



Facial Plastic Surgery bestface

Wake Forest Baptist Health \ Spring 2016

Stay competitive!

Procedures and treatments to increase your advantages at work

No matter how secure you may feel in your job, the economy is full of uncertainty and a lot can happen. Most people agree that you shouldn't let yourself become too comfortable in the workplace and that it is vital to keep your competitive edge. One way that both women and men are seeking these advantages is through cosmetic treatments and procedures.

Women continue to make up 82 percent of all surgical and nonsurgical procedures. The top procedures undergone by women are rhinoplasties (nose surgery), followed by face-lifts, blepharoplasties (eyelid surgery) and laser skin resurfacing. The most common nonsurgical cosmetic procedures are neurotoxin injections (BOTOX® Cosmetic, Dysport® and Xeomin®), hyaluronic acid fillers and non-ablative skin resurfacing. Women want their employers to see them as energetic and youthful, rather than tired and old. "I felt that my boss might be fishing for younger blood. I didn't want my wrinkles and sagging skin to be perceived as someone tired and not interested in exceling," says Sarah H. "I want to look as young as I feel — getting a face-lift not only turned back the clock 10 years, but also boosted my confidence level immensely." Sarah believes that this renewed confidence propelled her career forward.

Men want to look younger and more masculine, stating these characteristics are imperative to climb the corporate ladder. The most common procedure undergone by men is rhinoplasty. Chin enhancement is another procedure that men are very interested in, whether by placing chin



or jaw implants to create a stronger jawline or undergoing surgery for realignment. The chin can also be sculpted through liposuction or the recently FDA-cleared Kybella® fat-dissolving injections. Hair transplantation procedures are an appealing option as well to refresh the hairline and look more youthful. The most common nonsurgical procedures are neurotoxins and hyaluronic acid injections.

"I'm fine with some wrinkles, I just don't want to be perceived as having this permanent angry expression on my face all of the time — it can be off-putting," says Steve S., who decided to have BOTOX injections. "I was hesitant at first, but the result was exactly what I was looking for. People didn't know that I had done anything physically; they just thought I looked happier."

Make a consultation appointment with your facial plastic surgeon. Discuss what areas of your face you would like to improve. If you would like a more modest change, start with a minimally invasive treatment — immediate results with little downtime — or a combination of remedies. If you are ready for a permanent, more noticeable change, consider a procedure that will rejuvenate and help you feel confident in your skin.

Call **336-716-4000** to schedule your consultation.
WakeHealth.edu/Facial-Plastics

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Is a face-lift right for you?

Explore your options ...

Each year, one of the most popular procedures patients seek to take 10 to 15 years off of their appearance is the face-lift. They want to address the loose skin, laxity of underlying muscles and accumulation of fat in undesirable places. Today, facial plastic surgeons have new techniques and variations of the standard face-lift to meet your unique needs. Explore the options and schedule an appointment with your doctor to create the optimal plan.

Traditional face-lift

Look at the angle between your neck and lower jaw. A traditional face-lift can improve the appearance of the lower two-thirds of your face by reducing the sagging skin, muscles and fat. Incisions are made above the hairline; the skin is separated from the fat and muscle below. The muscle is resupported with stitches. Fat may be trimmed or suctioned from around the neck and chin to improve the contour. The skin is redraped and tightened to a natural point; the excess skin is removed. Stitches or sutures may be used to secure the skin and to close the incisions. Additional incisions may be made under the chin to address loose deposits of hanging tissue. The procedure requires four to six weeks for the skin to completely heal. This option is major surgery that yields significant, permanent improvement to your appearance.

Mid face-lift

If you do not have an excessive amount of sagging skin around the jaw and neckline and instead are seeking improvement in the cheek and lower eyelid area, the mid face-lift may be the right procedure for you. The mid face-lift is performed through tiny incisions placed within the hairline and on the inside of the mouth. Underlying muscle and fat is repositioned; excess skin is removed. This redraping improves the nasal furrows and restores a more youthful appearance. Results are permanent, although the face will continue to age naturally.

