

# FACIAL PLASTIC SURGERY

# TODAY

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## Domestic Violence Survivors Receive Assistance

In 1994, the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) founded FACE TO FACE: The National Domestic Violence Project in partnership with the National Coalition Against Domestic Violence (NCADV). October is officially the national domestic violence month and we recognize these victims and reach out to them by making you aware of this humanitarian program through the AAFPRS.

Facial plastic surgeons donate their time to help victims of domestic abuse who cannot afford to receive treatment for facial injuries. The program offers individuals the opportunity to overcome the physical limitations placed on them by circumstances beyond their control and to regain self-esteem as they rebuild their lives.

Mary was a client of her local domestic violence shelter. She had suffered multiple batterings of her face over 17 years with her ex-spouse. The trauma caused external deformity to her nose and difficulty breathing. The tendons of her eyelids were weakened causing sagging and a pulling away from the eyeball. After taking the steps to leave the abusive situation and seeking counseling through the shelter, Mary was ready to move forward. The shelter referred her to the FACE TO FACE program.

Mary was matched with a volunteer facial plastic surgeon. After a consultation and evaluation with the surgeon, Mary received extensive reconstructive rhinoplasty (nose surgery) and blepharoplasty (eyelid surgery) with all fees waived. The surgery provided Mary with renewed confidence and hope for a positive future. The facial plastic surgeon also benefited with a great sense of satisfaction to help restore Mary's physical appearance and contribute to her brighter future.



For victims of domestic violence who are burdened with physical scars or injuries located on the head, face, and neck, the AAFPRS and NCADV offer a 24-hour toll-free number, 1-(800) 842-4546. During the initial call, survivors are screened to determine if their injuries are a result of domestic violence, if they are out of the abusive relationship, and to obtain a brief description of the injuries sustained.

The survivor is given the name of a domestic violence shelter in their local area and advised to set up an appointment with a domestic violence counselor at the program. The shelter counselor then contacts the AAFPRS domestic violence coordinator to confirm that the individual has begun the inner healing process and is out of the abusive relationship. The next step is a referral to a local surgeon who will provide complimentary consultation and surgery.

Over five million women a year are affected by domestic violence in the United States; over one million victims require medical attention. The FACE TO FACE program is taking steps to help these women. It is an empowering program seeking to help survivors change their lives. For more information visit [www.facetofacesurgery.org](http://www.facetofacesurgery.org). ■

**FACE TO FACE**  
Giving Hope, One Face at a Time  
DOMESTIC | INTERNATIONAL

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### WELCOME TO FACE TO FACE

Welcome to FACE TO FACE

FACE TO FACE depends on people like you to make a difference. Although surgeons and other medical personnel give freely of their time and expertise, FACE TO FACE still needs funding from generous individuals like you.

FACE TO FACE is the humanitarian arm of the Educational and Research Foundation for the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS Foundation)

FACE TO FACE: International helps primarily children in other countries that have been abandoned due to their facial deformities caused by birth or trauma.

# Competition in the work environment? Rejuvenate your face to help

Consumers are choosing to spend their money on themselves to secure their next paycheck.

Studies show that more attractive people receive advantages in the workplace. With survival of the fittest still ruling the day, employees are trying to stay viable by keeping their appearance fresh and youthful.

According to a survey by the American Academy of Facial Plastic and Reconstructive Surgery, minimally invasive procedures continue to increase with one of the top reasons stated by clients is to remain competitive in the job market. Over 75 percent of patients—regardless of choosing a non-surgical or surgical procedure—stated that their career was the reason why they were seeking facial plastic surgery.

## Non-surgical procedures

A quick and less expensive way to fight the aging process is to have a nonsurgical treatment. The top nonsurgical procedures for both men and women in 2008 were Botox®, hyaluronic acid, microdermabrasion, and chemical peels.

Botox® and Dysport® were approved by the Food and Drug Administration (FDA) to help reduce the signs of aging. It is injected under the skin to weaken the muscles in the forehead and around the eyes that pull the skin and cause wrinkles. The procedure is minimally invasive, so there is no need for sedation or local anesthetic. There is no recovery time and results should last three to six months.



