

# FACIAL PLASTIC SURGERY

# TODAY



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## Patients consider trust most important

**P**atients want a doctor that is honest, a good listener, available, respects confidentiality, and provides excellent care. You may be surprised, however, to learn that according to members of the American Academy of Facial Plastic and Reconstructive Surgery, 40 percent of patients say finding a doctor they can trust is the number one factor they consider when making the decision to have a treatment or procedure. Consider the following factors that may influence trust, along with recommended questions to ask.

### Surgeon

Trust begins by ensuring your surgeon is board certified with extensive training, qualifications, and proficiency in cosmetic and reconstructive surgery of the face, head, and neck. Select a surgeon with experience and results in the procedures you are considering. A good starting point is the practice Web site. See what professional information, procedures, and services the doctor provides online. Additionally, check social media to see if the doctor interacts or shares information through these various channels.

Questions to ask: Are you board certified? What procedures do you specialize in? Are there multiple options to consider that may meet my aesthetic needs? Can I review before and after photographs?

### Practice

Patients state that the doctor's staff influences trust and level of comfort. Be observant and feel free to ask questions of the staff when you call or come in for an appointment. It is likely that you will be interacting with several staff members throughout your treatment or procedure, so you should be comfortable with them as well.

Questions to ask: What type of training and qualifications do the staff have? Who are my main points of contact within the practice (medical questions, billing, appointment requests, etc.)?



### Treatment

Research the treatments and procedures of interest so you can discuss the possibilities, your motivations, and your concerns. Discuss all options that you might be a good candidate for, what the risks may be, likely recovery time, and cost. Your conversations will help you develop a sense of ease and get to know the doctor's personality and compassion.

Questions to ask: Do you have information I can take home and read? Do you have patients that would be willing to talk about their experience regarding the procedure I am interested in? What can I do before, during, and after my procedure to maximize my results and the healing process?

Interestingly, only one percent of patients tell their doctors that pain or discomfort is their top concern when considering a treatment or procedure. Another misconception is that cost is a main factor; only 10 percent of patients state this as a key matter. With trust being paramount, do your part by surveying the doctor, the practice, and the treatments. You only have one face; you should feel confident in trusting your face to the facial plastic surgeon you select. ■

# Your guide to the ultimate lips

The recent buzz around Kylie Jenner's removal of her lip filler may have you wondering what you should or shouldn't be doing to enhance the lip area. Many facial plastic surgeons agree that lips are trending now and it is important to make it about looking natural, youthful, and attractive. There are several nonsurgical and surgical options to consider; your facial plastic surgeon will discuss and recommend what will best suit your needs for the results you desire.



one of the following materials or combinations: fat, a wide variety of hyaluronic acid fillers, collagen/PMMA. Advantages of fillers include relative ease and short duration for placement, consistency of texture, and results lasting between four and 12 months depending on the filler, location, and technique used. The in-office treatment takes 15 to 30 minutes, with little downtime and minor side effects, such as redness or swelling at the injection sites.

## Types of enhancement

Lip enhancement commonly focuses on lip augmentation by restoring or accentuating youthful-appearing lip proportions. Age-related lip thinning, flattening, and loss of border definition is safely and effectively reversed by increasing the proportional show of the red area of the lip and redefining the supple curvature of the lip border through methods to restore lip volume.

Small, vertical "smokers" lines, marionette-like drooping at the corners, and deepened nasolabial folds along the lip-cheek borders can also be reduced to optimize the appearance of the lips by ensuring that adjacent soft tissue features that frame the lips are symmetric and in harmony.

Lip enhancement may also refer to the desire for reduction in the size or shape of the lips, whether from a previous filler or implant procedure or a trauma, illness, or deformity. While this is less commonly requested, the goals in lip reduction remain the achievement of a youthful, symmetric, and proportional appearance of the lips in aesthetic balance with other defining facial features.

## Nonsurgical options

Many patients start with a nonsurgical, temporary option. This allows you to evaluate the appearance, feeling, and movement of your lips in the augmented state before proceeding with a relatively more permanent augmentation, implants, or surgical procedure.

Upper and lower lip augmentation with injectable fillers is the most common approach. There is an evolving range of fillers available based on

## Surgical procedures

Surgical lip augmentation involves the implantation of one or more biological or synthetic materials into the various structures of the lip to produce the desired appearance. Materials may include dermis, fascia, polytetrafluoroethylene (Gortex) and silicone, among others. These materials typically require a minor, office-based procedure for their implantation, but offer extended or permanent results.

Your facial plastic surgeon will explain all of the options and make a recommendation based on your needs and aesthetic goals. A dermal graft takes a section of skin from your own body and inserts it into the lip lining to achieve plumpness. A lip implant may be natural or synthetic and is inserted through tiny incisions on the corners of the lips. A lift lip may be ideal if you have loose lips or a mouth that slopes downward. An incision is made under the nose to shorten the skin and the lip is pulled upwards. An incision can be made on the sides to improve the downward turn. A vermilion advancement is a procedure that makes an incision along the borders of the lips. A strip of the skin is removed outside the lip border. The rest of the skin along the lips is pulled to achieve fullness.

Surgical procedures may take up to an hour, depending upon the location and the extent of treatment. There may be swelling, redness, and discomfort initially that subsides within a day or two. Lip procedures involving the use of grafts or implants may take two weeks for a patient to recover. It is usually advisable to plan for at least three days away from work to recover and to avoid vigorous activity for a few weeks.

Insurance does not generally cover lip treatments or procedures that are solely for cosmetic reasons. Surgery to treat facial lip scars or deformities may be covered; it is best to check with your insurance company.

