

# FACIAL PLASTIC SURGERY

# TODAY

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## Know your injectables and their benefits to avoid filler regret

**W**hile filler injections remain increasingly popular—70 percent of facial plastic surgeons reported an increase in injectables for patients younger than 30 years old in 2018—the number one fear is looking unnatural or bloated. Some men and women are seeking to dissolve their fillers in order to look more natural. Discover the benefits of injectables and how they can be modified if necessary.

Nonsurgical procedures are an option for those who want a subtle change with little downtime and less cost. Neurotoxins, such as Botox, Dysport, and Xeomin, relax tiny facial muscles, smoothing out the appearance of fine wrinkles. Results may last four to six months.

Injectable fillers, such as hyaluronic acid (Juvederm, Restylane, Belotero), are injected into the mid to deep dermis for correction of moderate to severe facial wrinkles and folds. The filler adds volume to the skin, smoothing unwanted wrinkles and folds for up to six months. Some patients benefit from a liquid facelift, which combines neurotoxin injections and injectable fillers for optimum results. Injectable fillers often wrinkles and make the skin look tighter in areas like the lids, eyebrows, and crow's feet.

If you have sunken areas or hollowness below the eyes, an autologous fat transfer may be the right treatment for you. A small amount of fat



is harvested from your body and then injected beneath the skin and muscle of the cheek and lower eyelid to fill in the area.

Fillers and injectables have also been approved for use to add volume to the lips and to reestablish contour and volume to the cheeks.

While fillers and injectables provide many patients with great results and little recovery time, some patients are dissatisfied with how they look or feel. They report issues of

prolonged swelling, irregular texture, lumps, or overfilling. Unsatisfactory outcomes may result from injector inexperience or poor judgement. Although these fillers are not permanent, patients may not want to wait around for these to dissolve.

If you are having regrets, it is important to seek advice from a facial plastic surgeon with expertise in the conservative and artistic use of fillers. Some injectables like Sculptra cannot be dissolved; however, hyaluronic-acid based soft tissue fillers such as Juvederm and Restylane can be dissolved with the melting enzyme hyaluronidase. A newer agent called sodium bisulfate may help dissolve Radiesse, another type of filler. Results can be seen in as little as 15 minutes with hyaluronidase, but it can keep working for 48 hours. An experienced injector needs to administer it over several days. Select a facial plastic surgeon based on qualifications and experience—not based on price—to ensure you get the results you desire. ■

# My teenager wants rhinoplasty; how young is too young?

**N**ose surgery (rhinoplasty) is the number one requested surgical procedure by teenagers and should be approached thoughtfully and carefully. Embarrassment, awkwardness, and unease may be attributed to this most distinct facial feature—the nose. As the parent, this is your opportunity to become partners with your teen in guiding and helping them through the process. Three important factors to address include physical readiness, psychological readiness, and the motivation and expectations of undergoing the procedure.



## Motivation

The top reasons teenagers have nose surgery is to reshape after an injury, to reconstruct to improve breathing or sinus issues, or to improve quality of life and boost self-confidence. While the reason may be obvious, it is still important to discuss with your teen why they want the procedure. The teen should be self-motivated to improve his or her appearance to feel better about himself or herself. It should not be about pleasing his or her parents or looking like a celebrity.

Be sure to address what your teen expects after the procedure. It is very important to have realistic expectations. Nose surgery will not be the panacea to the angst of teenage life. It will, however, improve the nose aesthetically, creating better harmony with other facial features. This often increases self-confidence.

## Physical readiness

Nose surgery entails reshaping, reconstructing, or removing of cartilage and bone. Before the nose is altered, a young patient must reach full growth—usually age 14 or 15. Exceptions can be made on a case-by-case basis, especially if the surgery is to improve breathing or to correct after an injury.

## Psychological readiness

Teenagers today have more access to information online and are influenced by social media and celebrities publicizing their enhancements and treatments. The selfie craze continues and has also led to more self-awareness and in some cases, more dissatisfaction with one's appearance. How do you know if your son or daughter is emotionally ready for facial plastic surgery?

If your teen comes to you with concerns about their nose or being bullied about his or her look, do not be dismissive. Don't discount his or her concerns as trivial or just a part of growing up. Use this as an opportunity to ask your teen why he or she feels this way and if it is something he or she has been thinking about for a long time. If getting nose surgery seems like an impulse decision or something influenced by a "cute" picture on Instagram, then he or she may not be a good candidate. An appropriate candidate usually has been unhappy with his or her appearance for years.

## Next steps

Explain the practical implications of having surgery to your child. Depending on the extent of the procedure, the teen may miss one to two weeks of school and the final results could take several months or even up to a year.

Schedule a consultation appointment with your facial plastic surgeon. Make sure it includes a complete medical evaluation, medical history, and comprehensive discussion regarding the recommended plan. Your surgeon will explain the procedure, anesthesia, surgical facility, risks, alternatives, pre- and post-operative routine, and recovery. Ask your teen to prepare a list of questions and ensure that he or she is at ease regarding the treatment plan.

You want your child to feel confident and to avoid hardship if at all possible. If your teen approaches you about changing his or her physical appearance, be sensitive, ask questions, and be realistic. Make an appointment with your facial plastic surgeon, who will screen your child for readiness—physically and emotionally. Then together, you can discuss the possibility of nose surgery or other treatments. ■

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## Should my teen have nonsurgical rhinoplasty instead?

"Nonsurgical rhinoplasty" is a newly coined reference to a medical procedure in which your facial plastic surgeon uses fillers to reshape the nose without surgery. This is not a new procedure; however, the explosion of available off-the-shelf fillers has led to an increase in requests from patients. Depending on the physical examination and type of reshaping needed, your teenager may benefit from this type of treatment instead of surgery—but keep in mind the results are not permanent.

