



Facial Plastic Surgery bestface

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Facial plastic surgery trends: Millennials and injectables, shaping the future of aesthetics

Each year, the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) surveys its membership of facial plastic surgeons to find out what procedures and treatments have trended over the past year, in addition to their predictions for the coming year. In 2016, noninvasive options, treatment combinations, and prejuvenation have all been on the rise.

One new trend discovered is the return of the chemical peel. Celebrities, social media, and staying competitive in the workplace are top drivers for seeking cosmetic services. And on the horizon for 2017 are new fillers, novel uses for existing fillers, and increasing numbers of men and educated patients seeking treatment.

The most popular minimally invasive procedures for both men and women remains BOTOX® Cosmetic, along with Dysport® and Xeomin®, followed by hyaluronic acid fillers. For surgical procedures, nose surgery led the way again, followed by revision surgery, eyelid surgery, and facelifts.

The top trend reported by 66 percent of surgeons is combined nonsurgical procedures. The availability of more advanced and less invasive technologies is providing patients with the opportunity to combine treatments, such as injectable fillers, lasers, ultrasound, and radiofrequency; to



receive highly individualized therapies; and to get the most out of every visit.

This past year, the focus has shifted from correction to prevention, i.e., prejuvenation. Men and women in their 20s and 30s are opting for preventative measures to forestall major procedures later, reported by 51 percent of AAFPRS members.

Advanced skin care, sun protection, and injectable fillers are among the top choices. Fifty-six percent of surgeons saw an increase in cosmetic or injectable fillers with patients under 30. The demand for chemical peels is strong, with 52 percent reporting an increasing trend. The new formulations and options to treat sun damage, brown spots, wrinkles, acne, and improve lackluster skin tone and texture are increasing the attraction of this treatment.

The motivating factors for patients are still highly influenced by celebrities, as nearly all (99 percent) of members reported. Additional influences are the desire to remain viable in the workplace (49 percent) and the impact of social media (42 percent). Patients continue their quest to look better in selfies on Instagram, Facebook, Snapchat, and more.

The predictions for this year include new hyaluronic acid fillers and more novel uses for botulinum toxins and topical agents. You may see more of Volbella, recently approved for lips, and Restylane Refyne and Defyne for marionette lines and deep set wrinkles. The trend of men having more treatments will continue, particularly with BOTOX and chin fat reduction treatments. Patients will continue to come in educated regarding options and will share images to convey their wants and wishes.

For more information or to discuss what opportunities may be optimal for you, make a consultation appointment with your facial plastic surgeon.

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Nonsurgical rhinoplasty: Is it right for me?

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. Find out what this procedure can correct, the benefits, any risks, types of fillers used, and if you may be a good candidate.

Corrections

Minor tweaks are possible with 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. Changing the structure of the nose is not possible without surgery. Also, nonsurgical rhinoplasty cannot correct functional concerns, such as a deviated septum or a breathing issue.

Benefits

Unlike with nose surgery, there is no general anesthesia required with these less invasive procedures. 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, and 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 familiar with the nasal anatomy and how to treat a patient who may develop signs and symptoms of complications.

Fillers

The most popular filler used is hyaluronic acid, such as Juvederm, Restylane, and 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. Most importantly for first time recipients, hyaluronic acid can be dissolved with an injection of enzymes (hyaluronidase or wydase) in the event of a complication or dissatisfaction with the cosmetic results.

In general, permanent fillers such as silicone, polyacrylamide, and other materials containing synthetic



particles can be problematic when injected into the nasal tissues. They can also make revisions later on more difficult, if a patient chooses to have nose surgery.

Good candidate

The best way to determine whether you are an appropriate candidate for nonsurgical rhinoplasty is to schedule a consultation with a board certified facial plastic surgeon. He or she will listen to your concerns and perform a thorough examination of your nose and suggest the most appropriate procedure or combination of procedures. It is equally important that you have realistic expectations about what this procedure can and cannot do to address your cosmetic or functional concerns.

Questions to ask your facial plastic surgeon about nonsurgical rhinoplasty include:

- Am I a candidate?
- What are the alternatives?
- How many have you performed?
- How long will the results last?
- What are the risks?
- Is there a way to reverse the effects if I am unhappy?
- Why do you recommend this procedure?

Nonsurgical rhinoplasty is a breakthrough in facial plastic surgery for patients seeking a nonsurgical option to change the appearance of their nose. Previously, the standard technique used by facial plastic surgeons was through a surgical procedure (rhinoplasty).

Remember, to minimize any risks and maximize the benefits of nonsurgical rhinoplasty, only a skilled and experienced surgeon who has a thorough knowledge of the local anatomy of the nasal area and the potential complications and management should perform it.

Nonsurgical rhinoplasty... continued

Should I have rhinoplasty instead?

