

# FACIAL PLASTIC SURGERY

# TODAY



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## Trending toward Natural Beauty

Gone are the days of plumped-up puckers, ski-sloped noses, and overly injected frozen or puffy faces. Today, facial plastic surgery is about looking like the best version of yourself—refreshed, relaxed, and natural. One-third of facial plastic surgeons report that the "fear of looking unnatural" is a top concern among patients, according to the latest annual survey by the American Academy of Plastic and Reconstructive Surgery. This has led to the underlying subtle movement surfacing in facial plastic surgery that is all about looking natural.

Real life evidence of this trend has been seen in the media; for example, Kylie Jenner got rid of her signature lip fillers. Facial plastic surgeons predict that millennials and beyond will take this as a cue to be hesitant of exaggerated looks.

Two popular procedures that surgeons are seeing to restore youthful, natural beauty are eyelid lifts and neurotoxins. The eyelid lift, or blepharoplasty, is a surgery to address sagging skin, smooth wrinkles, reduce puffiness, and correct other signs of aging around the eyes. In upper eyelid surgery, small incisions are made along the folds. Excess fat and loose muscle and skin are removed. Fine sutures close the incisions and minimize any visible scar. In lower eyelid surgery, the incision is made along the lash line, reducing the ability to see a scar. Excess fat, muscle, and skin are trimmed away before closing the incision with fine sutures.



The result is a younger, more awake and refreshed look.

Neurotoxins, such as Botox, Dysport, and Xeomin, are used to create youthful-looking results by blocking signals from nerves to the muscles that contract and cause wrinkles. Previously, many people feared that frozen, emotionless look associated with botulinum toxin injections; however, with advances in techniques and a skilled facial plastic surgeon, these offer something for everyone. For those in their 20s, "prejuvenation" refers to halting the aging process before

it starts. The muscles that cause wrinkles can be trained to move less, preventing wrinkles from etching their way into the skin. Millennials are using neurotoxins to tweak their appearance and to forestall the need for larger procedures later. In your 30s and 40s, soften those fine lines around your lips and eyes that have started to appear and prevent them from getting deeper. For those in your 40s and beyond, curtail those crow's feet for a rejuvenated appearance.

Natural beauty is in. The specialty of facial plastic surgery is addressing the apprehension regarding overtly altered, plastic-like appearance and responding with possibilities that are personalized and natural, with optimal results. Schedule a conversation with your facial plastic surgeon to discuss what refined enhancements might be right for you. ■

# When is Revision Rhinoplasty Necessary?

Facial harmony and attractiveness depend on the nose given its central position of the face. It is no surprise that rhinoplasty, or nose surgery, is the most popular cosmetic procedure performed on men and women, according to the American Academy of Facial Plastic and Reconstructive Surgery. It also happens to be one of the most complex and intricate surgeries due to the three-dimensional anatomy of the nose with cartilage, bone, and soft tissue providing both form and function. When reconstruction requires additional surgeries or cosmetic outcomes fall short of expectations—whether that is from unanticipated healing complications, airway obstruction, the collapse of cartilage, improper or poorly executed surgical methods, under or over correction, new or more severe imbalances—revision rhinoplasty may be required.

## Considerations

Revision rhinoplasty is a major surgery. The most important factor when planning for any surgery is that you feel comfortable and confident with the facial plastic surgeon who will be taking care of you. If you were happy with your initial rhinoplasty results and are seeking additional enhancements or perhaps your case requires several surgeries, then returning to the same surgeon is a good idea. He or she will be most familiar with your history, recovery, results, and next steps.

If you were dissatisfied with your results, then be sure to consult an expert in revision rhinoplasty. Do your homework, ask questions, review patient photographs, and ask to speak with patients that have had similar situations. Most patients are very honest and don't mind sharing about their experiences and results.

A good candidate is physically healthy and has realistic expectations. Be prepared to discuss your goals and motivation for the surgery. It may be helpful to bring in photos of your face prior to your first rhinoplasty. You may also be asked to share previous operative records and medical records if you are a new patient.

## Procedure

While there are many techniques used in revision rhinoplasty. Two of the main approaches use either incisions entirely inside the nose—known as an endonasal approach—or a small incision across the skin between the nostrils—known as an external approach. Both approaches have advantages and disadvantages that your surgeon will likely discuss with you.

After the incisions, the surgeon can access the bone and cartilage of the nose to reduce, augment, or rearrange in order to create a newly



shaped structure. For example, if the tip of the nose is too large, the surgeon can sculpt the cartilage in this area to reduce the size. If the bridge of the nose is too prominent, it can be reduced to yield a more pleasing profile. The angles of the nose in relation to the upper lip or the forehead can also be altered by further sculpting the nasal support structure.

If any portion of the nose appears disproportionately small, cartilage or soft tissue grafts can be placed to create better harmony. The best source of cartilage for revision rhinoplasty is from inside the nose. Unfortunately, prior surgery usually depletes nasal cartilage. In this case, your surgeon may harvest cartilage from the ear or rib.

Once adjustments are made, the tissues are redraped over the new frame and the incisions are closed. A small plastic splint is applied to the outside of the nose to minimize swelling and to help maintain the new shape while the nose heals.

## Conclusion

Every year, 500 million people seek to enhance or reshape their nose. Due to the complexity of the surgery, facial plastic surgeons report that between 10 to 20 percent of those patients will come back for a secondary or revision rhinoplasty.

Very small changes to the nose can have a considerable impact on your appearance and overall balance of the facial features. If you are not happy with your nose, make a consultation appointment with your facial plastic surgeon to discuss your options. ■

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## Frequently Asked Questions

*How soon after my first surgery can I have revision rhinoplasty?*

The effects of the first rhinoplasty can take six months to a year to fully resolve. Swelling needs to subside completely and scar tissue needs time to mature. Your surgeon will advise you after a thorough examination and assessment of your needs.

