

FACIAL PLASTIC SURGERY

TODAY



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Facial proportions and how to achieve a balanced profile

Does my nose fit in with the rest of my face? Is my chin in proportion to my other features? Take a look at your profile. An attractive profile is one where the features are in balance with each other. Whether you are considering surgery or not, make an appointment with your facial plastic surgeon for a total face evaluation. Your physician will assess each feature and how it affects your overall look. Perhaps you would benefit from nasal surgery, chin augmentation, or a combination of procedures. Regardless of the approach, the results will not only look better, but also make you feel like a new person.

Balanced Features

When your facial plastic surgeon evaluates your face, he or she will take into consideration general guidelines for facial proportions. From the frontal view, the nose should lie within parallel lines drawn down from the inner corners of the eyes to the nostrils. Viewed from beneath it, the base of the nose should appear triangular, and the nostrils should be symmetrical in shape and size. When evaluating the chin, a vertical line drawn down from the edge of your lower lip should just touch your chin. If the tip of your chin is behind the line, chin augmentation may be beneficial. If it extends beyond the line, you may want to consider reduction mentoplasty, or surgery to reduce your chin size. A profile view can also allow the surgeon to see the



shape of your forehead. If it is long and sloping, it can make the nose appear more prominent.

Nasal Surgery

Patients who would like to improve the shape of their nose often request to improve symmetry, to increase or decrease the nose in size, to reduce a hump, to shape the tip or bridge, to narrow the span of the nostrils, or to change the angle between the nose and upper lip. Your surgeon will feel your nose to determine the balance of cartilage and bone beneath. Then, photographs will be taken from several angles and analyzed.

Chin Surgery

Mentoplasty, or surgery of the chin, is often performed to improve a receding chin, reduce a jutting or too prominent chin, and to redefine the chin and neckline. In some instances, your surgeon will recommend mentoplasty in addition to rhinoplasty because a small chin can make the

nose appear to protrude more than it does, or it can accentuate a hump on the nose. While a patient may feel that their nose is too big, it may be that their chin and jaw line are not pronounced enough to bring balance to the nose.

If you would like to bring more balance to your face, start by making an appointment with your facial plastic surgeon. Your physician will help you determine the optimal plan for a balanced and beautiful profile. ■

Give your skin a tune-up; low- or high-tech solutions

If you're like most people, when you look in the mirror you immediately focus on those telltale signs of aging – the fine lines creeping around your mouth, those puffy, tired-looking eyes. You take good care of your body, so shouldn't your skin be pampered as well? Whether you're looking for a low- or high-tech solution, or if you're holding out for the next big thing, your facial plastic surgeon offers a variety of ways to tackle the most common skin problems.

Fine lines and wrinkles

Low-Tech: Botox® injections have become a popular way to reduce the appearance of crow's-feet and furrowed brows. Botox® is purified protein produced by the *Clostridium botulinum* bacterium. It is administered via tiny injections right into the overactive muscles that cause lines to form. Botox® is perfect for softening wrinkles around the eyes and between the brows and may last up to four months.

High-Tech: The latest injectable filler is Radiance™, whose effects last two years. The substance is a paste of calcium hydroxyapatite, a material found in bone and teeth. Although only FDA-approved for treating incontinence, the synthetic Radiance™ can be legally used to treat deep wrinkles. Will Radiance™ replace Botox®? Not likely, however, Radiance™ works well in conjunction with Botox®, because it fills in the deep facial lines and wrinkles.

What's Next? An FDA panel is reviewing an application for Artecoll, another potential competitor to Botox®. This permanent treatment, already available overseas, reduces facial wrinkles by injecting polymethyl methacrylate spheres into a collagen-containing vehicle. The spheres trigger the body's own collagen to plump out the wrinkle.

Puffy tired looking eyes

Low-Tech: If your eyes have more bags than Coach® Store due to long hours at work and late nights partying, topical under-eye treatments should do the trick for a temporary solution. Products containing antioxidants will tighten and brighten stressed-out skin, while those containing hydroquinone and retinoids (Vitamin A derivatives) will lighten dark spots and maintain the skin's suppleness.

