

OREGON HEALTH & SCIENCE UNIVERSITY

Facial Plastic Surgery

EXPERIENCE, EXPERTISE, EXCELLENCE



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Introduction

This booklet is designed to acquaint you with our services and to let you know what to expect from facial plastic surgery. As you read, write down any questions you have so we may discuss them during your consultation.

The decision to undergo facial plastic surgery is a very personal and important one, requiring mutual understanding and communication between you and your surgeon. Fortunately, because this form of plastic surgery is largely elective, you are allowed adequate time to thoroughly understand the details and consequences of any desired procedure. It is our intention to ensure that all of your questions are answered completely, and that you approach surgery with the confidence and expectations born of a realistic understanding of the goals and limitations of surgery.

The degree of success depends not just upon the surgeon's technical skills and analysis, but also upon the limitations inherent in your skin type, bone structure, healing capacity and overall health status. If any limitations exist in your case, such limitations will be pointed out and discussed with you factually

and honestly. Certain people are simply not good candidates for surgery and may be understandably disappointed when plastic surgery is not recommended or is delayed until a more appropriate time when results might be improved.

The goal of cosmetic surgery is to make you look as good as it is possible for you. We always try to produce “natural” facial features, which improve appearance and minimize facial abnormalities. The various procedures discussed in this booklet are in reference to the average case; individual variations certainly exist.

This booklet will provide you with information and knowledge to help you make an informed decision. No portion of this booklet should be construed as implying a warranty or guarantee of any specific surgical result. Cosmetic surgical procedures have been performed successfully many thousands of times and are overwhelmingly dependable when executed by experienced surgeons. However, as with any surgical procedure, there is potential for risks and complications. These will be discussed in detail during your consultation.



Our providers

Tom D. Wang, M.D., F.A.C.S.

Dr. Tom Wang is the director of facial plastic and reconstructive surgery at OHSU. Dr. Wang has been a full-time member of the facial plastic surgery division since 1993 and has performed more than 10,000 procedures. He is widely published in medical literature and is internationally recognized as an innovative teacher and leader on the latest techniques in facial plastic surgery.

Dr. Wang is past president of the American Academy of Facial Plastic and Reconstructive Surgery. This great honor represents recognition of Dr. Wang's accomplishments and commitment to advancing the specialty of facial plastic and reconstructive surgery for both patients and surgeons.

Dr. Wang's practice is limited exclusively to cosmetic and reconstructive surgery of the face. His areas of expertise include rhinoplasty (cosmetic and functional nasal surgery), rhytidectomy (face and neck lift, brow lift), blepharoplasty (eyelid tuck, ptosis repair), otoplasty (correcting protruding ears, earlobe repair), reconstruction of facial defects following skin cancer removal (Mohs), scar revision, benign and malignant facial skin lesion removal, cleft lip and palate repair, microtia repair (correcting malformed ears) and minimally invasive aesthetic procedures (injectable fillers, neurotoxins, skin resurfacing).

Over the past 20 years, Dr. Wang has volunteered and led humanitarian trips to many parts of the globe, treating children with cleft lip and other facial problems. This represents his ongoing commitment to help serve those in need.



“My philosophy in facial cosmetic surgery is to create natural, balanced results for each patient. My main areas of interest in facial cosmetic surgery are in rhinoplasty and facial rejuvenation, including endoscopic facial procedures. I feel that limiting my practice exclusively to facial plastic surgery allows me to emphasize and refine the art of facial cosmetic surgery and take it to a higher level.”

Michael M. Kim, M.D.

Dr. Michael Kim is a proud native of the Pacific Northwest. He grew up in Bellevue, Washington and earned his bachelor's degree in molecular biology from Princeton University. He completed his medical education at the University of Washington and subsequently moved to Baltimore, Maryland where he did his internship in surgery and residency in otolaryngology - head and neck surgery at Johns Hopkins University. Further subspecialty training in facial plastic and reconstructive surgery and oculoplastic surgery was completed at OHSU.

Dr. Kim then joined the faculty of Mayo Clinic Arizona's Department of Otolaryngology. After two years of practice, Dr. Kim returned to the Northwest where he joined the Division of Facial Plastic and Reconstructive Surgery at OHSU in 2011.

