

**Baylor Facial Plastic Surgery Center
Otolaryngology - Head and Neck Surgery**

Jamail Specialty Care Clinic
1977 Butler Blvd, Suite E6.100
Houston, Texas 77030

Anthony E. Brissett, M.D., FACS

Associate Professor
Director, Facial Plastic & Reconstructive Surgery
Co-director, Baylor College of Medicine Aesthetics Center

Kelly Gallagher, M.D., Assistant Professor

Krista L. Olson, M.D., FACS, Assistant Professor

Kim Chang, Medical Esthetician

Andrea Hunter, Patient Coordinator

713.798.FACE (3223) ■ bcm.edu/facialplasticcenter/

PAGE 4

EYES (continued from page 2)

Blepharoplasty can also be used to correct ptosis, a drooping upper eyelid that is congenital or develops with age. Patients whose field of vision is limited due to ptosis may be able to seek insurance reimbursement since the procedure is medically necessary.

Several factors will be considered to determine what rejuvenation treatment or procedure is right for you, including age, skin type, ethnic background, degree of vision obstruction and overall health. Regardless of what option you choose, the better you take care of yourself—healthy diet and exercise—the better your body will heal. If you smoke, now is a good time to quit. Besides causing premature wrinkles, it affects the progress of your body's ability to heal.

SKIN CANCER (continued from page 3)

to reapply. For example, if you get red in 5 minutes, multiply it by SPF 30 - the sunscreen is effective for 150 minutes before you have to reapply.

Broad-spectrum sunscreen is important because it protects against both UVA and UVB rays. UVA is linked to rapid aging that causes DNA damage from deep within. UVB causes reddening of the skin and burning. Being protected from both types will protect the skin from aging quickly and having painful sunburn, in addition to decreasing the risk of skin cancer.

A favorite here with Baylor College of Medicine doctors is the Elta MD Broad-Spectrum SPF. There's a wide range of products, so you're sure to find one that is perfect for your skin. Elta MD has tinted, water resistant, sheer and lightweight and beneficial sunscreen for acne-prone skin as well. Visit the Aesthetic Studio or meet with Kim Chang for a consultation and let us help you choose a sunscreen that best fits you, your lifestyle and skin type.

Help reduce signs of aging and protect yourself against damaging sun with the right sunscreen this summer!



FACIAL PLASTIC SURGERY

SUMMER 2015

PUT YOUR BEST "SELFIE" FORWARD

According to a recent survey of facial plastic surgeons by the American Academy of Facial Plastic and Reconstructive Surgery, **Americans continue to be influenced by social media and have a fascination with celebrities' features.**

"Selfies" have been increasing self-awareness and translating into more consumers seeking to improve their appearance. In 2013, there was a noticeable surge in requests for cosmetic procedures and 2014 continued this upward trend. One of the must-have gifts for the past holiday season was the selfie stick—an extendable metal rod that attaches to a smartphone and allows for wider shots and higher angles. The selfie will continue to influence consumers throughout 2015.

Patients may notice in videos and photos the wrinkles that only occur while talking, smiling or laughing. This is leading more people to seek facial rejuvenation. Commonly combined procedures include neurotoxins, fillers, lasers and light-based devices.

Both men and women are embracing facial rejuvenation. Women accounted for 82 percent of all surgical and non-surgical procedures performed in 2014. The most common cosmetic surgical procedures for females were rhinoplasty, followed by facelift, blepharoplasty (eyelid surgery) and laser skin resurfacing. More men embraced non-surgical treatments, including Botox and hyaluronic acid.

Rhinoplasty remained the most requested surgical procedure for both men and women for the fifth consecutive year. Rhinoplasty was performed mostly on those between the ages of 22 and 34, while Botox was most performed on adults age 35 to 55. Filler or fat injections, peels, and lasers were performed on those aged 35 and older.

According to the same survey, 58 percent of surgeons sited that remaining competitive in the workforce was an important driver in the decision for patients to have surgery. People were also seeking cosmetic procedures due to dissatisfaction with their profile and because of a desire to look better in selfies and on Instagram and other social media platforms.

