Introduction ................................................................. 3
Our Physicians and Staff ................................................. 4-7
First Things First .......................................................... 8
A Realistic Attitude ......................................................... 8
Risks of Facial Plastic Surgery ........................................... 9
Medical Photographs ..................................................... 10
Anesthesia ................................................................. 10
Finances and Insurance .................................................. 10
What Facial Plastic Surgery Entails ..................................... 13
The Consultation .......................................................... 13
Subsequent Pre-Surgery Visits .......................................... 13
Preparing For Surgery ................................................... 14
Day of Surgery ............................................................ 14
Postoperative Care ......................................................... 15
Description of Procedures .............................................. 16
Rhinoplasty: Creating the Nose You Always Wanted .............. 16
Mentoplasty: Creating Facial Balance Through
Chin Augmentation ....................................................... 16
Malar Augmentation: Highlighting the Cheeks ...................... 17
Protruding Ears: Making Them Inconspicuous ....................... 17
Facial Sculpturing/Liposhaving ......................................... 17
Facelift Surgery: A Younger Looking You .......................... 17
Forehead Lift: An Upper Facelift ....................................... 18
Blepharoplasty: Creating Less Tired Eyes .......................... 19
Facial Skin Resurfacing: Freshening Tired Skin .................... 19
Neuromodulator injections (Dysport or Botox) ..................... 20
Soft Tissue Filler Injections ............................................. 20
Dermabrasion and Scar Revision ....................................... 20
Excision: Removing Skin Cancers, Moles and Tattoos ........... 21
Vascutouch™: Removing unsightly vascular blemishes .......... 21
Reconstruction of Facial Skin Defects ................................. 21
Medications to Avoid .................................................... 22
In Conclusion .............................................................. 23
INTRODUCTION

This booklet is designed to acquaint you with our services and to let you know what to expect from facial plastic surgery. Please read this booklet at your leisure, beginning with the entire opening and the general sections relating to your specific interests. As you read, jot down any questions you have so that we may discuss it during your consultation.

The decision to undergo facial plastic surgery is a very personal and important one, requiring mutual understanding and rapport between patient and surgeon. Fortunately, because this form of plastic surgery is largely elective, the patient is allowed adequate time to thoroughly understand the details and consequences of any desired procedure. It is our intention to ensure that all questions are answered completely, and that each patient approach surgery with the confidence and expectation born of a realistic understanding of the goals and limitations of surgery. Facial plastic surgeons are highly trained, skilled and artistic physicians, but they are not miracle workers.

The degree of success depends not entirely upon the surgeon's technical skills and analysis, but also upon the limitations inherent in each patient's 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 patients 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 to look. We always try to produce “natural” facial features, thereby improving appearance and minimizing facial abnormality. 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 upon which intelligent decisions can be made. 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 the consultation.
Tom D. Wang, MD, FACS

Dr. Wang received his M.D. degree from Northwestern University in Chicago, Illinois. He subsequently completed an Otolaryngology/Head and Neck Surgery residency at Northwestern University, followed by a fellowship in Facial Plastic and Reconstructive Surgery at OHSU. Dr. Wang is certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology.

He served as the Chief of Facial Plastic and Reconstructive Surgery at the Mayo Clinic in Rochester, Minnesota for six years before joining the faculty at OHSU.

His practice is limited to cosmetic and reconstructive surgery of the face. He is actively involved in the teaching of medical students and residents and participates in research on Facial Plastic Surgery-related problems.

He has been invited to speak nationally and internationally about cosmetic and reconstructive surgery. He has numerous publications in medical journals and textbooks. Dr. Wang is the President of the American Academy of Facial Plastic and Reconstructive Surgery. This great honor is recognition of Dr. Wang’s contributions and commitment to the specialty of facial plastics and reconstructive surgery.

In his free time he enjoys traveling, skiing and chamber music.

“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, MD

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 & Neck Surgery at Johns Hopkins University. Further subspecialty training in Facial Plastic & 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 in the desert, Dr. Kim returned to the Northwest where he joined the Division of Facial Plastic & 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 & 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), facial reconstruction following skin cancer surgery (MOHS), facial nerve reanimation, scar revision, otoplasty (ear pinning), earlobe repair, benign and malignant skin lesion removal, and minimally invasive aesthetic procedures (injectable fillers and Botox®).

In his free time, Dr. Kim enjoys spending time with his family, golf, attending sporting events, and eating.

“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.”
J. Belinda Robarge, PA-C

J. Belinda Robarge earned her Bachelor of Science degree at the University of North Carolina — Chapel Hill. She subsequently completed a Master’s in Physician Assistant Studies at Oregon Health & Science University, obtaining certification by the National Commission on Certification of Physician Assistants.

She works in the Division of Facial Plastic & Reconstructive Surgery under the direction of Dr. Tom Wang performing minimally invasive cosmetic procedures including neuromodulator treatment of dynamic facial lines, Restylane/Perlane/Juvederm/Radiesse treatment of static facial lines and Sculptra treatment for volume loss. She also assists Kay Ford LME in developing personalized skin care regiments for patients.