Dr. Kim's practice is highly specialized, focusing exclusively on plastic surgery of the face, head and neck. He is board-certified by the American Board of Otolaryngology - Head and Neck Surgery and the American Board of Facial Plastic and Reconstructive Surgery. His areas of expertise include nasal surgery (aesthetic and functional septoplasty/rhinoplasty), facial rejuvenation (facelift, necklift, browlift), oculoplastic surgery (blepharoplasty, ptosis repairs), laser facial skin resurfacing, facial reconstruction following skin cancer surgery (Mohs reconstruction), scar revision, otoplasty (ear pinning), earlobe repair, benign and malignant skin lesion removal, and minimally invasive aesthetic procedures (injectable fillers and neuromodulators).

In his free time, Dr. Kim enjoys spending time with his family, playing golf, attending sporting events, and trying new restaurants.



"I believe that one of my greatest strengths as a physician is my ability to communicate with patients and include them as active participants in their treatment planning and postoperative care. Patients can trust that my focused expertise in all aspects of Facial Plastic Surgery will enable us to achieve the best possible results together."

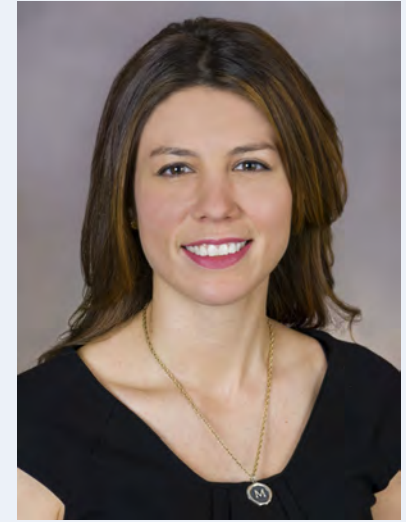
Myriam Loyo Li, M.D.

Dr. Myriam Loyo Li is a facial plastic surgeon with advanced training in facial reconstruction and cosmetic surgery.

She completed her surgical training in otolaryngology-head and neck surgery at the Johns Hopkins Hospital and further specialization in facial plastic and reconstructive surgery at OHSU. Dr. Loyo Li offers the latest procedures for the face, ranging from minimally-invasive injectable and lasers to traditional surgery. She also has a special expertise in the management of complex facial nerve injuries. Dr. Loyo Li has published numerous textbook chapters and peer-reviewed articles.

Her areas of expertise include rhinoplasty (cosmetic and functional nasal surgery), facelift (including mini-lifts and neck lifts), brow lift and blepharoplasty (for upper and lower eyelids), reconstruction of facial defects following skin cancer removal (Mohs), chin reduction and chin implant surgery, scar revision (including keloids), mole and other benign skin lesion removals, laser resurfacing and light therapy to the face for pigmented lesions, otoplasty (correcting protruding ears), earlobe and gauged ear repair, facial feminization surgery (FFS), skin care and minimally invasive injectables (such as Botox,® Dysport,® fillers and injection lipolysis). For the treatment of facial paralysis, Dr. Loyo Li performs suspensions to improve symmetry as well as nerve and muscle transfers to restore smiles.

Dr. Loyo Li is originally from the Pacific coast of Mexico. She and her husband, Ryan Li, a head and neck and microvascular surgeon, enjoy cooking together and spending time in the beautiful outdoors of Oregon. They also participate in humanitarian surgical mission trips to Latin America and Africa.



"I will customize each treatment to reflect your unique needs and specific facial traits, skin condition, aesthetic concerns and lifestyle. My goal is to work together to enhance your natural beauty and reduce unfavorable traits or signs of aging so that you can achieve beautiful and completely natural results."

Kay Ford

LICENSED ESTHETICIAN

Kay studied facial technology in Portland, Oregon. Her advanced training started at the American Institute of Esthetics, Huntington Beach, California. Kay has continued her advanced training with internationally recognized skincare lines and pharmaceutical products. Currently, she works under the direction of Drs. Tom Wang, Michael Kim, and Myriam Loyo Li in the Division of Facial Plastic and Reconstructive Surgery at OHSU. As a native Oregonian, Kay loves everything about our area, even the rain. She loves spending time with her family, going to Broadway musicals, concerts, movies and dining.



Kay's services include skin analysis, customized skin care, therapeutic facials and chemical peels from PCA SKIN®, the ZO® Medical 3-Step-Stimulation Peel™ and the DiamondTome Peel™. Chemical peels use a solution that incorporates naturally occurring acids with strengthening and brightening ingredients to exfoliate surface dead skin cells. Peels are effective in reducing surface wrinkles, sun damage and clearing acne/blemished skin. PCA Advanced Skin Care Systems, ZO® Medical and ZO® Skin Health Products and Jane Iredale products are available for purchase through Kay's practice.

