

FACIAL PLASTIC SURGERY

TODAY



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Sleep helps fight the aging process

Are you getting enough rest for your body to rejuvenate, heal, and replenish? The National Sleep Foundation (NSF) recommends that adults get between seven and nine hours of sleep each night in order for the body to perform neurological, physiological, and biochemical maintenance tasks. In a recent poll by the NSF, 39 percent of American adults claimed to get less than seven hours of sleep each weeknight. The study also found that 74 percent experienced difficulty sleeping a few nights a week or more. How does this sleep deprivation affect your health and your appearance?

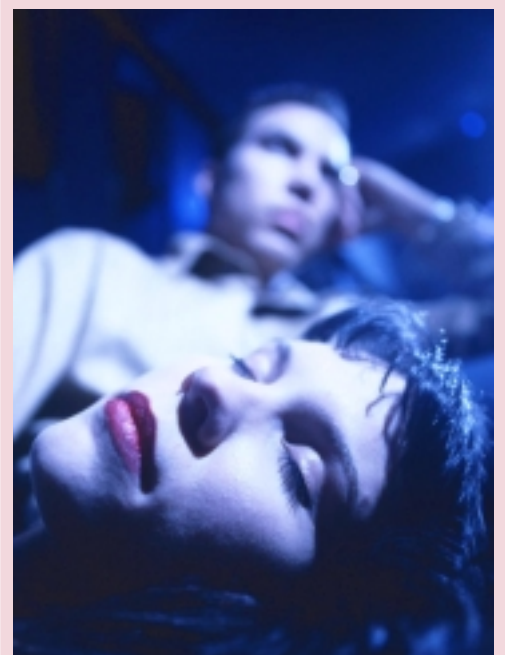
Benefits of Sleep

When your body gets enough rest, you wake up in the morning refreshed and ready to go. Your body has renewed energy to get through another day. It has also had time to fight infection and replace old cells in organs and muscles. James B. Maas, Ph.D., a pioneer of sleep research at Cornell University states in his book *Power Sleep* (Quill, 1999), "The process of sleep, if given adequate time and the proper environment, provides tremendous power. It restores, rejuvenates, and energizes the body and brain... [it] has profound effects in terms of alertness, energy, mood, body weight, perception, memory, thinking, reaction time, productivity, performance, communication skills, creativity, safety, and good health." Getting enough rest directly affects the quality of your life.

Fighting Aging

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, sleep plays an important role in preventing premature aging of these fibers.

During the deepest stage of sleep, your body releases growth hormones for cell repair. If your sleep is frequently interrupted or of short duration, your body has less time to repair and replenish itself. Without this regenerative effect, your skin's texture, thickness, and elasticity are diminished. Adequate rest, along with a healthy lifestyle, can help your skin rejuvenate and glow on a daily basis. ■



Tips and tricks to sleeping better

- Avoid caffeine, nicotine, and food close to bedtime.
- Exercise at least three hours before bedtime.
- Establish a relaxing bedtime routine.
- Create a dark, quiet, comfortable environment conducive to sleep.

Tips and tricks to caring for your skin

- Wash your face with a mild soap before going to bed, pat dry.
- Apply a moisturizer to promote hydration.
- Reduce morning puffiness by sleeping on your back.

The many faces of a facelift ... which one is right for you

Time, gravity, and the elements naturally take a toll on the appearance of your face. As we age, the skin begins to lose its elasticity and wrinkles start to appear. Fatty tissue tends to decrease in volume and in density causing the skin to sag and hang loosely. There are also changes in the bony facial structure that when combined with changes in muscular action and the effects of gravity, leads to more prominent skin folds. These changes are greatest under the chin, in the upper neck and at the skin folds near the corner of the mouth.

A common procedure designed to correct these facial conditions is the facelift, or rhytidectomy. The growing popularity of this procedure has precipitated advancement in techniques and in technology. Learn what is available and which type of facelift may meet your unique needs.