J. Belinda enjoys hiking, equestrian activities, and is an active volunteer with the pet food bank, The Pongo Fund.
Kay Ford, Licensed Medical Esthetician

Kay studied facial technology in Portland, Oregon, graduating in 1980. Her advanced training started at the American Institute of Esthetics, Huntington Beach, CA. Kay has continued her advanced training with internationally recognized skincare lines and pharmaceutical products. Currently, she works under the direction of Drs. Tom Wang and Michael Kim in the division of Facial Plastic & Reconstructive Surgery, at Oregon Health & Science University.

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.

Areas of Expertise

Kay’s services include skin analysis, customized skin care, oxygenating facials and chemical peels from PCA SKIN®, and the Obagi Blue Peel Radiance™ 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, Obagi Medical Skin Care ™, Clarisonic MD, and Jane Iredale products are available for purchase through Kay’s practice.

Practice, Appointments, and Locations

To receive your individualized skin maintenance advice, make an appointment with Kay, to order products, or to receive information about any of the other services Kay provides, please call 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.
Facial plastic surgery is concerned with improvement in the appearance and function of facial structures. It is well accepted in the United States with more than one-half million people having such surgery each year. However, many people still know very little about this surgery. You have chosen to learn more and to consider some form of facial plastic surgery. This booklet is written to provide you with basic information and make you a better informed patient. Some of the issues you need to consider are:

**A Realistic Attitude**

Any plastic surgery should be regarded as a way of making a deformity less conspicuous, thereby minimizing attention drawn to the deformity. The improved appearance often results in increased self-satisfaction and self-confidence. It is well accepted that facial plastic surgery can greatly help in minimizing the psychological trauma due to physical deformities such as protruding ears, oversized noses, birthmarks, and a host of facial blemishes, sags, wrinkles and scars.

Plastic surgery, however, will not serve as a cure-all for the individual who blames his appearance for his lack of success in life. Those patients who expect miracles or magic from facial plastic surgery will 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 patients, 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 every surgical procedure. The patient must receive medications prior to, during and after surgery. While it is extremely uncommon, reactions can occur. Our team of surgeons and staff are specifically trained to prevent problems and improve outcomes 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.

Every patient should be aware of these possibilities and is encouraged to inquire about the realistic risks associated with the contemplated procedure. Every patient also is encouraged 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 the entire OHSU institution 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 superbly trained and experienced in all aspects of facial plastic and reconstructive surgery patient care from pre-operative discussions to post-operative 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 our patients. Cardiac monitoring and equipment to handle emergencies are readily available.

We make every effort to ensure that 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 questions that arise.
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 the case type. We also occasionally use “twilight” intravenous anesthesia for some procedures. You may receive preoperative medications to help you relax before arriving in the operating room. All of our anesthetics are administered with the intent to provide patient safety and comfort, as well as facilitate the recovery process following the procedure. A local anesthetic is also used to directly numb the area of surgery. During all but the most minor procedures, a skilled physician 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, the charges for the outpatient suite, and anesthesia coverage. This package price makes it much more economical for patients 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. Since these procedures are not done on an emergency basis, the patient has time to arrange his or her finances. 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 the by-product of a procedure 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, our office staff is in no position to predict how your company will handle your individual case. 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. However, our office cannot ethically, and will not, fill out forms in such a way as to make a procedure not appear to be done for cosmetic reasons when in fact it is. The patient must remember that health insurance policies are contracts between the insurance company and the patient. You, the patient, not the insurance company, are responsible for the charges incurred.
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 all of your previous surgeries. Please also list all allergies and all reactions you have had to foods, medicines, synthetic products, latex rubber, soaps, ointments, surgical tape adhesives, etc. In addition, carefully list 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. Be sure to include 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 means 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 counts, 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 over and above 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 post-operative hemorrhage. Medicines that contain acetaminophen (i.e., Tylenol) can be used safely in place of aspirin for pain. Acetaminophen is available without a prescription. For a list of medications and supplements to avoid before surgery, please see page 22 located near the end of this pamphlet.

We also ask patients who smoke to 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 outcome from the procedure.

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.

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 browlift 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 make-up 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 will be placed, through which you will receive pre-operative 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 I.V. 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 discharge instructions to follow at home. These are very important and should be followed very closely. You also will receive any prescriptions for medications at this time. The medications you receive will allow you to be comfortable and relaxed. Upon discharge, be sure to have someone available to take you home. We strongly recommend having someone stay with you for the first 48 hours after surgery. Patients who live outside the Portland Metropolitan 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 post-operative 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 sutures and surgical clips usually are removed during the first week after surgery. Subsequent appointments will be scheduled at two or three months, six months and one year until the 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 post-operative 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 the foregoing discussions are 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 variables: 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 post-operatively.
Description of Procedures

Rhinoplasty: Creating the Nose You Always Wanted

Rhinoplasty is the surgical procedure for correcting structural deformities 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 non-stressful activities like 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 patients 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 bony 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 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 even 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 surgery.