To receive your individualized skin maintenance advice, make an appointment with Kay, order products, or receive information about any of the other services Kay provides, please call 503 494-5678. Kay sees patients at the OHSU Center for Health and Healing at the South Waterfront. Our products are available through the office or by mail order.

Considerations for surgery

Facial plastic surgery is geared toward improvement in the appearance of your face. Any plastic surgery should be regarded as a way to make an unfavorable facial feature aesthetically pleasing or less conspicuous. An improved appearance often results in increased self-satisfaction and self-confidence. Facial plastic surgery can greatly help in minimizing the psychological stress due to unfavorable physical characteristics such as protruding ears, oversized noses, birthmarks, and a host of facial blemishes, sags, wrinkles and scars.

Plastic surgery, however, is not intended to serve as a cure-all for other life challenges. Those who expect miracles from facial plastic surgery are likely to be disappointed. From the perspective of aesthetic results, improvement is a more realistic goal than is perfection.

As noted earlier, results will depend not only on the skill and experience of the surgeon, but also on many other factors. These can include the health, age, bone structure, skin texture, healing capacity and specific concerns of the patient. Some people, because of these variables and because of psychological considerations, are not appropriate candidates for plastic surgery.

No surgical procedure should be taken lightly. A slight, but real risk is involved in any surgical procedure. While it is extremely uncommon, reactions can occur. Our team of surgeons and staff are specifically trained to prevent problems and improve results for our patients.

Risks of facial plastic surgery

Every surgical procedure involves some degree of risk. Risk is defined in terms of possible complications, disappointments or surgical results which may not match one's expectations. Although quite rare, other risks may include reactions to medications or anesthesia, bleeding, infection, poor healing, numbness, swelling, injuries to muscles or nerves, discoloration of tissues, scarring and even death.

You should be aware of these possibilities and are encouraged to inquire about the realistic risks associated with the contemplated procedure. We also encourage you to discuss any concerns with the surgeon in advance. To reduce the risks inherent in any surgical procedure, our surgical team works closely with qualified professionals in all areas of expertise throughout OHSU to ensure that our patient's exposure to risk is minimized.

Our operating rooms and recovery rooms are staffed by registered nurses. These nurses are extensively trained and experienced in all aspects of facial plastic and reconstructive surgery patient care, from preoperative discussions to postoperative care. They continue to attend courses to keep their skills and knowledge updated and are trained in the latest emergency care procedures.



Anesthesia services are provided by licensed anesthesiologist physicians. The majority of our surgery is performed on an outpatient basis in our Center for Health & Healing day surgery unit. These suites have been carefully designed with the most modern and complete equipment, while providing a relaxed and comfortable setting for you. Cardiac monitoring and equipment to handle emergencies are readily available.

We make every effort to ensure your care at OHSU will equal or exceed that found in any facility elsewhere. Although medical students, residents (physicians in training), and fellows (physicians in specialized training) often may accompany your surgeon to the operating room and on office visits, all of your operation will be performed by your own surgeon. We are available 24 hours a day at the phone numbers listed on the back of this booklet, or by calling the OHSU paging operator at 503 494-9000. A physician from the Department of Otolaryngology - Head and Neck Surgery always will be available to answer any of your questions.

Medical photographs

Medical photographs are routinely obtained in order to help the surgeon plan the details of each operation. You will be photographed in the office as part of your initial consultation. These pictures then become an integrated part of your medical record in our office. Your consent for us to take and use photographs for educational purposes will be specifically requested. Education is a vital part of our commitment to teaching younger surgeons and colleagues.

Anesthesia

The best and safest form of anesthesia will be provided to you for your procedure. This may involve general anesthesia attended by a staff anesthesiologist, depending on your surgery. We also occasionally use “twilight” intravenous anesthesia for some procedures. You may receive preoperative medications to help you relax before going in the operating room. All of our anesthetics are administered with the intent to provide the utmost in patient safety and comfort, as well as facilitate the recovery process following your procedure. A local anesthetic is also used to directly numb the area of surgery. During all but the most minor procedures, a skilled anesthesiologist is actively involved in ensuring your comfort and medical safety during the operation and in the postoperative recovery period.