High-Tech: Premature aging can be accelerated due to excessive ultraviolet exposure, which makes the eyes swell and lose elasticity. A long-term fix can be achieved with blepharoplasty (eyelid surgery), during which excess fat and skin are trimmed away. This procedure can instantly subtract years from your face.

What's Next? The latest approach to correcting droopy eyelids is raising eyebrows – literally. Surgical rejuvenation of the upper face may require elevation of the brows to provide the best outcome. The reason many people develop sagging upper lids is due to the settling of their eyebrows, which occurs over time as part of the aging process. When performed with an upper lid blepharoplasty, a brow-lift can dramatically rejuvenate the upper face. Patients can benefit from new minimally invasive techniques or surgery via endoscopic approach.

Sagging loose skin

Low-Tech: Firming creams can temporarily tighten the top layer of the skin. Research shows that skincare treatments containing Vitamin C (L-ascorbic acid) give your skin a more youthful appearance. When used over time, L-ascorbic acid can improve skin tone, clarity and texture. An added benefit is that these products also protect skin from further environmental damage.

High-Tech: There are less invasive surgical techniques, such as the S-lift, that are replacing more aggressive face lifting procedures. The "s" refers to the narrow s-shaped section the surgeon excises just in front of the ear. The skin is lifted, the underlying muscles and tissues are tightened and repositioned. Excess fat may also be removed. The entire procedure is usually completed within two hours. These lifts are more appropriate for younger patients that have more subtle aging changes. They use smaller incisions, which result in less bruising and swelling post-op, and are less likely to create the tight, pulled back look often associated with an extensive face-lift. Also growing in popularity is mini-cheek lifts or suspension, for the sagging middle face and deep folds between the nose and lips.

What's Next? Many are trying to achieve subtle achievements in their skin contour with non-ablative laser treatments, such as photofacials, with or without Botox® injections. New lasers such as VBeam™ and Cooltouch® II, work deep within the dermis to diminish fine lines and reactivate skin-firming collagen. The VBeam™ has a dynamic cooling device (DCD™) that sprays a liquid onto the skin before each laser pulse – cooling the skin and providing more comfort to the patient. Since the Cooltouch® II bypasses the top pigmented layer of skin, it is ideal for all skin types. While results are not as dramatic as those attained with laser resurfacing, this treatment is preferred by patients due to the lack of side effects and minimal downtime.

Summer Skin Care Tips

Ultraviolet (UV) light and sunburn damage your skin, which can cause skin cancer. Here are some recommendations on how to reduce your risks:



- Apply sunscreen or sunblock with a sun protection factor (SPF) of at least 15. Reapply every four hours and immediately following swimming and extensive sweating.
- Minimize exposure to the sun between the hours of 10 a.m. and 4 p.m.
- Wear a wide brim hat to shade your face and neck.
- Shield your eyes with sunglasses that provide 100 percent protection from UVA rays.
- Moisturize your skin; the hot summer air can cause dehydration.
- Refrain from unnecessary UV exposure with a sunlamp or a tanning salon.

Before you make an appointment

Though many of the popular non-surgical facial cosmetic procedures today are affordable, can be performed during your lunch hour, and require minimal downtime, it is still advisable to take a cautious approach. Make sure you schedule a consultation appointment with your facial plastic surgeon. It is also wise to have a complete understanding of the surgery including the risks and benefits, and above all to have realistic expectations – facial plastic surgery is about enhancing the features you already have in order to feel better about yourself. ■

ASK THE SURGEON



My daughter is 20 years old and applies a ton of make-up to camouflage her scars. What are her options for making those scars less noticeable?

The goal is to improve the appearance of the scar either by disguising it or by minimizing its prominence. Your physician will evaluate your daughter's skin type and the type of scarring in order to determine possible treatment plans. Options may include dermabrasion, laser resurfacing, injectable filler, or skin graft surgery. Your daughter's physician will go over the alternatives, benefits, and risks, thoroughly explaining the procedures before deciding on the optimal plan. The result will be a less noticeable scar and a tremendous increase in self-confidence. ■

HEALTH TIP



As you plan for a procedure this summer, it is as important to plan for your recovery. Consider the following suggestions to reduce discomfort and speed up the recovery process.