A Full Facelift

A full facelift is designed to lift and tighten sagging, primarily in the lower two-thirds of the face. It smooths the neck area, reduces jowls, and refines the jaw line. The facelift procedure can improve wrinkled skin, but skin type and patient age are important factors in the final result.

Incisions are made around and behind each ear. The skin is raised, excess fat and skin are removed, the underlying connective tissue is lifted and repositioned, and permanent sutures are used to hold the skin in its new location. 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. Swelling diminishes after one to two weeks.



This is a young baby boomer professional who was seeking rejuvenation to further her career and to remain confidently youthful. The procedures employed included multifaceted, multidiscipline minimal access facial plastic surgery under intravenous sedation in an accredited facility.

Key areas of evaluation included upper third facial issues including dermatochalsia of eyelid skin, lateral brow ptosis, and pseudoherniation of orbital fat, corrected by skin flap blepharoplasty, laser ablation brow lift. In the midface and prejowl areas for correction of infrastructure shrinkage and hypoplasia the use of the "Internal Face Lift" (IFL) utilizing sub-periosteal fillers (malar/jowl) (alloplastic-silicone) and endoscopic assisted approach. To bring the periorofacial unit into balance the use of soft ePTFE (Advanta) provided an additional dramatic improvement. The final step employed the J-Lift—a minimal vertical facelift with SMAS anchor to the zygomatic arch—and additional 45-degree vector plication and skin elevation with liposuction.

The results at one month depict the dramatic and youthful changes that can be achieved with new minimal access technology.

Deep Plane Facelift

The deep-plane facelift involves elevating facial muscles and fat that lie below the SMAS layer (short for superficial musculoaponeurotic system) and securing the fat pads of the cheek and midface back to their natural position. While the deep-plane facelift allows more facial sculpturing to correct problems in the cheek and midface region – e.g., reducing the appearance of deep creases between the nose and the mouth – the procedure is more extensive and requires a longer recovery period.

S-lift

This procedure derives its name from the shape of the excision that is used near the ear; it is shaped like an "s." This procedure uses a technique involving suturing of the SMAS and the ESP (extension of the supraplatysmal plane) to the perosteum and zygomatic bone. This means that the fixation of the soft tissue to the cheek bones provides stability and also fullness to the area. The s-lift is not as invasive as the full facelift, therefore, there is less procedure time, lower cost, and quicker recovery. This lift is best for those who have early or minimal aging changes.

J-lift

The J-lift is a procedure that lifts and firms the lower one-third of the face and neck. Its name comes from the area that is corrected by the procedure: the jaw line or jowls. By repositioning of the muscle groups underneath the surface, the jowl is lifted to its natural best site for beauty. The incisions are hidden.

Midface Lift

A midface lift is performed through tiny incisions placed inconspicuously within the hairline and on the inside of the mouth. During the

After Your Facelift

Patients can expect some swelling and bruising of the face and eyelids. This usually 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. Your physician may prescribe medication to relieve any discomfort for the first few days. Makeup may be applied over the skin of the face up to the edge of the scars approximately seven to 14 days following surgery. Strenuous exercise should be avoided for four to six weeks.

Healing is a gradual process; it may be several weeks before you will begin to see the new you.

procedure, 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.

Tailored Plan

You and your physician will discuss what changes in your appearance you would like to address. This will determine what the optimal treatment plan will include; i.e., a less invasive facelift, such as the s-lift, or a deep-plane facelift combined with blepharoplasty (eyelid surgery to reduce sagging and puffiness around the eyes) and liposuction, or any number of procedural combinations. You can be assured that your facial plastic surgeon will approach your case with the specific goal of meeting your individual needs.

For more information, contact your facial plastic surgeon or make a consultation appointment today. A facelift may be the solution to a brighter, younger looking you. ■

ASK THE SURGEON



I have seen on some skin care labels that they are “preservative free.” Are these products without preservatives better for my skin?