Finances and insurance

We will discuss all fees and provide a written estimate of the charges for your procedure during your first consultation visit. We have developed, in conjunction with OHSU, a package price for our patients which includes the surgeon’s fee, charges for the outpatient suite and anesthesia coverage. This package price makes it much more economical for you to undergo facial plastic surgery, particularly when more than one procedure is being considered.

It is our office policy for surgical fees to be paid two weeks in advance for elective cosmetic surgery. As a general rule, insurance companies will not pay claims for surgical procedures performed solely for cosmetic purposes. Sometimes they will pay for plastic surgery when cosmetic improvement is performed to improve function, relieve symptoms, correct a congenital deformity or repair the effects of injury.

Since there are many different insurance policies with variable allowances and coverage amounts, please check with your insurance provider about payment. If there is a percentage of the procedure that is cosmetic, it will be quoted separately and that portion will need to be paid in advance of surgery.

Because of the many changes occurring with insurance plans, it is very important for you to find out if your policy requires a second opinion or pre-certification for the procedure and/or for an overnight stay. If your specific procedure may be covered by your particular insurance policy, our staff will provide you with assistance in seeking those funds.

What facial plastic surgery entails

The consultation

Prior to your consultation visit, our office will have asked you to complete the medical history questionnaire and bring it with you. Be sure to list and describe any medical condition(s) you have had in the past or have presently. Please list the following:

- Any previous surgeries
- All allergies and all reactions you have had to foods, medicines, synthetic products, latex rubber, soaps, ointments, surgical tape adhesives, etc.
- All medications, vitamins, herbal remedies, aspirins, ibuprofens (Advil, Motrin, Nuprin), antihistamines, decongestants, or any medication for skin conditions you currently take or use, and what you have taken within the last six months
- All dosages of each medication and how often you take the medication

During your visit, we will discuss your desires and the conditions you wish to have corrected or improved. This will be followed by an examination and an analysis of each condition. We will give you an idea of what we believe can be accomplished in your particular situation. The expected improvements of each procedure will be discussed along with the limitations, risks and alternatives. Please ask any questions that may concern you about the proposed surgical procedure. During that first visit, we will take a set of medical photographs. This is to help us accurately record the existing condition or problem and to allow a way for comparison after surgery is complete.

When scheduling procedures, patients with tight timelines, such as returning to school or work, vacation or other commitments should advise our scheduling staff. Preliminary tests such as blood draws, X-rays, EKGs and consultations with other medical specialists also may be necessary prior to surgery, depending on your specific condition and procedure.

Subsequent pre-surgery visits

We may ask you to return to the office at least once prior to surgery to further discuss the proposed surgical improvements. This may be particularly true if we have asked you to see another physician or to obtain other medical consultations. Should you desire an additional visit before undergoing surgery, please contact our office staff and schedule another office visit. If the surgery is planned long after your initial visit, we may ask you to return to the office prior to surgery to conduct a more recent evaluation, to update laboratory and other tests, to review and refresh your memory, and to answer any new questions you may have.

Preparing for surgery

We ask that you not take any aspirin, ibuprofen or any drugs containing aspirin compounds, or vitamin E other than what already is in a multivitamin, for two weeks prior to surgery. These medications, and others such as over-the-counter supplements such as fish oil and omega acids, can prolong bleeding and increase the risk of postoperative hemorrhage. Medicines that contain acetaminophen (i.e., Tylenol) can be used safely in place of aspirin for pain. Acetaminophen is available without a prescription.

If you smoke, please refrain from doing so for two weeks before and two weeks after the surgery. The nicotine contained in the tobacco causes constriction of the blood vessels which supply nourishment to the skin and underlying tissues. Any restriction of this blood flow will jeopardize the healing process and lead to a less favorable result.

Surgery can be stressful. Do not try to wedge in your procedure between multiple trips and other commitments. Give your body and yourself time to adequately prepare for and recuperate from the effects of surgery. It is important and helpful for you to be well-rested and relaxed pre-operatively. In this way, your body will be better able to handle the stress of surgery. While there is no conclusive scientific evidence favoring the use of arnica cream, some of our patients have noted less swelling and bruising when they used arnica after their facial treatments. As there does not appear to be any negative effects to its use, you are welcome to use it based on your personal preference. Arnica may be taken orally as a pill and/or applied directly to areas of bruising as a topical cream. Please follow all usage instructions found on the individual product inserts and let us know if you have any questions.