### What makes an attractive lip?

Lips should balance the face and should be in proportion with the eyes and nose. The upper lip should have a bit of a pout and project out slightly more than the lower lip. The lower lip should be pillowy and the borders should be clearly defined.

Am I a good candidate for a lip procedure?

You may benefit from a lip procedure if any of the following are concerns:

- ◇ Lips are thin and tend to disappear when you smile
- ◇ Lips are less full and thinner due to age
- ◇ Lips are asymmetrical
- ◇ Lips are surrounded by small, vertical lines
- ◇ Lips are not balanced compared to the rest of the face
- ◇ Lips are disproportional due to congenital deformity, illness, or trauma
- ◇ You are self-conscious about the appearance of your lips



Lip enhancement refers to a myriad of minimally invasive injectable and surgical methods for aesthetically reshaping, resizing or increasing the definition of the lips. Fortunately, when provided by a facial plastic surgeon, your means to accomplish your goals have never been more available, safe, and successful. Make your appointment today with your doctor to discuss how you can obtain your ultimate lips. ■

## ASK THE SURGEON



*What is a HydraFacial? How do I know if I would benefit from this or instead, should go for something stronger?*

A HydraFacial is a new exfoliating option that uses oxygenated and vitamin-infused water to “power wash” or resurface the top layer of the skin. The wand has a tip that helps lift dead skin cells and a vacuum to sweep them up. It works with all skin types; although if you have overly sensitive or aging skin, the gentle exfoliation may be ideal for you.

You should notice smaller pores, less puffiness, and a smoother more hydrated feeling of your skin with the first treatment. The results are cumulative; therefore, depending on the extent of your fine lines and wrinkles, it may take several treatments to see a noticeable improvement. Discuss with your doctor if this treatment is right for you. ■

## HEALTH TIP



Selfies are wildly popular and their influence on self-image is not going anywhere. Are you aware of the distortions that selfies can cause? Your facial plastic surgeon has tips.

Invest in a selfie stick, which can attach to your phone and allow you to take a selfie from three to 10 feet away. This will help prevent distortion. A picture that is taken close to an object will enlarge and distort the image or the portion of the object that is closest to the lens. When you are taking a selfie from the distance of an arm, it makes the closest feature look the largest. When straight on, the nose looks the biggest. When taken from above, the eyes look the biggest. And if taken from below, the chin and lower one-third of the face are predominant. Facial plastic surgeons state that a female face with a large upper third, highlighted by prominent eyes, and a small chin is attractive. Plump, pouty lips also grab attention. If you want to optimize your selfie, put some distance between you and the lens, angle from above the face, and purse your lips slightly. ■

## WHAT'S NEW?



French scientists at Texinov Medical Textiles have developed a knitted laser fabric that emits light to treat inflamed skin or lesions in just one appointment. A photosensitizer cream is applied before the skin is wrapped with the light-releasing textile. The optical fibers knitted into the fabric speed up the reaction between oxygen and photosensitizer cream beneath the skin. The scientists purport that it can improve skin texture, acne, Paget's disease, psoriasis, and more. The new, laser fabric is currently being marketed under the name, Fluxmedicare. Stay tuned for more information and how this new technology will be used. ■

# Facial reconstructive surgery could be your only option

While there is plenty of media hype regarding the latest techniques, serums, and celebrities having cosmetic surgery, there are equally important and exciting reconstructive advancements you should know about that may help you live a more fulfilling and optimal life. The most common reconstructive procedures include cleft lip and palate, scar revision, nose reconstruction, and cancer reconstruction.

## Cleft repair

A cleft is a hole or space where there should be tissue.

Children born with cleft lip or cleft palate may have difficulty

eating, breathing, speaking, and hearing. In cleft lip repair, three layers of the lip and Cupid's bow must be reconstructed. Surgical correction is performed around three to six months of age and commonly involves repairing nostril asymmetry as well as the lip deformity. Cleft palate repair is usually performed around nine to 12 months of age. In addition to repairing the cleft in the roof of the mouth, ear tubes are commonly placed during the procedure to help prevent ear infections.



## Nasal reconstruction

A functional rhinoplasty, or nasal reconstruction, may be required to alleviate obstruction to the nasal airways. This may be caused by a deviated septum, polyp, tumor, or weakened nasal tissue. The crooked portions of the septum may be trimmed, straightened, augmented, or removed. Polyps and tumors are surgically removed. If a patient does not have enough cartilage in the septum to support the nose, this weakened

nasal tissue can also impede breathing. Your surgeon may decide to build up the nose with a cartilage graft.

## Scar revision

Surgical techniques for scar reconstruction are designed to make the scar as smooth and invisible as possible. This may involve recreating the incision, moving skin around, or even moving the scar to make it less noticeable. A skin flap or skin graft may be used when the main concern is improved function, rather than improved appearance. The surgeon will evaluate what technique to use based on the type and location of the scar.

## Cancer reconstruction

In most cases, reconstructive surgery is performed at the time of cancer removal. If the area is small, the wound may be closed by bringing the edges of the skin together. A local skin flap—where a portion of nearby skin, tissue, and blood supply is repositioned over the wound—may be used as an option for closure. For larger wounds, a skin graft may be needed to cover the area. Skin grafts are taken from another part of the body, such as the neck or leg. With complicated or large cancers, reconstruction may be delayed until the pathologist can confirm that the tumor has been completely removed.

After trauma, surgery, or illness, the face can be affected both in appearance and in function. Facial plastic and reconstructive surgeons have the experience and expertise to reconstruct facial structures for a return to full functionality and comfort with one's outside appearance. Often times, recovery may take up to four weeks and other nonsurgical procedures may be required to complete the overall look. Contact your facial plastic surgeon to discuss your options if reconstructive surgery is what you need. ■