The term preservative free can be deceiving when it comes to skin care products. Preservatives are used in products to prevent rancidity and contamination; this allows the product to maintain a shelf life for two to three years. When a product claims to be preservative free it probably is referring to the lack of synthetic preservatives. There are still preservatives in the product, however, they are natural substances with preservative qualities, such as essential oils or antioxidants. If you have sensitive skin, you may want to avoid products with synthetic ingredients, which may cause allergic skin reactions and dermatitis. ■

HEALTH TIP



Carefully examine your motivation for seeking facial plastic surgery. Why do you want this procedure? Self-evaluate your motives before entering the doctor’s office; this will be one of the first questions you will have to answer. Do you want to change your appearance to look exactly 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. If you

want to look as young as you feel or increase your self-confidence, these are healthy reasons – of course, motivation will vary from one person to another.

Your facial plastic surgeon will want to make sure that you understand the purpose of the procedure is to improve your appearance, not accomplish a miracle. Discuss openly with your physician why you want the surgery and what you expect will be the outcome. Your physician will ensure that you have the right motivation and a realistic attitude before recommending any procedure. ■

WHAT’S NEW?



There is a revolution in fibered facial cleansing cloths. While these cloths have been on the market for nearly two years, the technology has advanced with the opened and closed weave options and the addition of moisturizer. The closed weave has no holes; one side is textured and contains cleanser, and the other side is smooth and contains moisturizer. The open weave has holes and is less abrasive, providing a mild exfoliation – good for patients who have sensitive skin. Both cloths are ideal for removing bacteria, dead skin, and make-up. After using the textured side, use the smooth side to rinse off the cleanser and to hydrate the skin. The fibered cloths are more hygienic and gentler on the skin than a washcloth. Consult with your facial plastic surgeon about which cloth might be right for your skin type. ■

Safety first: What you can do to maximize your safety

Ensuring your safety with any surgery or procedure is a team effort among the patient, the facial plastic surgeon, and the skilled staff at the facility. As the patient, it is your responsibility to become fully informed about the surgeon, the facility, the staff, and the procedure, and to explicitly follow the pre- and post-operative guidelines determined by your physician. This will facilitate a safe and reliable outcome for your procedure.



certain that the facility is adequately equipped; meets fire, sanitation, and building codes; has been inspected and evaluated; and meets specific standards that assure patient safety and the efficiency of the facility and the equipment.

Facility Staff. Ask about the training of the office staff. You want to make sure that you will receive individual monitoring by skilled, licensed personnel before, during, and after the procedure.

Facial Plastic Surgeon. Make sure that your facial plastic surgeon is board certified and adequately trained. Physicians who are board certified by the American Board of Facial Plastic and Reconstructive Surgery (ABFPRS) have had one year of general surgery residency after medical school, followed by four years of residency in otolaryngology – head and neck surgery, a one year fellowship in facial plastic surgery (optional), a rigorous two-day exam, and peer review of at least 100 surgical procedures. Be sure to ask your physician about credentials and experience.

Facility. Confirm that the facility where you will have your procedure is accredited or in the process of being accredited by one of the following organizations: the Accreditation Association for Ambulatory Health Care (AAAHC), 847-853-6060 or www.aaahc.org; the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF), 888-545-5222 or www.aaaasf.org; the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), 630-792-5005 or www.jcaho.org; or licensed by the state in which the facility is located. The accreditation process makes

Patient. Provide your physician and anesthesiologist (if receiving anesthesia) a full medical history. Your physician will also want to know any current medications and supplements that you are taking (and may advise to temporarily discontinue). Follow the pre-surgery guidelines explicitly – they are for your safety. Before having your surgery make sure you ask your surgeon questions such as: How long will the recovery take? How much work should I plan on taking off? What kind of help will I need during my recovery? You will be given instructions on medication and care for the optimal recovery process. Your surgeon will advise you on when you can safely resume your normal routine. Also, to avoid pigment changes, protect yourself from sun exposure. Again, it is of utmost importance that you follow the directions and contact your physician with any questions.

Facial plastic and reconstructive surgery can be performed safely and effectively. Your facial plastic surgeon is a specialist and will make sure you feel comfortable with your decision and receive the best of care with optimal results. Remember to acquire information, do your homework, and maintain open communication with your physician. ■

