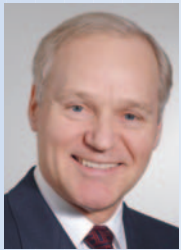


WHAT'S NEW?

THE LATEST TRENDS IN FACIAL REJUVENATIONBY **PETER A. ADAMSON, M.D., F.R.C.S.C., F.A.C.S****Peter A. Adamson, M.D., F.R.C.S.C., F.A.C.S.** is

recognized as an international leader in facial plastic surgery. He studied Head and Neck Surgery at the University of Toronto and Cosmetic Facial Surgery at Tulane University in New Orleans before establishing his private practice in Toronto in 1981. Dr. Adamson is on staff at the Toronto General Hospital and also operates a private clinic in Toronto. He is a Professor in the Department of Otolaryngology at the University of Toronto and lectures nationally and internationally on the latest developments in cosmetic facial surgery. He has contributed over one hundred and twelve scientific papers, articles and chapters to medical literature and has made over six hundred medical presentations.

Dr. Adamson has won numerous major awards in recognition of his contributions to the specialty of facial plastic surgery.

The 9th International Symposium of Facial Plastic Surgery was recently held in Las Vegas, Nevada. It was chaired by Toronto facial plastic surgeon, Dr. Peter A. Adamson. Dr. Adamson is a professor at The University of Toronto and has a private practice in Yorkville. There were 850 surgeons from 45 countries who discussed and debated what's new, what works, what doesn't work and what the future holds in facial plastic surgery. The state of the art of facial rejuvenation was explored and defined as it exists today.

With the plethora of medical and surgical innovations over the past few years, there is something for everyone who wants to look their best. We can begin with the eyes, the “portal of entry to the soul” according to Sir Francis Bacon. With aging there is a loss of elasticity and strength in the skin of the eyelids. With blinking up to 10,000 times a day, the skin stretches and causes “hooding” of the upper eyes as the excess skin folds over the eyelashes. A popular term to describe this loss of volume in the face is “deflation”. The standard surgical technique of upper lid blepharoplasty (or eyelid lift) is still one of the most popular procedures to sculpt away the excess skin, removing the saggy, tired and aging appearance of heaviness.

The lower eyelid is more complex, with sagging of skin and deflation of tissue occurring not only in the eyelid itself, but also in the cheek tissues just below the eyelid. This can lead to a hollowed and saggy appearance. Differences of opinion exist as to whether excess fat should be sculpted away or simply moved from the areas of fullness to the hollowed area. Both approaches have their merits, depending upon the patient's needs and wishes. Fat injections and fillers such as hyaluronic acid – (HA) are proposed by some to improve the deflated regions and create a

more youthful cheek fullness with HA's known by trade names such as Juvederm and Restylane. Eyelid wrinkles can be improved with light laser resurfacing and crows feet minimized botulinum toxin (Botox™) and HA fillers. These treatments can make the upper and lower eyelid appear more rested and about five to seven years more youthful.

One of the most important anatomic landmarks is the eyebrow. With aging it descends, primarily at the outside corners, and creates a very tired, heavy look to the eyes. The action of the frown muscles between the eyes creates the “I am worried” look and the “what's the matter” response from on-lookers. And efforts to unconsciously raise the eyebrow create horizontal forehead creases. What to do? How to restore a youthful, less sleepy look to the upper face?

One of the most popular techniques today is Botox™ injections. When placed between the eyebrows Botox™ removes the worried look – many patients comment when they look less worried, they even feel less worried.

Botox™ can also minimize crows feet at the corner of the eyes, diminish horizontal forehead wrinkles and elevate the lateral eyebrow one or two millimeters. This is a

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look that most women love, as it creates both a more youthful and more feminine eyebrow shape. For the really deep wrinkles, the HA fillers can be used to further improve the results. Of course, these provide only a temporary improvement – usually three to four months for Botox™ and six to eight months for fillers – but they are very safe and easy to repeat. Millions of patients have found a satisfying look of happiness with these treatments.