Fascination with celebrities' appearance also remains high. The most wanted features, according to the American Academy of Facial Plastic and Reconstructive Surgery, include: **Angelina Jolie's lips and cheekbones, Beyoncé's facial structure, Kim Kardashian's eyes and jawline and Brad Pitt's and Natalie Portman's nose.**



**2 Put the Sparkle Back
in Your Eyes**

2 Meet Kim Chang

**3 Skin Cancer Removal
and Reconstruction**

PUT THE SPARKLE BACK IN YOUR EYES



As people age, fat deposits collect under the eyes, the eyelids stretch and the muscles supporting them weaken. Sun damage, genetics, fatigue and repeated facial expressions can further expedite wrinkling of the delicate skin around the eyes. There are minimally invasive options to improve crow's feet, sagging skin and bags. Some patients may be an excellent candidate for blepharoplasty, also known as surgery of the eyelids, which can reshape and adjust the lids for both cosmetic and functional purposes.

SURGERY

Cosmetically, you may want to reduce the excess skin in your upper eyelids to create a younger, more wide-eyed appearance. In upper eyelid surgery, the surgeon will follow the natural lines and creases of the eyelid in order to keep the scars as invisible as possible. Excess fat, muscle and loose skin are removed from the eyelid. For patients seeking to add a crease to their upper eyelid, a variation of this surgery is used. Fine sutures are used to close the incision and minimize the visibility of any scar.

A lower blepharoplasty will help reduce the bags underneath the eyes. There are two common approaches for lower eyelid surgery. In the first approach, the surgeon makes an incision inconspicuously under the lower lashes and removes skin and fatty tissue. Scarring is hidden in the inherent folds. The second approach involves making incisions from the inside of the lower lid to remove excess fat. This method works best for the patient who has a pocket of fat beneath the lower eyelid with no sagging skin.

(continued on page 4)

OPTIC OPTIONS

- Minimally invasive treatments are convenient but not permanent.
- Creams that contain retinoid and antioxidants can help reduce the appearance of wrinkles under the eyes. Retinoid increases skin-cell turnover and stimulates collagen production, and the antioxidants help prevent the breakdown of collagen.
- Injectable fillers plump up the area and soften the wrinkles. Fillers are temporary and will require repeated treatments.
- Autologous fat transfer uses the patient's own fat to reduce the tired appearance by filling the hollows below the eyes. A small amount of fat is harvested from somewhere on the patient's body and is then injected beneath the skin and muscle of the cheek and lower eyelid.
- Botox, Dysport or Xeomin can be injected under the skin to paralyze the muscles in the face that pull the skin and cause wrinkles.
- Microdermabrasion uses micronized crystals to remove dead cells and smooth crow's feet and forehead lines.
- Chemical peels can be used to remove the superficial layer of skin, boost collagen production and soften static facial lines.
- Fractional laser resurfacing treats an area of the skin by causing microscopic "wounds" or tiny holes in the skin. The targeted areas are treated intensively, while leaving the surrounding tissue unaffected. This triggers the skin's own healing process and stimulates new collagen production.

SKIN CANCER REMOVAL AND RECONSTRUCTION

The incidence of skin cancer continues to grow, especially in younger people. A surprising 87 percent of facial plastic surgeons surveyed by the American Academy of Facial Plastic and Reconstructive Surgery reported seeing patients for reconstructive work related to skin cancer. In 2014, the nose was the most common site followed by cheeks, ears and forehead. Skin cancer removal and reconstruction options depend on the type of cancer, its size and its location. From simple to complex, the goal is to remove the cancer, repair damaged tissue and rebuild features to restore appearance and function.

Screenings are typically performed by dermatologists. Skin cancer is usually diagnosed by removing all or part of a growth and examining the cells under a microscope, called a biopsy. There are various methods of treatment and removal. However, most skin cancers are removed surgically. Baylor College of Medicine's Facial Plastic Surgery Center works closely with Baylor's dermatology clinic throughout the entire process.

A small or contained lesion with clear borders may be removed with a simple surgical process called excision. If the lesion is large or if it has spread elsewhere in the body, additional treatments or procedures may be required, such as cryosurgery (freezing the cancer cells), radiation therapy, topical chemotherapy and Mohs surgery.