Hyaluronic acid is a dermal filler approved by the FDA for correction of moderate to severe facial wrinkles and folds. This gel compound serves many purposes including filling the space between collagen and elastin fibers providing cushioning; transporting nutrients from the blood to the skin; and retaining water within the cell promoting volume and protection. By adding a hyaluronic filler, your skin is immediately rejuvenated and smoother. Results are long lasting, although the body naturally absorbs the injectable over time.

Microdermabrasion uses a rotating brush or a pressurized stream of fine particles to remove the top layers of the skin to treat scars, wrinkles, sun damaged skin, or uneven skin color. The underlying, undamaged dermal layer is exposed and the production of collagen is promoted. The result of this treatment is a new, smoother layer. There is little recovery time and most of the time, you can resume normal activities immediately.

Chemical peels facilitate resurfacing of the skin by causing gentle coagulation and removal of the outermost layers; this allows smoother and more supple skin to regenerate. This is an effective treatment for wrinkles caused by sun damage, mild scarring, and certain types of acne. The deeper the peel, the longer the recovery time, with an average of two weeks.

## Surgical procedures

Surgery provides more dramatic results. In 2008, the top surgical procedure for men was rhinoplasty (nose surgery), followed by blepharoplasty (eyelid surgery), facelift, and scar revision. For women, facelifts outnumbered blepharoplasty, rhinoplasty, and skin resurfacing.

Rhinoplasty improves the function or shape of the nose. Whether you are unhappy with the size, shape, or would like to improve your ability to breathe, altering your nose will significantly impact your overall appearance. A surgeon can reduce or increase parts of your nose, remove a hump, change the shape of the tip or bridge, or narrow the nostril span. This surgery requires at least two weeks recovery time, with specific post-surgery instructions from your surgeon.

Facelift procedure is used to smooth and tighten the skin in the lower part of the face. The underlying muscles can also be tightened and repositioned. The signs of aging are lessened by shaping the neck area, reducing

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*With the struggling economy, the last thing you want to do is lose your job. Talk to your surgeon to see if you are a good candidate for a minimally invasive treatment or a surgical procedure. Taking charge of your appearance will increase your self-confidence, which will positively affect all aspects of your personal and professional life.*

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## stay ahead

jowls, and refining the jaw line. The result is a younger looking you, with dramatic improvement in the lower two-thirds of the face.

Blepharoplasty provides options for reshaping and adjusting the lids for both cosmetic and functional purposes. Cosmetically, you may want to reduce the excess skin in your upper eyelids to create a younger, more wide-eyed appearance or create a crease in the upper eyelid. Blepharoplasty can also be used to correct ptosis, a drooping upper eyelid that is congenital or develops with age. Patients whose field of vision is limited due to ptosis may be able to seek insurance reimbursement since the procedure is medically necessary. Surgery on the lower lids can reduce the appearance of bags under the eyes.

Scar revision depends on the type of scar. Treatment may range from topical steroid creams and steroid injections to excising the scar and replacing it with a skin graft. Laser resurfacing and microdermabrasion may also be used to decrease the appearance of the scar. The scar tissue can be excised and closed with one or more layers of stitches if additional revision is necessary.

Skin resurfacing, or laser surgery, is used to resurface facial skin with wrinkles caused by excess sun exposure, "crow's feet," and acne scarring. The high energy, amplified light waves of carbon dioxide (CO<sup>2</sup>) laser vaporize the top layer of skin instantly, with no bleeding and minimal trauma to the surrounding skin. The convalescence period depends on the extent of the area and strength of the laser. ■

## ASK THE SURGEON



*Are there anti-wrinkle creams available without a prescription that really work?*

There are products available that will temporarily improve the appearance of wrinkles. The results depend on the type and amount of active ingredient in the cream; examples may include the following: retinol (vitamin A compound, antioxidant), hydroxy acids (synthetic acids), coenzyme Q10 (nutrient), copper peptides (trace element), and kinetin (plant growth factor). Keep in mind that nonprescription creams have lower concentrations of the active ingredient versus a prescription strength cream. Nonprescription creams are also not regulated by the U.S. Food and Drug Administration (FDA) as strictly as a drug; therefore, the cream may not have undergone rigorous testing before entering the market.