Limited-incision face-lifts

The following procedures — S-lift, J-lift and short-scar face-lift — minimize the incision length. The advantage may be a



shorter recovery. The disadvantage of a limited-incision face-lift is that changes are not as extensive as a traditional face-lift procedure.

The S-lift derives its name from the “s” shape of the excision used near the ear. Soft tissue is fixated to the cheekbones to provide stability and fullness to the area. The J-lift raises and firms the lower one-third of the face and neck. Its name comes from the area that is corrected by the procedure, the jawline 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.

The short-scar face-lift has an incision length half the size of a traditional face-lift incision. This lift repositions the skin and soft tissues of the face that have been affected by the aging process, with the principle difference being minimized scarring. Unfortunately, not all patients are good candidates for this technique; patients with excessive skin around the neck would benefit more from a traditional face-lift.

Liquid face-lift

A popular, minimally invasive option is the liquid face-lift (also referred to as a lunchtime lift), which places large amounts of fillers into the face to lift and contour facial features. The results are immediate; however, the benefit is temporary with the specific length of time depending on the type of filler used. There is minimal downtime.

Aging of the face is inescapable; over time, the skin loosens on the face and the neck. The jawline softens and folds appear on the front of the neck. Unfortunately, our personal habits, heredity, the pull of gravity and sun exposure all contribute to the aging of the face. However, there are face-lift options that can help restore your youthful visage. While younger patients may require less-extensive procedures or older patients may request less downtime, recent advances in techniques and modern variations to the traditional face-lift offer a wide range of procedures. Trust your face to a facial plastic surgeon to personalize your procedure, decrease operative time, reduce postoperative complications and provide optimal results.

Face-lift FAQs

What is the typical age for a face-lift?

Although there is no perfect age, patients are generally 40 to 70 years old.

How do I know if I am a good candidate for a particular face-lift procedure?

Set realistic expectations; work with your facial plastic surgeon to determine which type of face-lift will bring you optimal results.

How do I avoid that "skin-pulled-too-tight" appearance?

Your surgeon will provide the best, most natural results based on your anatomy, skin type and age.

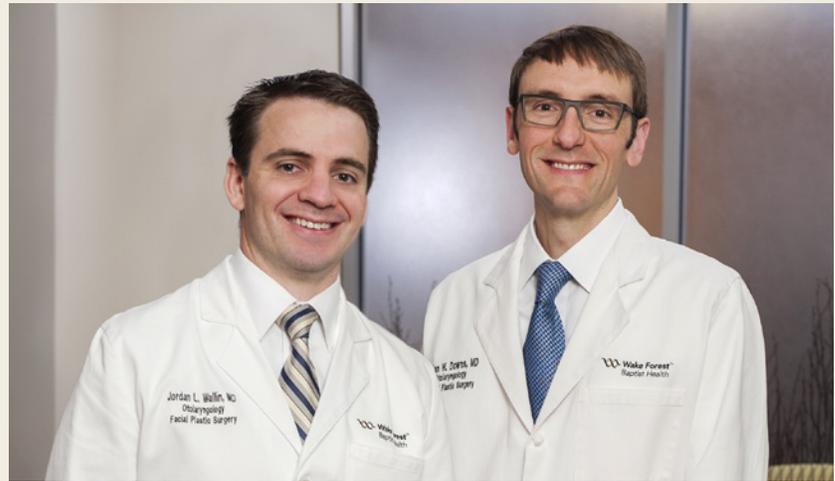
Will I be awake during the procedure?

For surgical face-lifts, you will be asleep. Surgeons typically use intravenous sedation and local anesthetic (numbing medicine). For minimally invasive options, you will probably be awake with possibly a local anesthetic, depending on the treatment.

Do I have to stay overnight at a hospital?

No, most face-lifts are done on an outpatient basis.

Meet our facial plastic surgeons



Jordan L. Wallin, MD

Dr. Jordan L. Wallin performs a wide spectrum of cosmetic facial plastic surgeries including face-lift, endoscopic forehead (brow) lift, rhinoplasty, blepharoplasty (eyelid surgery), otoplasty (ear pinning), and cheek and chin implants. His added certifications and training in minimally invasive in-office treatments such as BOTOX® Cosmetic, the new under-the-chin fat-dissolving product Kybella®, and a variety of fillers and revolumizing agents such as Restylane®, Radiesse®, Juvederm®, and Sculptra® make him an ideal surgeon to evaluate your areas of concern. He also cares for patients with facial trauma, facial paralysis, and severe facial scarring, and helps re-create ears for children and adults.

