel a portion of the papillary dermis as well. The purpose is to eliminate rough, dry skin and produce fresher, smoother skin. The AHA peel is not a permanent solution and may be repeated weekly. Normal activities may be resumed immediately following the procedure.

Trichloroacetic acid (TCA) infiltrates the epidermis and into the papillary dermis; it is a moderate peel with longer-lasting results than the AHA peel. This peel treats sun damage, fine lines, weathered skin, and pigment problems. The chemical may be applied along with a sedative; there may be mild swelling for about a week. The TCA peel is often repeated over a period of weeks and effects smoother, fresher looking skin.

Carbolic acid (phenol) can reduce extensive wrinkling, marked discoloration, scarring, and pre-cancerous growths. It is the strongest of the chemical solutions and causes a deep peel. The patient is sedated before the carbolic acid is applied, which may take from one to two hours. The convalescence period is approximately two weeks of redness and mild discomfort.

If you have poorly textured skin, acne, or discoloration from sun damage you can expect that a facial skin peel will improve your appearance. Make an appointment to have your skin evaluated for skin type and imperfections. You and your physician can discuss if a chemical peel is right for you. ■

ASK THE SURGEON



I would like to remove unwanted facial hair. What is the difference between electrolysis and laser hair removal? Are there other treatments available?

Electrolysis involves inserting a metal probe into each hair follicle and emitting an electronic charge or current to destroy the hair at the root. It can be time consuming, painful, and repeated treatments are necessary for permanent removal. There is also a risk of scarring and infection.

Laser hair removal focuses heat energy to destroy the entire hair follicle. The patient's skin remains cool due to a unique cooling system built into the laser. Different types of lasers may be used, so discuss the details of your treatment with your physician beforehand. Typically, the advantages of laser hair removal include little or no discomfort, quick treatment time (covers large area in relatively short time compared to electrolysis), and usually three to five treatments results in smooth skin.

There are other options that are less expensive and temporary, such as tweezing and waxing. Make an appointment with your physician for an evaluation and to discuss which treatment is best for you. ■

HEALTH TIP



A diagnosis of skin cancer may require surgical removal of the cancerous cells. If you have recently undergone treatment, you may want to consider reconstructive surgery to boost your self-confidence and to help you feel better about yourself. You do not have to live with the deformities and scars after treatment. Skin cancer reconstructive surgery provides cosmetic and functional improvement to the affected area. The goal of revision surgery is to reduce and obscure surgical scars for a more pleasing result.

If a relatively large area of tissue has been removed, a skin flap with blood vessels (taken from a healthy part of the patient's body) is moved to the afflicted area. If you would like to improve the appearance of scars, there are various procedures that may meet your needs. Your physician will evaluate your skin and recommend which treatment—z-plasty, laser resurfacing, microdermabrasion, chemical peels, injectable fillers, steroid injections—would work best for you. Celebrate your health and recognize that there are options for you to restore your face to its natural beauty. ■

WHAT'S NEW?



The U.S. Food and Drug Administration approved ArteFill® on October 27, 2006, for the correction of smile lines (nasolabial folds). ArteFill® is an injectable filler that contains 20 percent tiny round, non-resorbable and smooth particles and 80 percent purified bovine collagen gel (derived from animals) with 0.3 percent lidocaine (anesthetic). The filler is injected underneath the skin, just above the fat layer. It fills the wrinkle, then the microspheres support the skin and reduce the appearance of wrinkles. The

microspheres are not absorbed by the body, thereby providing long-lasting results. Additional benefits include immediate, visible results and no down time. ■

Facial Symmetry? Contour and Reshape

Look in the mirror at your features. Are they symmetrical? Have you seen your profile in a photograph recently and thought it could be better? Facial contouring is about reshaping your features to rejuvenate and refine your appearance. Your facial plastic surgeon may use implants, fillers, liposuction, or reduction to enhance your facial shape.

Younger patients typically request implants if they are trying to bring harmony to their face. For example, a patient may have chin augmentation in order to balance out a perceived larger nose or cheek implants to supplement an underdeveloped cheekbone structure. Older patients also augment their features to bring balance, as well as to fill out a face that appears sunken or tired. As we age, the skin begins to sag and the cheek area appears flattened. This can cause wrinkles around the mouth. A cheek implant restores fullness to the area and is permanent. Implants are typically placed through incisions in the mouth, so scars are not visible. The recovery period can be between one to two weeks, depending on the extent of your procedure.

Injectable fillers 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. Fillers may include bovine collagen, Radiesse™, Restylane®, or others. There is no downtime associated with this procedure; however, most fillers provide temporary results, lasting between six and 12 months.

Liposuction removes excess fatty tissues to contour under the eyes and the chin and neck areas. This may be combined with other procedures such as blepharoplasty, facelift, or neck lift.

If your facial feature is too prominent, your physician may seek to reduce the structure. For example, if you feel your nose sticks out too far (projection of the nose), your facial plastic surgeon can reduce the overall size of the nose which will allow the tip to drop back toward your face or the tip cartilage may be manipulated upwards or removed to de-project the tip. Another type of reduction is when you have a bump on the nasal bridge (dorsum); this is reduced by using a file-like instrument to shave off and smooth down the excess bone.

If you are interested in revamping and reshaping your face, meet with your facial plastic surgeon to formulate the optimal plan for you. Besides implants, fillers, and liposuction, there are additional procedures and techniques that may meet your unique needs and should be discussed with your surgeon. ■

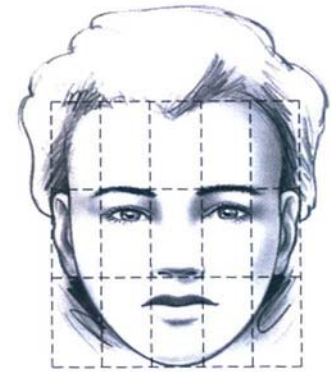


Figure 1. Rule of thirds and fifths.

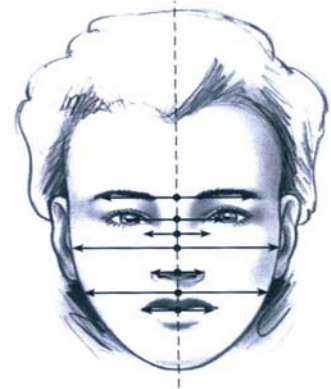


Figure 2. Facial Symmetry

Figure 1. The Golden Proportion states that a well proportioned face is divided into three equal thirds when horizontal lines are drawn through the forehead hairline, the brow, the base of the nose, and the edge of the chin. A proportionate face is divided vertically into fifths with approximately the width of an eye. Aesthetic balance is considered ideal when the facial features fall within these parameters.

Figure 2. An attractive face exhibits a high degree of bilateral symmetry, that is, similarity between one side of the face and the other.