

Newslinks for the week of January 21st:



SKIN-DEEP BEAUTY SURFACES AFTER PEEL

By DR. ROCK POSITANO

January 22, 2008 -- BOTOX and skin plump ers have enjoyed a place on the "hot" list for the past few years, so the focus on facial rejuvenation has definitely shifted from the operating room to the office.

Maybe it's time to focus on the surface - the skin's surface, that is. While injectables such as Botox modify the muscles and deeper soft tissues of the face, they have almost no effect on the skin's top layer.

"By ignoring the surface component and only addressing the subsurface concerns, we're missing half the story," says Manhattan plastic surgeon Jon Turk.

Turk's philosophy is "keep it simple."

"The important thing for the skin is not so much *what* method of treatment that you use, but doing it consistently."

His approach includes a routine home-treatment regimen of retinoids, skin lighteners and a new DNA repair enzyme cream. This is combined with a variety of regular superficial- to medium-depth skin peels, administered by a trained aesthetician.

"It's not necessary to spend thousands of dollars and weeks of downtime to achieve significant improvement in the appearance and texture of the skin," Turk says.

Medical-grade skin peels have become much more sophisticated with the ability to target specific skin problems - issues such as excess pigmentation, acne and photoaging - with a variety of innovative strategies.

Instead of wasting your money on drugstore "miracle" creams, consider developing a simple, effective, medically guided skin-care regimen. Plastic

surgeons will continue to improve structural defects and signs of aging, but they'd do well to note the importance of treating skin in the pursuit of beauty.

chicagotribune.com
Chicago Tribune Web Edition

After plastic surgeries, more do an about-face

By Kirsten Scharnberg | TRIBUNE CORRESPONDENT
January 21, 2008

After two nose jobs and thousands of dollars, Debra Dunn hated her face so much that she avoided mirrors, didn't want to leave the house and hid behind her long hair anytime she had to be out in public.

"Every time I saw myself, I wanted to punch myself in the nose to make it all go away," said the 40-year-old New Yorker, referring to the five years that followed a cosmetic surgery intended to even out a bump on her nose from a childhood injury. "I just kept thinking, 'Why did I do this to myself?'"

Doctor after doctor told Dunn her new nose was lovely. "Anyone would kill for a cute little nose like that," she remembers many of them saying, despite the fact her new nose was so narrow that it whistled when she breathed. But Dunn deeply regretted messing with what nature had given her and felt she no longer bore any resemblance to herself.

Desperate, Dunn eventually spent more than three times the amount of her original surgery in an attempt to rebuild her nose to resemble the one she was born with.

"I don't think you can ever go completely back to square one," she said last week, "but for the most part I now look like myself again."

As plastic surgery has become increasingly common in America -- some 16 million procedures were performed in 2007 -- so has the consumer backlash.

Thousands of patients find themselves so displeased with the results of their surgeries that they are paying top dollar to undo what they had done. The demand for such procedures is so high that some doctors now promote themselves as "revision plastic surgeons" and devote up to 50 percent of their practices to such cases. The surgeries have earned their own nickname in the trendy nip-tuck world: undo-plasties.

"I'd say at this point that one out of about every two or three procedures I do is a revision surgery," said Dr. Andrew Jacono, chief of facial plastic and reconstructive surgery at North Shore University Hospital in Manhasset, N.Y.

If Hollywood, with its Joan Rivers cheekbones and Angelina Jolie-inspired lip injections, led the plastic surgery craze, it also has pioneered the developing trend of regretting many of the results.

Rocker Courtney Love recently wrote on her MySpace page that she hated her face-lift and wanted to go back to "the mouth God gave me." Porn star Jenna Jameson had breast implants removed last year, saying, "Why don't I be who I am?" Singer Julio Iglesias went public last year

about plastic surgery on his sagging neck and jaw line, calling it the "worst thing" he'd ever done.

The 'standardized' look

Actress Annabelle Gurwitch recently contributed a heartfelt commentary on National Public Radio in which she agonized over her choice to follow the Hollywood crowd to the plastic surgeon's operating table. Instead of loving her new, youthful face, she spoke of missing the bags under her eyes that had taken her "40 years to accumulate" and of feeling "like a sheep."

"Have I flouted nature and tampered with an essential, defining part of my being?" she said. "People are saying I look prettier, while I think I just look more standardized, like a new house where all the corners meet."

Jacono said the idea of feeling standardized is exactly what bothers so many of his clients. He said the combination of plastic surgery's popularity and the fact that so many doctors are jumping into the largely unregulated profession without specialized training has resulted in millions of "cookie cutter" surgeries that he calls "the Dr. Jones rhinoplasty and the Dr. Smith face-lift."

"Everyone kind of ends up looking the same," he said, adding that patients from as far away as Italy have recently come to him to revise surgeries they hate.

Jacono said many plastic surgeons not only tend to do all noses and face-lifts alike but also do more aggressive procedures than clients had envisioned. He said clients often tell him they wanted to look like a younger version of themselves but "came out looking like they had been trapped in a wind tunnel."

Patients like Dunn who hate the results of their initial plastic surgeries often become reclusive, unwilling to even leave home. Jacono said by the time many of them come to him, they are depressed and ashamed.

Kathy Kater, a St. Paul psychotherapist who specializes in body image disorders, said such reactions make sense.

"There is a human hunger to be our most authentic self," she said. "Such dramatic surgeries can make people feel as though their permanent self is not their genuine self -- at least on the outside. That can lead to a real feeling of internal discontent or even a very deep grief for a self who now seems to have disappeared."

Kater said she has some clients who have spiraled into deep depressions after having weight-loss surgeries and then gaining the weight back. "They feel like even bigger failures at that point," she said, "and regret doing the surgery in the first place."

'I have myself back'

Since Dunn had Jacono reconstruct her nose -- not an easy process because so much tissue and cartilage had been removed in the first nose job -- she said she has returned to her former outgoing self. She works outside the home again and doesn't try to shrink behind her hair.

"I feel like I have myself back -- and my life back," she said.

When asked whether this new wave of revision surgeries is another symptom of the nation's addiction to plastic surgery, Jacono quickly discounted the theory.

"A lot of these people come to me completely reclusive because they are so inhibited by the person they've been turned into," he said. "And after I restore the face they want to them, they never have another plastic surgery again."



Zoned lips helps cosmetic surgeons

MANHASSET, N.Y., Jan. 22 (UPI) -- Dividing the lips into zones may help cosmetic surgeons increase satisfaction among patients who undergo enhancement procedures, a U.S. study suggests.

Dr. Andrew A. Jacono of The North Shore University Hospital in Manhasset, N.Y., performed 137 lip augmentation treatments on 62 female and four male patients from Jan. 1, 2004, to Jan. 1, 2006.

Jacono used a new classification of 15 lip zones to direct the placement of non-animal-sourced stabilized hyaluronic acid, or Restylane, injectable gel fillers used for lip enhancement.

The patients ranged in age from 20 to 76 and averaged 45.8 years old. Of those who underwent treatment, 53 patients filled out a follow-up questionnaire to measure satisfaction with the procedures.

On a scale of 1 to 5, the average score was 4.5, with 5 signifying the most satisfaction. The average amount of time it took for lips to return to their original state was 4.9 months, which is similar to that seen in other studies.

The findings are published in the Archives of Facial Plastic Surgery.