Dr. Wallin is board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. He is active in medical missions and received a top award from HanesBrands Inc. for his service in the Dominican Republic.

Brian Downs, MD, FACS

Dr. Brian Downs specializes in cosmetic and reconstructive surgery of the face, head and neck. His expertise includes the full spectrum of cosmetic and reconstructive facial plastic surgery, including rhinoplasty, face-lifts, necklifts, browlifts, blepharoplasty and facial reconstruction. His passion is rhinoplasty and nasal reconstruction, and he enjoys the challenge of developing a customized treatment plan for each patient. He also performs minimally invasive procedures including BOTOX Cosmetic, injectable fillers, skin peels, dermabrasion, scar revisions and lip augmentations.

Dr. Downs is board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. He is a member of the American Academy of Otolaryngology – Head and Neck Surgery, the American College of Surgeons and the American Academy of Facial Plastic & Reconstructive Surgery.

Put your best face forward

Wake Forest Baptist Health's experienced double board-certified surgeons specialize in both cosmetic procedures and complex reconstructive surgeries of the face, head and neck. If you want to achieve a more youthful look, or restore the function and appearance of your facial structure after skin cancer or trauma, we can identify the best treatment plan for you.



Wake Forest Baptist Facial
Plastic & Reconstructive Surgery



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Neurotoxins used for more than wrinkles: headaches, paralysis

Neurotoxins such as BOTOX®, Dysport®, and Xeomin® are injectable fillers used to temporarily paralyze nerve impulses of targeted muscles. You may be familiar with these neurotoxins as treatments to reduce frown lines and crow's feet; however, they are also being used to dull chronic migraines, improve symmetry in patients with facial paralysis and treat blepharospasm.

The U.S. Food and Drug Administration (FDA) approved BOTOX in 2002 for the temporary improvement in the appearance of moderate to severe vertical lines between the eyebrows and crow's feet lines. Dysport was approved in 2009 and Xeomin in 2011. Each is a unique formulation of botulinum toxin A; your facial plastic surgeon may recommend one over another based on your needs. After injection, improvement is seen within two to three days, but the full effects will not appear for about two weeks. The smooth skin lasts four to six months. After this time, the muscle movement gradually returns, the wrinkles reappear and treatment may be repeated.

Chronic migraine sufferers were given a new prevention option in 2010, when the FDA approved BOTOX to treat chronic migraine headaches in adults. Injections

are given around the head and neck at intervals every 12 weeks to try to dull future headache symptoms. Patients report a significant reduction of headache days.

Neurotoxins have also been used to improve facial symmetry in adults with facial paralysis. Recently published in the *Journal of the American Medical Association Facial Plastic Surgery*, a study looked at the medical records of 18 children between the ages of 4 and 17 who received botulinum toxin A to improve their facial symmetry between 2004 and 2012. Most patients experienced paralysis from trauma or after tumor resection. Treatment included routine injections in various muscles surrounding their eyes, mouth, cheeks and neck. Facial analysis software was used to measure the difference in vertical opening between the paralyzed and nonparalyzed sides of the lips. After evaluating the patients before and after photographs, researchers reported significant improvements in



their smiles. On average, the patient enjoyed a 61 percent improvement in symmetry. There were no complications and it was suggested this could be a means for permanent restoration. More long-term studies will need to be performed.

Regardless, this is exciting news for parents and children to have a viable option that is safe and effective. Current treatments usually include reconstructive surgery or grafting of muscles.

Blepharospasm is an abnormal blinking or spasm of the eyelids. A neurotoxin is an approved treatment for this condition and can temporarily paralyze the muscles of the eyelids and provide relief.

Whether you are looking to reduce the crow's feet around your eyes or perhaps you are seeking relief from a medical condition, neurotoxins have been used safely for both cosmetic and reconstructive reasons. Talk to your facial plastic surgeon to see how you may benefit from this treatment.