Rhinoplasty (nose surgery) is the most requested facial plastic surgery among men and women of all ages year after year. The top five reasons that patients decide to have rhinoplasty are the following:

1. Reshape the nose following injury: Broken noses occur among little leaguers and weekend warriors; it is important to consult with a facial plastic surgeon after a serious injury to the nose to determine whether there is a break. There is an optimal window of time during which surgery can be performed to correct a nasal fracture.
2. Reconstruct to improve breathing: A deviated septum or nasal deformity may cause a person to snore or have trouble breathing. A rhinoplasty or septoplasty may be indicated to correct this problem to improve the functional aspects.
3. Revise to improve sinus issues: Chronic sinus infections and sinusitis may be caused by a deviated septum or another condition that requires surgical intervention. Your facial plastic surgeon will determine what treatments are available to relieve the sinus pain and infections once and for all.
4. Improve quality of life: For individuals who are self-conscious about the size and shape of their nose, rhinoplasty can be a real confidence booster.
5. Reduce the signs of aging: Gravity pulls the tissue of your nose downward as you age, causing the tip to droop and become more bulbous. It may also tend to appear larger with age because facial volume depletes. Your cheeks lose definition and your nose may look bigger. Rhinoplasty can help to correct these issues by elevating the nasal tip for a more youthful profile.

Ask the Doctor

Patient: Which would you recommend, surgical or non-surgical rhinoplasty, to help my nose fit my face better?

Doc: To create more balance and beauty to the face, a facial plastic surgeon will notice factors such as irregularities, proportions and symmetry of the nose. These factors are the same that Leonardo da Vinci taught when discussing the divine proportion. Genetics and occasionally trauma can cause certain aspects of our face to fall out of proportion and our subconscious minds "see" the irregularity as less favorable as a whole.

When noses need to be made smaller, have better contour or better function surgical options are often the best to achieve those goals. Surgical maneuvers are needed to elevate the tip of the nose and reduce the size, which can't be accomplished consistently with non-surgical methods such as fillers. When the concern is the hump of the nose being prominent, this can be reduced surgically or camouflaged using fillers to make the nose appear more straight without the hump. I find fillers a great resource for patients who have had rhinoplasty in the past and may want small details improved slightly.

The patient shown below had surgical rhinoplasty to help achieve more balance to an already beautiful face.

– Jordan L. Wallin, MD



Before

After



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90s beauty is back! Chemical peels on the rise

History tends to repeat itself, and what goes around usually comes around when it comes to trends. With dark lips, visible roots, and even modified French tips all over our Instagram feeds, beauty cult classics from this era are making a comeback in a big way.

The treatment most synonymous with the 1990s is the chemical peel. Even though they have been around for many years, chemical peels had their heyday in the 90s when physicians widely tapped into their power for addressing a multitude of skin issues.

Long ago, deep chemical peels were a force to be reckoned with and often left the area of skin red and raw. As time progressed, however, formulas improved. Today, modern peel techniques have been modified to produce less post-treatment irritation, while still improving fine lines, freckles, melasma, sun damage, scars, and more. And, thanks to the reduced reactions and downtime, growing numbers of facial plastic surgeons are recommending chemical peels to their patients.

What is a chemical peel?

A chemical peel is applied to the skin to remove the damaged, outer layers so that new, regenerated skin can replace it.

Your skin has two layers, the epidermis and the dermis. The epidermis is on the surface. Underneath is the dermis, composed of long fibers called collagen that stretch and relax with age and sun damage. The dermis also has two layers, the papillary layer (upper) and the reticular layer (lower). The papillary layer can heal from injuries without scarring. When the reticular layer is damaged, scars may result.

The active ingredient and concentration will determine how deep the peel permeates. After the damaged layers have been eradicated, the skin works to rebuild the lower collagen and elastin layers of the skin to produce smoother, rejuvenated skin.

Types of peels

A mild chemical solution, such as alpha hydroxy, glycolic, lactic, or salicylic acid, gently peels the epidermis and potentially a portion of the papillary dermis as well. It reduces rough, dry skin and produces fresher, smoother skin. These light peels are not a permanent solution and may be repeated on a regular basis.

A moderate peel, e.g., trichloroacetic acid (TCA), infiltrates the epidermis and into the papillary dermis; the results are longer-lasting than a light solution peel. This peel



treats sun damage, fine lines, weathered skin, and pigment problems. The chemical may be applied along with a sedative; there may be mild swelling for about a week. The TCA peel is often repeated over a period of weeks and effects smoother, fresher looking skin.

A deep chemical peel, such as carbolic acid (phenol), can reduce extensive wrinkling, marked discoloration, scarring, and pre-cancerous growths. It is the strongest of the chemical solutions and causes a deep peel. The treatment requires sedation; application may take one to two hours. The recovery period is approximately two weeks of redness and mild discomfort.

Make a consultation appointment with your facial plastic surgeon to discuss if a chemical peel would be right for you.