The bandages are removed three to five days after outpatient surgery. Patients 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 then is 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 the patient is younger and has only early sagging. No operation, of course, can permanently prevent aging, but with surgery the face can be restored to a more youthful appearance. As the years go by 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 the sagging.

The surgery is performed on an out-patient basis. You can resume non-stressful activities 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 about 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.

**FOREHEAD LIFT: 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. In appropriate patient candidates, this procedure can be performed using the endoscopic approach.

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 the deep furrowing may be weakened to reduce the severity of the frown lines. The procedure is frequently combined with a blepharoplasty in opening up and rejuvenating the eyes.
For the first week after outpatient 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 much as with other facial features. The muscles around the eyes often weaken, allowing fatty tissue to protrude through them, producing the commonly seen bags or pouches. Although this often is associated with the aging process, it also may be an inherited characteristic, or related to certain diseases. In addition, as the eyebrows descend, an accumulation of excess skin above the eyes can lead to a tired, hooded appearance.

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 in together with facial liposculpture. Patients with 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 outpatient 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 is available to remove the deeper lines, improvement of the 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.

Our resurfacing method of choice, after years of experience with various lasers and other ablative modalities, is with chemical peels. We have found peels to be the safest and most cost-effective way to reliably resurface facial skin. After thorough cleansing, a peel solution is applied to the areas of the face to lift off the superficial layer of the skin. Depending upon the depth of the resurfacing, the healing period may range from a few hours to a few days. 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 that patients may return to work immediately. Deeper level peels will require longer recovery times, up to 1–2 weeks. When satisfactory healing has occurred, you may resume wearing facial makeup. Physical activity should be limited for approximately five days following facial skin resurfacing procedures.

**NEUROMODULATOR INJECTIONS (DYSPORT OR BOTOX)**

Botulinium injection 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 creases about the lips and eyelids. Botox is a medication which is injected directly into the muscles to weaken the activity of the muscle. This in turn will result in a smoother appearance on the skin surface. The duration of the effect for Botox varies from individual to individual but is usually in the range of three to six months. The treatment can be repeated as often as desired. There is no restriction on activities following Botox treatments.

**SOFT TISSUE FILLER INJECTIONS**

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

**DERMABRASION ANDScar Revision**

Different types of scars can be improved by using a variety of techniques. The overall goal of improvement is to minimize the appearance of the scars. You must realize that it is not ever possible to completely remove all traces of the scar since the body can only heal by forming a new scar. The goal of scar revision and dermabrasion is to render a scar less conspicuous.

Scar revision and dermabrasion procedures are done either in the office setting or in the outpatient surgery area. Healing generally takes several days and there usually is minimal restriction on activities. On occasion a scar revision surgery is combined with dermabrasion in a staged fashion to achieve the best results possible.
Dermabrasion is an excellent means of providing overall improvement in acne scarring. The scarring cannot be completely removed, but when combined with other minor procedures, dermabrasion can provide excellent smoothing of noticeable acne defects. The acne itself must be quiescent or inactive prior to dermabrasion.

**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.

**VASCUTOUCH™: A quick and easy way to remove unsightly vascular blemishes**

This non-invasive treatment uses low level radiofrequency and DC current which passes through a sterile probe to the blood vessel. The blood in the tiny vessel is clotted or coagulated and stops flowing. With proper post treatment care, these vessels will typically disappear within three to four weeks. Congenital birthmarks, hemangiomas and prominent facial blood vessels may be treated by the VascuTouch™. The results of this treatment usually are a nearly normal appearing skin area but vary with the particular patient and the particular process.

After outpatient laser surgery there usually is no restriction on activities. Some patients may require more than one treatment for satisfactory improvement. This treatment is performed onsite by our esthetician.

**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 utilize 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.
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
- Arthritis Pain 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 Tablets 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
- Cama Arthritis Pain Reliever
- Cold Tablets 4-Way
- Ecotrin Enteric Coated Aspirin Maximum or Regular Strength
- Excedrin
- Halprin 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 A/D Caplets
- Aseriptin regular Strength Tablets
- Bayer Plus Aspirin Extra Strength Tablets
- Bufferin Analgesic Tablets/Caplets

**ASPIRIN, ENTERIC COATED**
- Bayer Therapy Enteric Aspirin Caplets
- Halfprin 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
- Fish Oil (Omega 3-6-9 Fatty Acids)
- Flax Seed Oil
- St. John’s Wort

Generally speaking, most doctors are recommending 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 achieve a natural appearance for you. Because it is very important to us that you thoroughly understand your potential surgery and the policies of our office, please read all the materials and ask any questions you have about the facial plastic surgery procedures in which you are interested during the consultation. We believe a patient who is informed and prepared has a much better surgical experience than one who is not.

Please remember that all of the information provided in this booklet is general in nature, and 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 during your upcoming visit. We hope the information contained in this booklet will help you in making the most of your valuable time.

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

We are here to help.

Tom D. Wang, MD, FACS
Michael M. Kim, MD, FACS
J. Belinda Robarge, PA-C
Kay Ford, Esthetician