*How many revisions can be done?*

Major surgery takes a toll on your body; it is best to have as few procedures as possible. Each surgery has the potential to increase skin damage, scar formation, or the risk of less-optimal healing.

*Can I drive myself to and from the procedure?*

No, you will need someone to go with you. It is also recommended that an adult stay with you the first night and for the next couple of days if possible.

*When can I resume normal activities?*

Be sure to follow your surgeon's instructions regarding activity level. Your nose will be swollen for the first five to seven days. After this, you may return to work and resume light exercise. However, avoid strenuous exercise and sports—lifting, bending, stooping, straining—for at least three weeks.

*Will my insurance cover the costs of the surgery?*

If you are having surgery to correct functional issues, e.g., difficulty breathing, then insurance may cover that cost. If your procedure is for cosmetic reasons, then insurance will not cover it. Check with your insurance provider.

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## ASK THE SURGEON



*What can I do to enhance my cheekbones without having surgery?*

One of the strongest characteristics of youth is a fullness of the cheeks, indicating an abundance of healthy soft tissues and fat that is present under the skin. Also a sign of vitality, the cheekbones are responsible for defining the face, highlighting the eyes, and adding overall balance to your features. Not everyone has prominent cheekbones and the contour and fullness tend to diminish as we age.

According to the American Academy of Facial Plastic and Reconstructive Surgery, enhancing and restoring volume to the cheek area through injectables is one of the rising trends seen in the last year. Depending on your needs, your facial plastic surgeon may recommend soft tissue fillers or fat. There is minimal downtime with injectables, so you can get back to your life right away feeling younger and more refreshed. Injectables are not permanent; the duration of the results depends on the filler used ranging from six months to two years. ■

## HEALTH TIP



Be smart on where you research for facts about facial plastic and reconstructive surgery. YouTube is a major source for patient education. According to a study in the *Journal of the American Medical Association Facial Plastic Surgery*, plastic surgery videos may be very inaccurate. Researchers at Rutgers University found that the millions of people who turn to YouTube as a means of information on facial plastic surgery receive a false understanding that does not include the risks of alternative options.

Patients and physicians who use YouTube for educational purposes should be cognizant that these videos can present biased information, may be disguised as marketing material, be unbalanced when evaluating risks versus benefits, and be unclear about the qualifications of the practitioner. While YouTube is making efforts to separate out misleading videos from reputable ones, the consumer should still be wary that low-quality, erroneous videos are quick and easy to upload. Check with your facial plastic surgeon to validate the material you view. ■

## WHAT'S NEW?



A team of scientists in the Gene Expression Laboratories at the Salk Institute has found a way to directly convert the cells in an open wound into new skin cells to accelerate healing. Reprogramming wound-resident cells could be useful for repairing skin damage, thwarting the effects of aging, and helping us to better comprehend skin cancer. Facial plastic surgeons may be able to utilize these stem cells as an alternative to skin grafts to treat large skin sores, including those seen in people with acute burns, bedsores, or chronic diseases such as diabetes. Researchers have

been able to isolate skin stem cells from a patient, grow them in the lab, and transplant them back into the patient. More studies are planned to optimize the technique; stay tuned. ■

# Empowered by Choices...Low Tech versus High Tech

**A**fter love, career, family, loss, success, failure, your face tells a story. You may want to change the face that is reflected in the mirror to match what you feel on the inside—calm, cool, collected, and radiant. Whether it is signs of aging or a cosmetic procedure that can help you feel more confident, the specialty of facial plastic and reconstructive surgery has advanced to provide low- and high-tech prospects for your consideration.



## Low-tech

Perhaps the signs of aging are just starting to appear or maybe this is your first visit to a facial plastic surgeon and you want to start with something small—regardless, there are options for you. These low-tech treatments tend to be temporary, affordable, and with little to no recovery.

If you have puffy eyes or sagging skin, try an under-eye product for a temporary solution. One that is rich in antioxidants will tighten and brighten stressed-out skin; a cream with hydroquinone and retinoids (vitamin A derivatives) will lighten dark spots and maintain the skin's suppleness. A cream containing vitamin C (L-ascorbic acid) can improve skin tone, clarity, and texture. Tackle fine lines and wrinkles with neurotoxin injections—Botox, Dysport, and Xeomin—administered through tiny injections right into the overactive muscles that cause lines to form. Injectable fillers can be used to fill in wrinkles and restore volume to the lips or cheeks; results may last up to two years depending

on the filler. Laser therapy is another possibility to help stimulate collagen production and improve skin tone, texture, and fine wrinkles.

## High-tech

If you are looking for permanent solutions, you may consider a surgical procedure to be the right fit. A facelift removes excess skin and tightens the muscle and connective tissue in the lower two-thirds of the face. The result is smoother skin, reduced jowls,

and a refined jawline. The most popular procedure, rhinoplasty, is nose surgery to improve the function or shape of the nose—reduce or increase parts of the nose, remove a hump, change the shape of the tip or bridge, improve breathing ability, or narrow the nostril span. Eyelid surgery, blepharoplasty, removes excess skin in the upper and lower lids and reduces the amount of fatty tissue under the eye. This surgery can correct drooping skin and reduce bags or puffiness under the eyes.

It is your choice to have a treatment or procedure. Most patients state that proactively seeking to bridge the gap between how they look and how they feel has positively impacted their self-esteem, confidence at work, and overall mental well-being. Whether you are seeking to feel complete and confident within yourself or need help to unwind the effects of aging, stress, and fatigue, facial plastic surgery options may empower you to make positive and transformative changes. Schedule an appointment with your facial plastic surgeon for your options. ■