Skin cancer is the most common form of cancer in the United States; 80 percent appear on the face, head or neck.

GET SUN-SCREENED

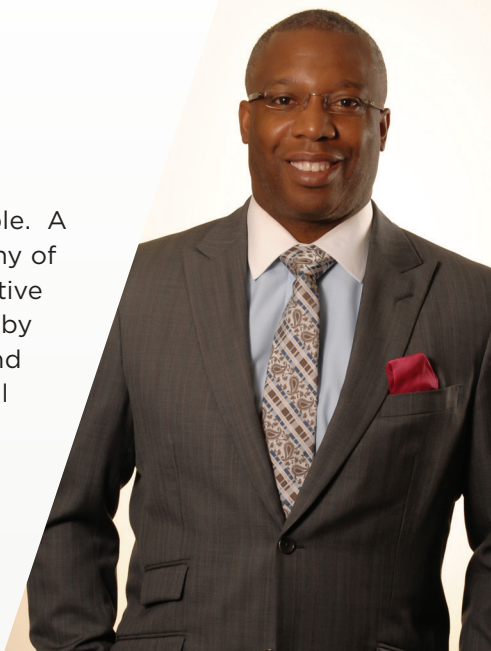
When it comes to the skin, the number one factor in aging is sun exposure. Aging usually appears first around the eyes, forehead and cheeks, then ultimately the neck and chest. Using sunscreen on the face and all over the body has become more and more important not just to guard against aging, but to help protect against and reduce skin cancer risks as well. With hundreds of different brands and types of sunscreens sold at stores and online, it can be confusing and difficult to know which one to choose.

What does the number mean? What does UV broad spectrum mean? What should you buy and use?

The Sun Protection Factor (SPF) number tells us how long it will remain effective rather than how strong it is. SPF is a measure of the fraction of UV rays that reach within the layers of the skin. It is important to understand that higher the SPFs do not necessarily mean it remains on the skin longer, or is stronger than a low SPF.

Everyone's skin is different so knowing when you burn or get red in the sun is important. The minutes it takes to turn red or burn should be multiplied by the SPF number. The result is how long the sunscreen will remain effective on the skin before having

(continued on page 4)



DR. BRISSETT, F.A.C.S.
Director, Facial Plastic
and Reconstructive Surgery
Co-director,
Aesthetics Center

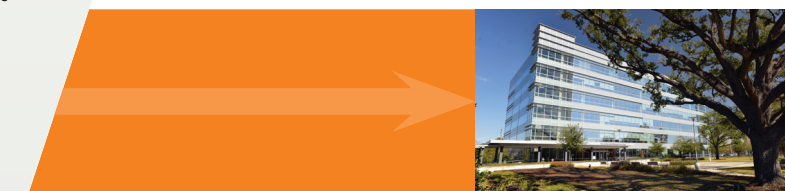
The Baylor Facial Plastic Surgery Center provides a wide range of surgical and non-surgical procedures. Dr. Brissett sees patients of all ages with cosmetic and reconstructive needs. Pediatric surgeries, performed at Texas Children's Hospital, are focused on outer ear reconstruction. For adults, he uses a variety of minimally-invasive and other surgical techniques—including injectables, brow lifts, rhinoplasty and face-lifts. He also works closely with physicians to provide reconstructive work for patients who may need surgery after trauma or removal of cancers.

To make an appointment, call 713.798.3223.



MEET KIM CHANG: MEDICAL ESTHETICIAN

The Baylor Facial Plastic Surgery Center is proud to welcome Skin Care Specialist and Esthetician Kim N. Chang to the team! Kim earned her Esthetics license at Northgate Beauty School in Seattle, WA and comes to Baylor College of Medicine with over 10 years of experience as a skin care specialist. Prior to joining the team, Kim was the spa director and master esthetician and skin care consultant for the first day spa in Houston. Kim specializes in enhancing skin care through facial rejuvenation.



WE'VE MOVED!

The Facial Plastics Surgery Center has moved from the Smith Tower to the Jamail Specialty Care Clinic, 1977 Butler Blvd, Suite E6.100, Houston, Texas 77030.