Today, for the more prominent signs of aging in the forehead, there are a variety of surgical lifting procedures available. When possible, the endoscopic brow lift, which is minimally invasive and consists usually of five short incisions placed in the hairline, is prescribed. There are a variety of reliable fixations techniques in use today to maintain the elevated brow in its more youthful position. However, for patients with more marked sagging of the brows or deeper wrinkles or high hairlines, a “trichophytic” incision (which means hair grows through the incision to camouflage it) at the front of the hairline can often provide a superior and longer lasting result. Many surgeons, after years of emphasizing the endoscopic forehead lift, are starting to use this because of the excellent aesthetic result that can be achieved and its reliable 15-year maintenance of eyebrow position.

With the aging eyelid and forehead now rejuvenated, we can turn our attention to the midface (cheeks), lower face (jowls) and neck (wattle). These tissues continue to sag and deflate, leading to excess skin that can be played back and forth, fatty deposits in unwanted places, and hollows where they shouldn't be. What is worse, as the jaw line becomes squared off with aging, women not only look older, but also more masculine.



There are numerous approaches, from minimal to more advanced, to recreate the youthful cheek fullness and improve the jowls and wattles associated with Grandmother. Neck liposuction, although less aggressive than when initially introduced, is still a reliable procedure to redefine a poor jaw-neck line. This is especially true when combined with a submentoplasty, which means tightening the neck muscles in the midline to create a firmer neck sling and more acute jaw-neck angle (the model's look). This

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leaves the sagging skin to be managed by a variety of techniques – each has its advantages. The primary goal of the surgeon is to assist the patient in making the best choice for her or him. This will obviously depend on the patient's signs of aging, their anatomy and their individualized goals for improvement.

Minimally invasive techniques are in vogue today. We live in a world where everyone wants the most for the least. Fortunately, cosmetic surgeons have

much to offer in this realm, although it is also a truism of life that sometimes to get more you need to do more. The choice is always ultimately what is in each patient's best interests.

Endoscopic, minimally invasive mid-face or cheek lifts continue to be a popular way to improve the sagging cheek fat pad. A newer approach is to place strings or threads under the skin to lift, or in some cases bunch, it for a better aesthetic look. Although this technique is popular currently, many surgeons question the reliability and longevity of this approach. The short skin flap, mini-lift, or weekend facelift is a safe and secure procedure to achieve modest to moderate results along the jawline, but it is less effective for the cheek and neck. A variety of “deep plane” facelift techniques offer a better opportunity to refresh the sagging cheeks, as well as the jowls, and create a superior jaw neckline. Although a more extensive procedure, recovery time is similar to the “mini” lifts and the end results are greater and longer lasting. Radiofrequency, such as Thermage™, treatments may provide some tightening of tissues, but the results are much more subtle than those achieved with any of the lifting procedures. Botox™, and many

facial fillers also have non-invasive applications in the lower face to improve wrinkles, furrows that create the down turned mouth, and muscle bands in the neck.

The nose, too, should always be assessed when rejuvenating the face. With aging the tip droops, a bump can appear along the profile, and the nose appears to grow. Studies show that if a person dislikes their nose as a teenager, they will dislike it all their life. Creating a more balanced face frequently requires rhinoplasty to achieve a nose that appears natural, harmonious and appropriate for that person.

Once the facial skeleton and soft tissues have been rejuvenated, attention must be turned to the skin quality itself. Not smoking, sunblock and sunglasses help prevent the wrinkles and red spots that are signs of sun damage. A host of exfoliants available in jars, dermabrasion, “lunchtime” peels, and laser therapies (IPL photo therapy is a favorite) can markedly rejuvenate the aging skin. Most of these, procedures have minimal or no downtime and can be repeated on the patients own timetable.

It is as true today as it has always been that we all seek an outer appearance that reflects our inner spirit. Increasing numbers of us are committing ourselves to good nutrition, fitness and emotional well being so that we can make the most of our lives. For those who feel their sad, tired, or aging appearance contradicts their sense of vitality and love of life, facial rejuvenation surgery offers the opportunity to restore balance and symmetry to their souls. This creates harmony of the appearance and spirit. And as Sir Francis Bacon said, “Beauty is harmony”. It may not be for everyone, but it may be for you. ♦