### Corrections

Minor tweaks are possible with a nonsurgical rhinoplasty, such as filling in divots or depressed areas, lifting the angle of the tip, and smoothing the appearance of a bump. Nonsurgical rhinoplasty adds volume; it cannot subtract or address functional concerns.

### Benefits

Unlike with nose surgery, there is no general anesthesia required. The treatment is quick, with very little downtime. And while the results are subtler than you would see with nose surgery, the visual results are immediate. You do not have to wait several weeks for any swelling to subside.

### Risks

There are some risks associated with the procedure such as swelling, bruising, lumps under the surface; however, these are inherent in filler injections to all areas of the face. In order to mitigate any risks, be sure the injector is experienced and familiar with the nasal anatomy.

### Fillers

The most popular filler used is hyaluronic acid, such as Juvederm, Restylane, or Belotero. Hyaluronic acid is soft with low risk of lumps; results can last 12 to 18 months depending on where it is injected and patient individuality.

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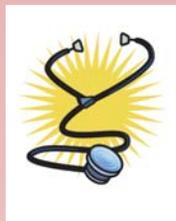
## ASK THE SURGEON



*I am in the process of getting healthier and losing weight. Is it better to wait until I reach my goal weight to have facial plastic surgery or is it OK to go ahead?*

Congratulations on your journey to better health. Ideally, it is best to be at your optimal and stabilized weight before surgery. Fat is present in the face and supports the skin and tissue. If you have a facelift and then lose significant weight (and fat) this will affect your results. Other procedures, such as eyelid surgery (blepharoplasty) or nose surgery (rhinoplasty) may not be as affected. Schedule a consultation appointment with your facial plastic surgeon to discuss your concerns and for a full medical evaluation. ■

## HEALTH TIP



Sunscreen has long been known to protect the skin from harmful ultraviolet rays. Apply sunscreen with a sun protection factor of 30, at least 30 minutes before going outdoors and reapply every two hours for extended time outside. In case you need another reason to lather up, sunscreen has also been shown to protect the skin's blood vessel function.

Researchers from Pennsylvania State University studied the effect of ultraviolet radiation exposure with sunscreen or sweat on nitric oxide's ability to promote vasodilation of skin blood vessels. They compared three treatment areas: ultraviolet radiation, ultraviolet radiation with chemical sunscreen, and ultraviolet radiation with simulated sweat. The result: The presence of sunscreen or sweat showed to play a protective role against reductions in skin vascular function—i.e., the blood vessels were protected from sun damage. These findings were recently presented at Experimental Biology 2019, the annual meeting of the American Physiological Society in Orlando, Fla. Don't forget your sunscreen this summer! ■

## WHAT'S NEW?



Printing layers of skin to help treat chronic wounds or burns may be on the horizon, thanks to a newly developed mobile skin bioprinting system. Scientists at the Wake Forest Institute for Regenerative Medicine in Winston-Salem, N.C., have created a bioprinter that uses a person's own skin cells to create layers of new skin and apply them directly to the wound.

The procedure begins by harvesting normal skin cells (dermal fibroblasts and epidermal keratinocytes). The cells are expanded and mixed into a hydrogel. The cells are placed into the bioprinter, which scans the person's wound, sends the data into the software, and guides in placing the printed skin. The outcome is a uniquely matched printed skin for the exact area of a person's wound. This portable device will help jumpstart the closing of the wound and healing process. ■

# Celebrate the summer holidays with caution

The summer season, from Memorial Day to Labor Day, is full of celebrations that often include fireworks. Festivals, weddings, and of course, July 4th would not be the same without these explosive festivities. And while they bring joy and entertainment to many, they can also be dangerous.

Facial plastic surgeons treat more than their fair share of individuals who have been injured by fireworks. These facial trauma surgeries and burn repairs are often extensive and can leave lasting damage—but yet, they are 100 percent preventable.

According to the Consumer Product Safety Commission annual report, 250 people go to the emergency room every day with fireworks-related injuries in the month around the July 4 holiday. More than three-quarters of these injuries occur on the head, neck, or upper extremities. The American Academy of Facial Plastic and Reconstructive Surgery reports that facial trauma is the fourth top reconstructive facial plastic surgery performed in 2018.

## Safety tips

- Check to see if fireworks are legal in your area before buying or using
- Keep children away from fireworks
- Adult supervision is mandatory, even with sparklers
- Do not carry fireworks in your pocket, friction could set them off
- Wear protective eye gear
- Never light a fuse with your head bent over a firework
- Do not consume drugs or alcohol when using fireworks
- Light fireworks one at a time and then move away quickly
- Light fireworks outdoors only
- Never try to re-light or pick up a firework that has not ignited fully
- Never point or throw fireworks at another person or animal
- Aim fireworks away from homes, brush, leaves, and flammable substances
- Keep a bucket of water or a garden hose nearby in case of fire or another mishap
- Soak all used fireworks in a bucket of water before throwing away



- Do not allow children to pick up pieces of fireworks after an event, they may be hot or still ignited and explosive
- Leave it to the professionals and attend a public fireworks display from a safe distance

## Facial injury

Fireworks can cause burns and serious injury to the eyes, skin, and ears. Prompt medical attention is critical. If you get injured, put a clean cloth over the injury, keep your head above your heart, and seek emergency care immediately. Request a consultation from a facial plastic surgeon. These specialists are trained to treat patients who require posttraumatic reconstruction procedures due to summer-related accidents like firework injuries. Facial trauma is complex; facial burns can be severe and require surgery to treat. You want to avoid unsightly permanent facial scars, so be sure to trust your face to a facial plastic surgeon.

Fireworks are meant to be enjoyed; however, you will enjoy them much more knowing your family and friends are safe by following these guidelines. ■