



Facial Plastic Surgery bestface

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Men and facial plastic surgery?

Yes, for self-esteem and career boost

For many men, part of taking care of themselves includes making an appointment with their facial plastic surgeon. Yes, really. The number of men having facial cosmetic and reconstructive procedures is steadily growing. Since there is no longer a stigma associated with improving one's appearance through procedures and minimally invasive techniques, men are having BOTOX® Cosmetic, fillers, nose reshaping, chin fat reduction, blepharoplasty (eyelid surgery) and many more, according to the latest statistics from the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS).

Men state that one of their top reasons for cosmetic or reconstructive surgery is to benefit their career; self-improvement and esteem increase competitiveness in the workplace. Additionally, men want to remain attractive for their significant other. Many male patients request plastic surgery because of their partner having received plastic surgery. They see the positive impact the rejuvenation has had and they want similar results. It isn't about trying to look like their high school yearbook photo. Instead, they are interested in subtle nips and tucks to look as young as they feel and act.

For example, the AAFPRS reports that eyelid procedures to look less tired are trending among men. They want to look refreshed, energized and eager to stay in the game.

It is not just the over 40 crowd that is opting for facial plastic surgery, either. There is an uptick in younger men under 35 seeking rhinoplasty, neck liposuction, chin implants and acne scar reduction procedures, according to AAFPRS annual statistics.

Nose reshaping or rhinoplasty can improve both form and function. The AAFPRS statistics reveal that men want



to look better and breathe better; it's a win-win either way. There's also a fair share of weekend warriors who experience broken noses from sports injuries.

Neck liposuction, chin implants and new non-invasive options can help shape the chin and jaw area. Strong jaw lines are more attractive and studies have shown that men who have strong chins are more likely to rise up the corporate ladder.

Acne does not discriminate, and acne scars can serve as constant reminders of tumultuous teens for men who suffered from bad acne during their formative years. Fillers, fat, microneedling, lasers and energy-based devices can be used to achieve smoother skin.

Men are having facial plastic and reconstructive surgery, not only to look better, but also to increase their quality of life. There is no end in sight to this trend, so do not be surprised when your man inquires about making his consultation appointment with your facial plastic surgeon.

Call **336-716-4000** to schedule your consultation.
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Reconstructive surgery can improve form and function at the same time

We are used to hearing the media hype about the latest techniques, serums and celebrities having cosmetic surgery; however, there are equally important and exciting reconstructive surgery options you should know about that may help you live a more fulfilling and optimal life. The most common reconstructive surgeries are skin cancer revision and nose surgery. And in some cases, a combination of reconstructive and cosmetic surgery achieves maximum results.



Nasal reconstruction

A functional rhinoplasty, or nasal reconstruction, may be required to alleviate obstruction to the nasal airways. The obstruction may be caused by a deviated septum, polyp, tumor or weakened nasal tissue. When someone has a deviated septum, the wall between the two sides of the nose is crooked; this can obstruct the flow of air through the nose. Side effects may include headaches, persistent nosebleeds and sinusitis. The crooked portions of the septum may be trimmed, straightened, augmented or removed. Polyps

and tumors are surgically removed. If a patient does not have enough cartilage in the septum to support the nose, this weakened nasal tissue can also impede breathing. Your surgeon may decide to build up the nose with a cartilage graft.

Cancer reconstruction

Most skin cancer reconstruction is performed at the time of the cancer removal. If the area is small, the wound may be closed by bringing the edges of the skin together. Another option is to use a local skin flap; the surgeon takes a portion of nearby skin, tissue and blood supply, and repositions it over the wound. For larger wounds, a skin graft may be needed to cover the area. Skin grafts are taken from another part of the body, such as the neck or leg. With complicated or extensive cancer, reconstruction may be delayed until the pathologist can confirm that the tumor has been completely removed.

Cleft lip repair

A cleft is a hole or space where there should be tissue. Children born with a cleft lip may have difficulty eating, breathing, speaking and hearing. The normal lip has three layers; a mucous membrane inside the mouth, a middle muscle layer and an outer skin layer. The curve in the middle of the upper lip line that separates the vermilion part of the lip from the rest of the lip skin is referred to as Cupid's bow. In cleft lip repair, the three layers of the lip must be reconstructed and Cupid's bow defined. The goal is to minimize the visibility of the scarring so that the repaired lip can look as natural as possible. Lip and palate repair begin usually before the child is 3 months old.

Reanimation

Your facial plastic surgeon will create an optimal plan to improve facial symmetry and restore facial animation. This may include one or any combination of procedures, as facial paralysis can cause problems of the eyebrow, eyelid, cheek muscles and mouth. A brow lift or blepharoplasty (eyelid surgery) can address sagging skin. Implants may be used to fill a depression where muscle tissue has atrophied or been removed. A muscle transfer can improve mobilization and nerve stimulus to the mouth.

Scar reconstruction

The various surgical techniques for scar revision are designed to make the scar as smooth and invisible as possible. This can involve recreating the incision, moving skin around or even moving the scar to make it less noticeable. A skin flap or skin graft may be used when the main concern is improved function, rather than appearance. Your surgeon will evaluate what technique to use based on the type and location of the scar.