- Avoid aspirin and ibuprofen, which interfere with blood clotting and healing.
- Refrain from smoking; the combination of nicotine and carbon monoxide deprives the body of oxygen needed for healing and resistance to infection.
- Avoid direct sunlight; your skin will be extra sensitive and irritated if exposed for any length of time.
- Avoid rigorous activity or any activity that may risk injury.
- Fill prescriptions before your surgery.
- Prepare meals in advance.

Healing varies with each person; however, with proper planning and care you can make your recovery time more pleasant and your summer more enjoyable. ■

WHAT'S NEW?



On the horizon may be a revolutionary technique for having surgery. Cyberspace surgery has been successfully performed in Canada. A surgeon used computer controls to guide a telerobotic named Zeus to perform a minimally invasive surgery on a patient miles away. This three-armed robot is able to translate the surgeon's natural hand, wrist, and finger movements to instruments inside the patient. Done over the Internet, through the existing Bell Canada and Cisco Systems cable network, the surgery received the highest signal priority, ahead of secure banking data.

The technology is limited to non-invasive procedures. It will probably be a very long time before this is widespread and readily accepted. Experts in this technology state that the benefits will be seen mostly to patients in remote areas. For example, in northern Canada where it is hard to attract specialized surgeons, this technology would provide services to these communities. ■

Enhance your smile with lip augmentation

Look at your smile in the mirror. Is there anything you would change? For some people, their upper lip disappears when they smile. For others fighting the aging process, the distance between the base of the nose and the pigmented portion of the lip has increased, causing a thinning appearance.

Both men and women are seeking lip enhancement as a means to look younger, increase confidence, and positively impact body image. There are non-surgical and surgical solutions; be sure to consult with your facial plastic surgeon to discuss and decide what approach is best for you.

Non-surgical Lip Augmentation

There are various products that can be injected into the lips with minimal pain, little swelling, and virtually no side effects. Most substances are quickly absorbed into the lips with excellent, but temporary results.

Collagen. Bovine dermal collagen (animal derivative) has been used safely to treat wrinkles and scars over the past 20 years. Periodic injections of this material into the border of the lips achieve fuller-looking lips and softened lipstick lines (small vertical wrinkles around lip area). The enhancement typically lasts three to five months, with no recovery time.

Dermalogen. Dermalogen is derived from human dermis, purified, and made into an injectable liquid. The results are similar to collagen, but may last slightly longer.

Autologen. Autologen is prepared from a patient's own skin. Usually harvested at the time of another procedure, such as a facelift, the skin is sent to the lab where the collagen is squeezed out of the skin, prepared, and preserved. The results can be long lasting—your own tissue is not



reabsorbed like collagen or dermalogen—but it is more costly.

Fat. Your physician can extract fat from your body using a small needle, purify it, and then re-inject it into the lips. There is no risk of allergy or rejection and the results are still temporary.

Surgical Lip Augmentation

If you are looking for a longer-lasting result, you may want to consider having material implanted into your lips such as Alloderm®, Gortex®, or tissue flap. There have also been newer materials entering the market that may be an option, such as Advanta and Ultrasoft.

Alloderm®. Alloderm® is human dermis, the second layer of skin, processed, rolled-up, and inserted from the corners of the inside of the lips. A few hidden stitches are made, with mild swelling for three to five days. The results typically last between six and 12 months.

Gortex®. This is a synthetic material, which is biocompatible with the body. It is surgically placed like Alloderm® and the results are permanent.

Advanta™. This synthetic implant material is designed with a soft central core and smooth outer layer that results in a more natural healing response. The enhancement is permanent.

Local Flaps. A tissue flap can be removed from inside of the mouth and inserted into the lips. This invasive procedure causes extensive swelling for the first few weeks, but with excellent, permanent results.

If you are seeking fuller, younger looking lips, make an appointment with your facial plastic surgeon. With so many options available, you and your physician will find the one that is exactly right for you. ■