Day of surgery

Do not eat or drink anything, including water, after midnight the night before your surgery. Wear comfortable clothes that button down the front (i.e., no pullovers or turtlenecks). Leave your valuables at home and please do not wear jewelry. Shower and shampoo the night before or the morning of the procedure, prior to checking into the outpatient facility. For those patients undergoing brow lift or facelift procedures, we advise leaving the cream rinse/conditioner in the hair and letting it dry without rinsing it out. This will facilitate the first post-operative shampoo which we will perform in the office. For your own safety and comfort, do not wear any facial or eye makeup the day of surgery. Wash your face thoroughly with a mild soap (Ivory or Neutrogena) and warm water. Do not wear contact lenses. If you wear dentures, keep them in your mouth.

On the morning of your surgery, you will be admitted to the OHSU Day Stay area. You will exchange your street clothes for a hospital gown. An intravenous line (IV) will be placed, through which you will receive preoperative medication. A nurse from the Outpatient Surgical Suite will transport you to the operating room. Your nurse will be with you during the entire procedure and can answer any questions you may have. Medication given in the operating room will be administered through the IV. There will be no shots. Be sure to arrange for someone to pick you up after your procedure, as you still may be somewhat affected by the anesthesia. We will not, under any circumstances, allow you to drive yourself home.

Postoperative care

Following your surgery, you will go to the recovery room until you become alert enough to return to Day Surgery. The nurses will give you specific care instructions. You will remain in Day Surgery until you are discharged later in the day by your physician.

Upon discharge, you will receive a set of instructions to follow at home. These are important and should be followed very closely. The medications you receive will allow you to be comfortable and relaxed. We strongly recommend having someone stay with you for the first 48 hours after surgery. Patients who live outside the Portland area must plan to stay in Portland the night of surgery for their safety and convenience. Our staff would be happy to assist you in making local hotel arrangements and arrangements for private duty nurses as needed. Patients who live out of state may desire to remain in Portland for a few days after surgery, depending upon the procedure performed and when post-operative visits are required.

During the first postoperative checkup, you will be given instructions on how to take care of the surgical area as well as instructions on taking any medication during the healing period. A return appointment also will be scheduled at that time. All dissolvable sutures are gone after one to two weeks. Any non-dissolvable sutures or clips will be removed during this appointment.

Subsequent appointments will be scheduled at two or three months, six months and one year until your healing process is complete. It is most important for you to keep these appointments, since they are vital to ensuring the best possible results from your surgery. It is our policy that patients are not charged for routine postoperative visits when they have paid their surgical fee in advance. It is your responsibility to assist us in monitoring the healing process and to call us and see us when a problem or concern arises.

Finally, please remember that this information is general in nature. The specific details relating to your individual needs will be thoroughly discussed with you. Always keep in mind that following plastic surgery, it frequently takes time for the intended final result to become apparent. Be patient while your body goes through the process of healing. Quite often, we will be able to make suggestions for a more rapid improvement. A successful outcome results from a combination of three things: 1) your general health and your body's ability to heal; 2) the competence of your facial plastic surgeon; and 3) your cooperation and determination to follow all instructions, both pre- and postoperatively.

Procedure descriptions

Rhinoplasty: creating the nose you always wanted

Rhinoplasty is the surgical procedure for correcting unwanted characteristics of the nose. It involves redesigning the nose either by removing excess tissues or correcting insufficiencies to improve overall nasal contour and function. Your surgeon can shorten a long nose, narrow a wide one, reduce a wide tip, lower a high nose and straighten a crooked one. The incisions are placed in relatively hidden positions, such as inside the nostril or underneath the nose, to avoid visible scarring.

Rhinoplasty is usually performed on an outpatient basis. You may be required to wear an external splint for a few days. During this time you can resume activities such as bathing, shampooing and walking. You must keep the splint dry so that it does not fall off; it is held in place by tape only.

After the splint is removed, your nose may appear slightly swollen. Within two weeks after surgery, most people can return to full activities. Although

most of the swelling will be resolved after the first two weeks following surgery, the final results may not be evident for several months due to the normal healing process.

Mentoplasty: creating facial balance through chin augmentation

Ideal facial balance starts with an ideal bone structure. This can be achieved through sculpturing and contouring your existing facial framework. One of the most commonly performed procedures to accomplish this is mentoplasty, or chin augmentation.

A mentoplasty can bring a receding or weak chin into better harmony with other facial features and create a more pleasing balance. Because mentoplasty can improve the results of a rhinoplasty or facelift, it often is done in conjunction with these procedures.