Reconstructive surgery ...
continued

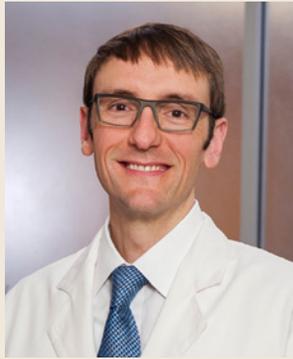
Transplant

This is a not a common surgery. The first, near-total face transplant in the United States was performed at the Cleveland Clinic in 2008. A face transplant is a surgery that replaces part or all of a person's face; the process is extensive and can take up to three years. Candidates may include individuals with faces severely disfigured due to trauma, cancer or a birth defect, and who have exhausted all other treatment options. Psychological testing is required to make sure a person is emotionally healthy enough for face transplant surgery.

Trauma reconstruction

Facial trauma repair addresses correction of facial fractures or facial lacerations, commonly suffered during motor vehicle accidents, fights, domestic violence, athletic events, animal bites, etc. Traumatic facial fractures frequently involve the jawbone, cheekbone, the eye socket or the brow, and require realignment of the bone segments and fixation for proper healing. Traumatic facial lacerations can cause scarring, facial nerve damage, salivary duct transection, tear duct injury or even loss of a body part (e.g., ear). The extent of surgeries to repair the face depends on the degree of injury.

**In the News:
The Latest in Facial Plastic Surgery**



Can regenerative medicine help with facial rejuvenation and can it make us look younger?

The answer is a solid "maybe" right now but almost certainly a resounding "yes" in the future. In the most recent issue of *JAMA Facial Plastic Surgery**, Miller and colleagues discuss regenerative medicine as it relates to our specialty. Regenerative medicine uses stem cells, growth factors and biocompatible scaffolding to re-create or augment normal human structure or function. Treatments in regenerative medicine are based partially on naturally-occurring molecules in our

bodies and partially on man-made materials from the laboratory.

One compound in regenerative medicine that has shown some promise in Facial Plastic Surgery is platelet-rich plasma, or PRP. PRP contains stem cells that may provide qualitative and quantitative improvement to skin and soft tissues of the face. For example, as we age, the cheek soft tissue often thins and descends toward the jawline. As this happens, the lower eyelids can look hollow, and dark circles can even appear.

PRP can be processed from a straightforward blood draw, and then the patient's own PRP can be injected into the upper cheek—with the goal of improvement of the lower eyelid area (see photo below). Much study still needs to be done in this area, but some early results have been encouraging.

– Brian Downs, MD, FACS

*JAMA Facial Plast Surg. 2016;18(5):391-394.

Pre-injection



Post-injection



To learn more about PRP treatment, or about any other area of Facial Plastic Surgery, please call **336-716-4000** to schedule a complimentary consultation with Wake Forest Baptist Health Facial and 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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Measuring the speed of aging and how to slow it down



How does that 50-year-old friend not look a day over 25? Is she getting some amazing anti-aging treatment or is it a combination of healthy habits?

Some people do age at a slower pace; researchers are now able to measure the rate of aging and to examine what factors contribute to this occurrence. This is exciting news, not only for taking preventive actions but also for evaluating if antiaging treatments work.

In a recent study published in the *Proceedings of the National Academy*

of Sciences, 954 participants from New Zealand were followed from birth to 38. At ages 26, 32, and 38, 18 different biomarkers were calculated to assess how quickly they were aging. Researchers looked at factors typically linked to aging, such as blood pressure, lung function, body mass index, inflammation, cholesterol and DNA. They compared the data taken from the baseline at age 26 with information collected at age 32 and 38 in order to compute the pace at which each person was aging. The results validated that not everyone was aging at the same rate.

Some people were biologically older than their chronological age and aging at a faster pace. These same people self-reported feeling worse in health and scored lower on tests of balance, strength and motor coordination. They also showed a decline in their IQ tests and exhibited signs of elevated risk for stroke and dementia. As an additional assessment, researchers took photographs of each person at age 38 and asked a panel of Duke University undergraduates—blind to all details of the study—to rate the pictures. The panel, based on the facial images alone, scored the participants with advanced biological age as looking older than their biologically younger cohorts

look. In other words, those that were aging faster looked older.

The good news: Some participants were biologically younger than their chronological age and aging more slowly. This is where it gets interesting; researchers are comparing the two groups to distinguish the factors that influence aging. The scientists believe that genetics only play a small role, and that the majority of factors are within our control.

The researchers will continue to track the study group and re-evaluate them again at age 45. They are also now charting participants' diet, exercise and additional behaviors.

What does this mean for facial cosmetic surgery? Stay tuned. Now that the pace of aging can be quantified, we will be able to glean important information about what lifestyle practices work to slow down the aging process as well as comparing types of rejuvenation treatments and procedures for efficacy. In the meantime, your facial plastic surgeon advises eating healthfully, exercising, managing stress and getting enough rest. Don't forget to apply sunscreen with a sun protection factor of at least 15 before heading outside; reapply every two hours during peak times of the day.