Anti-wrinkle creams usually require multiple applications per day, with the results disappearing when you stop applying it. The effort to get and maintain any improvement may cost you more money than another type of wrinkle treatment. Lastly, be wary of any product claiming to permanently eradicate, remove, or eliminate wrinkles—it's not possible. For more information or assistance in determining a treatment to meet your needs, consult with your facial plastic surgeon. ■

## BEAUTY TIP



Look carefully at the labels of beauty products to figure out what is helpful and what is hype. Although the FDA does not regulate cosmetic products as strictly as drugs, there are some requirements in place to assist you. First, all ingredients must be listed on the label in order from the greatest to the least amount. If you see a product labeled, "hypoallergenic," this means that the manufacturer believes their product causes fewer allergic reactions than other products. There is no federal standard or definition that governs the use of this term—beware. The term "non-comedogenic" is also not regulated by the FDA, but suggests that the product does not clog pores. Finally, you should never see a cosmetic label stating, "FDA approved," since this is false and misleading information. ■

## WHAT'S NEW?



The American Academy of Facial Plastic and Reconstructive Surgery has launched a new edition of *The Face Book*, a popular consumer guide to facial plastic and reconstructive surgery. Check out the latest procedures, techniques, and treatments—with a plethora of before/after photographs, patient testimonials, and dramatic illustrations. Three new chapters have been added on office-based procedures: Botox, injectable fillers, and laser and light therapies. Whether you are looking for information on a specific procedure or you want to explore various options, *The Face Book*, is an excellent, authoritative go-to resource. Ask your physician how you can obtain your copy or go to [www.aafprs.org](http://www.aafprs.org). ■



# Contemplating ear surgery for your child? Timing is everything

Whether you have struggled for years to hide your ears or you are concerned that your child may have to endure ridicule from protruding ears, otoplasty (ear surgery) may be just the solution for you or your child. Otoplasty can reshape, reduce, or make your ears more symmetrical. Both children and adults can benefit; learn what is normal, what is involved in making the decision for surgery, and the details of the procedure and recovery.

## Evaluation

How do you know if your ears are normal? Ears generally lie close to the head and extend from the level of the brow to the base of the nose. The grown ear protrudes approximately 2.0 centimeters at its midpoint; is between 5.5 and 6.5 centimeters long; and measures 3.0 to 4.5 centimeters in width. Earlobes may be curved and hanging or straight and attached to the side of the head. With age, earlobes become longer at the base. These guidelines cannot be applied perfunctorily to every patient. Your surgeon will evaluate your ears based on proportion and harmony with your total facial features, in addition to taking measurements.

## Considerations

If you are contemplating otoplasty for your child, timing is important. Having the procedure at a young age, between five and six years old, is highly desirable in two respects: the cartilage is extremely pliable, thereby permitting greater ease of shaping; and secondly, the child will experience psychological benefits from the cosmetic improvement. Surgery before five years of age is not recommended since the cartilage and outer ear are still growing.



*Ear surgery can offer an emotional boost in addition to its cosmetic benefits. Do not delay your treatment.*

Adult candidates seek otoplasty to correct congenital deformities, as well as abnormalities that may have occurred over time or as an adult. If you have experienced anxiety and stress from constantly camouflaging your ears, you will be amazed by how much your self-confidence will improve after otoplasty. This surgical treatment is minimal effort or risk with very big rewards.

## The procedure

Otoplasty is performed on an out-patient basis, so there is no overnight stay required. Young children usually receive general anesthesia, while adults fair well with local anesthesia and intravenous sedation. The surgery begins with an

incision just behind the ear, in a natural fold. The surgeon removes the necessary amounts of cartilage and skin required to achieve the right effect. In some cases, the cartilage is trimmed, shaped, and then pinned back with permanent sutures. In other instances, cartilage is not removed and stitches are used to hold the cartilage permanently in place. The goal is to reduce the shape of the ear and reposition it closer to the head. More complex, reconstructive procedures may require several steps; the average surgery lasts one to three hours.

## Recovery

Maintain a positive attitude with realistic expectations. There will be some bruising and swelling around the ears after surgery. A soft padded bandage is placed around the head to protect the ears and hold them in place. When this is removed, you will wear a stretchy headband or stocking cap for a week or two, especially at night. Most people return to their daily routine within a week. ■



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