After numbing with a local anesthetic, an incision is placed usually underneath the chin in a preexisting skin crease. An implant is placed underneath the soft tissue at the point of the chin to enhance the chin's projection. Improvements are noticeable immediately after surgery, although some swelling is to be expected. An external dressing is usually applied and left in place for a few days to aid in stabilization during the healing process.

Malar augmentation: highlighting the cheeks

Another common way of contouring facial framework to achieve greater beauty is through cheek (malar) augmentation. Traditionally, strong cheekbones have been considered signs of beauty because they add to the definition of the face and help improve facial harmony. In addition, some malar implants may give a more youthful appearance to the face and can enhance the results of a facelift. Cheek implants are placed through an incision hidden in the mouth. Dissolvable stitches are used and there is no external visible scar. There is minimal discomfort associated with this surgery and swelling resolves rapidly. You can return to work and other activities within one week.

Protruding ears: making them inconspicuous

The ears are ideally positioned close to the side of the head. Anyone with protruding ears knows the hurtful teasing their ears may provoke. This harassment is even more intense in primary school-age children. Classroom teasing can be avoided by having corrective surgery before the age of six, but it can be done at any age, even adulthood. Other outer ear deformities can be corrected by surgery as well.

The surgery is performed through incisions behind the ears so no scarring is visible. Through this approach, the ear cartilage is sculpted and shaped into

a more favorable position. This position is then secured with sutures. A helmet-type bandage is worn for several days after surgery. You can return to your normal routine in one week.

Facial liposculpture

Liposculpture is done to provide or remove fat in order to create more favorable facial and neck contours. Liposuction is performed in areas with excess fat, while fat transfer is done in areas of volume deficiency. This is often performed in conjunction with facelift and blepharoplasty (eyelid) surgery.

The bandages are removed three to five days after surgery. You may resume normal activities within one week post-op.

Facelift surgery: a younger-looking you

Facelift surgery has become one of the most popular and well-known forms of cosmetic surgery. More and more aging people want to look as youthful as they feel physically and mentally.

The surgery is designed to remove or reduce wrinkling caused by loose skin, and to lift and tighten sagging tissues of the lower face and neck. The incisions are placed in front of and behind the ear in the natural creases of the skin and in areas which help hide the scars. The skin is separated from the underlying tissues and gently smoothed back to relieve the redundant folds.

We will often perform tightening of the underlying muscles of the face in order to provide this smoother skin a solid foundation to rest upon. The excess skin is then removed and the remaining skin is brought back into position. In addition to lifting, we can also correct facial deflation due to facial fat loss with abdominal fat transfer.

The degree of improvement depends upon the amount of wrinkling and sagging of tissues present. The results can be dramatic if wrinkling is marked, but may be more subtle if you are younger and only have early sagging. No operation, of course, can permanently prevent aging, but with surgery the face can be restored to a more youthful appearance.

As you age, you may wish to have additional rejuvenation procedures to lessen other signs of aging. The facelift does not speed the aging process and actually serves to help slow sagging.

This surgery is performed on an outpatient basis. You can resume daily activities such as washing your hair during the first week. In about 10 days you can wear makeup and resume most normal activities. Final healing can take several weeks.

It is important to understand what a facelift can and cannot do. It can smooth the skin on the face, cheek and neck areas. However, it does not improve

the eyelids, eyebrows, horizontal forehead creases or the small vertical creases around the lips. Other procedures discussed here may be combined with a facelift to give a rejuvenated appearance to the entire face. This procedure is often done in conjunction with facial liposculpture.

Browlift surgery: an upper facelift

One of the earliest signs of aging is the drooping of the eyebrows. This causes the eyes to appear smaller or deeper set and accentuates crow's feet (the wrinkles often found at the outer corners of the eyes). In addition, furrows may appear horizontally and vertically as the brow descends. These conditions can be dramatically improved with a forehead lift. We often will recommend this in conjunction with or in place of a facelift to help in facial rejuvenation.

The incisions are made in such a way so that they are hidden. The skin is separated and tightened. Some of the smaller muscles in the forehead which cause deep furrowing may be weakened to reduce the severity of frown lines. The procedure is frequently combined with a blepharoplasty to open up and rejuvenate the eyes.

For the first week after surgery, you may engage in relaxed activities and then begin to resume normal activities the following week. Final healing may take several weeks.

Blepharoplasty: creating less-tired eyes

Age brings changes to the eyes: The muscles around the eyes often weaken, allowing fatty tissue to protrude through them, producing the commonly seen bags or pouches.

Blepharoplasty (eyelift surgery) is designed to eliminate excess skin and fat in your upper and lower eyelids. In cases where there is volume deficiency, blepharoplasty is done together with facial liposculpture. People who have thin, fine wrinkles of the lower eyelids may benefit from the addition of facial skin resurfacing.

Most commonly, both upper and lower lid corrections are done during the same procedure. The incisions are hidden in the skin creases or on the inside surface of the lower eyelids. After the excess tissues are removed, the wound is meticulously closed with delicate, dissolvable sutures.

After surgery, some temporary swelling and bruising of the eyelids may develop. Minimal restrictions are placed on activity for one week and you may resume normal activities the following week. Eye makeup may be worn after the first week.

Facial skin resurfacing: freshening tired skin

Aging skin develops fine lines and wrinkles along with changes toward a more sallow complexion. Although surgery can remove deeper lines, improvement of finer wrinkles and facial color can be best achieved through facial skin resurfacing. We will often recommend a home skin care treatment program before and after the resurfacing, as well as light facial peels to improve and maintain their beneficial effects.

We offer a variety of options for skin resurfacing including the most advanced laser technology using an Erbium YAG Tunable Resurfacing Laser (TRL). With the TRL we can precisely control the depth of the skin resurfacing to ensure appropriate treatment for all areas of the face and depth of wrinkles. This can be done in a series of treatments or in the operating room for deeper resurfacing in combination with other facial procedures. Recovery will vary depending on the depth of the treatment, but you can plan for a few days of redness. You will be provided with the appropriate skin care products for after-care.

We also offer chemical peels that can be done in the office or in combination with other facial procedures in the operating room. Depending on the strength of the chemical peel, recovery time will vary. You will be provided with the appropriate skin care products for after your procedure.

For both resurfacing options, an appointment with Kay Ford, our medically licensed esthetician, about six weeks prior to the procedure is required to start the appropriate skin care preparation which will provide the most optimal result. It is important to stay out of the sun for 30 days prior and wear SPF 30+ both before and after skin resurfacing.

For the superficial facial peels performed by our esthetician, we usually recommend a series of three peels, spaced four to six weeks apart for optimal improvement, followed by periodic maintenance peels. These office peels are associated with minimal discomfort and minimal recovery time so you may return to work immediately.

Broadband light treatment

Broadband light (BBL) is a pulsed light treatment that targets pigmentation and vascular lesions to provide a more evenly toned look. It also stimulates collagen production, which gives the skin a more youthful glow. BBL can be combined with other facial procedures for the most optimal result. It is recommended that you meet with one of our practitioners to design a treatment plan that is best suited for your needs. It is important to stay out of the sun for 30 days prior to the procedure. You may need to start hydroquinone therapy for a month prior to treatment depending on your skin type. You will be provided with the

appropriate skin care products to use between treatments. For optimal results, you may need two or three treatments.

Neuromodulator injections (Dysport or Botox)

Botulinum injection (neuromodulator injection/s) is a useful means of improving specific wrinkles. It can be used to refine other cosmetic procedures as well. It is most helpful in improving vertical furrows between eyebrows and eyelids. Neuromodulator injection is a medication which is injected directly into a muscle to weaken its activity. This will result in a smoother appearance on the skin surface. The duration of the effect for neuromodulator injection varies from person to person but is usually in the range of three to six months. The treatment can be repeated as often as desired. There are no restrictions on activities following neuromodulator injection treatments.

Soft tissue filler injections

Our office offers an array of soft tissue fillers for facial augmentation. These materials are superb in filling in deflated areas of the face, cheeks, lips and smile folds. We are happy to discuss your specific concerns and recommend a tailored treatment program designed just for you. For one week prior to this treatment, we advise against any medications and supplements which may increase the risk of bruising.



Scar revision

Different types of scars can be improved by using a variety of techniques including laser resurfacing, excision of scar and dermabrasion. The overall goal of improvement is to minimize the appearance of the scars.

Scar revision procedures are done either in the office setting or in the outpatient surgery area. Healing generally takes several days and there usually are minimal restrictions on activities. Occasionally different treatments are combined to achieve the best result.

Dermabrasion and laser resurfacing are excellent ways to provide overall improvement in acne scarring. The scarring cannot be completely removed, but when combined with other minor procedures, dermabrasion and laser resurfacing can provide excellent smoothing of noticeable acne defects. The acne itself must be inactive prior to dermabrasion and laser resurfacing.

Excision: removing skin cancers, moles and tattoos

If you have skin cancer, blemishes, moles or tattoos, surgical excision may be an option. Even though most moles are not dangerous, a certain type of flat, deeply colored variety may precede a highly malignant skin tumor.

There is usually a small scar which results from this type of surgery, but these generally blend well with the surrounding skin.

Reconstruction of facial skin defects

Reconstruction of the skin and deeper tissues of the face may be necessary because of injury or following removal of skin tumors, or even with congenital facial deformities. The reconstruction usually is performed in our office or outpatient surgery suite. We usually take tissue from an adjacent region to repair the defect so that the tissue matches the surrounding areas as closely as possible. More than one operation may be necessary to achieve the best result.

Since these reconstructions can vary depending upon the defect, we will discuss with you all of the steps planned for your reconstruction at the time of your pre-operative visit to our office.

Medications

Please discontinue any of the following medications at least two weeks prior to your procedure. Tylenol or acetaminophen has been approved for use prior to surgery.

Aspirin

Alka-Seltzer effervescent (antacid and pain reliever)

Alka-Seltzer (flavored) effervescent (antacid and pain reliever)

Alka-Seltzer Plus Cold Medicine

Alka-Seltzer Cold and Cough Medicine

Alka-Seltzer Plus Night-Time Cold Medicine

Alka-Seltzer Plus Sinus Allergy Medicine

Anacin Coated Analgesic Caplets or Tablets

Anacin Maximum Strength Analgesic Coated Tablets

ArthritisPain formula Maximum Strength (Anacin)

Arthritis Strength BC Powder Ascriptin A/D Caplets

Ascriptin Tablets Regular Strength BC Powder

BC Cold Powder Multi-Symptom Formula

BC Cold Powder Multi-Symptom Non-Drowsy Formula

Bayer Chewable Aspirin Children's

Bayer Aspirin Tablets and Caplets (Genuine)

Bayer Aspirin Maximum Strength Tablet and Caplets

Bayer Plus Aspirin or Extra Strength Tablets or Caplets

Bayer 3 Hour Time Release Aspirin

Bufferin Arthritis Strength or Extra Strength

Analgesic Tablets

Carna Arthritis Pain Reliever

Cold Tablets 4-Way

Ecotrin Enteric Coated Aspirin Maximum or Regular Strength

Excedrin

Halfprin Low Strength Aspirin Tablets

Momentum Muscular Backache Formula

Norwich Maximum or Regular Strength Aspirin

P-A-C Analgesic Tablets

Sine-Off Sinus Medicine Tablets Aspirin Formula

St. Joseph Adult Chewable Aspirin

Ursinus Inlay-Tabs

Vanquish Analgesic Caplets

Aspirin, buffered

Anacin Maximum Strength Arthritis Pain

Ascriptin AD Caplets

Ascriptin Regular Strength Tablets

Bayer Plus Aspirin Extra Strength Tablets

Bufferin Analgesic Tablets / Caplets

Aspirin, enteric coated

Bayer Therapy Enteric Aspirin Caplet

Halfprin Adult Low Strength Aspirin Tablets

Anti-inflammatory

Advil

Aleve

Ibuprofen

Motrin

Naprosyn / Naproxen

Nuprin

Orudis

Voltaren / Diclofenac

Herbal products/vitamins

Asian ginseng

Garlic

Ginger

Ginkgo biloba

Feverfew

Flaxseed oil

St. John's Wort

Generally speaking, we recommend discontinuing all herbal products two weeks prior to surgery. Vitamin E as a supplement should be discontinued two weeks prior to surgery.

In conclusion

Our goal is to make your entire surgical experience a pleasant and convenient one while striving to help you achieve a natural appearance. Please read all the materials and ask any questions you have about the facial plastic surgery procedures in which you are interested. We believe a patient who is informed and prepared has a much better surgical experience.

The information provided in this booklet is general in nature; there may be exceptions depending on your particular case. We will do our best to inform you about your specific surgery and its postoperative course. This often requires several visits after surgery to monitor the healing process and your progress. These follow-up visits are essential for obtaining the best possible result. Once again, please feel free to discuss any special problems with us or with our office staff, and we will do our best to resolve those concerns or problems.

We look forward to meeting with you and we hope the information contained in this booklet will help you in making the most of your valuable time.

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If you have any questions, please call us at 503 494-5678.

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