



Plastic Surgery News

The New Plastic

By VICKI SALEMI

Thinking about having a typical nip and tuck procedure like a nose job or some lipo? That's so 2008. When it comes to trends in plastic surgery, Botox parties are the new black. As are toe-shortening procedures, vein removal on the hands and yes, calf and chin implants. We checked out the new plastic that also includes hymen reconstruction, eyelid surgery and more.



Labiaplasty

Once considered the kind of surgery women had but didn't talk about, labiaplasty (or labia rejuvenation) is quickly gaining popularity. "Nobody really talked about it before," says Fardad Forouzanpour of The Beverly Hills Cosmetic Surgical Group. "Now I'm getting hundreds of hits on my website every month for information on labiaplasties, and several dozen calls a week from women wanting consultations," he says. The surgery reduces the size of enlarged or asymmetrical labia for either aesthetic purposes or to prevent discomfort. Recovery time varies but usually takes no longer than four weeks.

Toe shortening

This procedure involves removing a piece of skin and bone from the toe resulting in straightening and shortening. Dr. Elena Blanco, podiatrist, Hackensack University Medical Center explains, "Patients get this procedure done when they are having pain in shoes due to pressure or from an overlying corn or cannot fit into shoes or find it aesthetically displeasing." The recovery is approximately four weeks to get back to comfortable shoes; however, she notes it can take one to two more months until the patient is comfortable in dress or high heeled shoes because of sensitivity and/or swelling.



Eyelid surgery

If Asian women want their eyes to appear "more western," this hour-long procedure involves local anesthesia with one week of recovery time. Dr. Tehrani explains, "An incision is made to resemble a Caucasian eyelid with an upper eyelid crease." Women seeking this surgery typically want to fill a void of the fold in their upper eyelid by

having the plastic surgeon create an incision to re-arrange the tissues.

Hymen reconstruction

As people pursue plastic surgery in order to feel rejuvenated, feeling better is not limited to the face -- people are looking to feel youthful down there, too. The medical term for the procedure is hymenoplasty, a surgical restoration of the hymen. "I think this is on the rise because women are bothered by it or they want to feel rejuvenated." Women request the procedure to have the vaginal walls tightened, which can help to "rejuvenate" or "re-virginize" the vaginal area in an attempt to experience greater sexual satisfaction.



Vein and wrinkle removal on hands



Although plastic surgeons can do face and eyelifts to restore the fountain of youth, when it comes to the hands they're often giveaways as to the person's real age. The procedure leaves the hand a little painful and swollen the first few weeks after surgery. The first month of healing makes it uncomfortable to type, drive and do housework. Denver-based plastic surgeon Dr. Christine Rogers notes, "Wrinkles on the hands can also be treated with retinol and light treatments. Some of the more effective treatments involve injecting fillers as well. I prefer a patient's own fat as there is little chance of an allergic reaction and I think that it gives a more natural result."

Botox parties

Forget Tupperware parties your mother used to host. These days Botox parties come equipped with friends, conversation and yes – multiple injections. According to Dr. Kevin Tehrani, founder and director of Aristocrat Plastic Surgery and Chief of Plastic Surgery at SUNY Downstate Medical Center, and Delivering Beauty, Botox parties typically occur after hours at a plastic surgeon's office. "People typically talk about the subject and then between myself and staff, multiple injections are given in that setting."



House calls

Whether the treatments last fifteen minutes, plastic surgeons like Tehrani are known to make house calls. Either the plastic surgeon, nurse or physician's assistant visit the patient's home for treatments. "Mainly one or two friends get it done together." When seeking a practitioner, Dr. Tehrani advises people to find professionals who have extensive experience and are well educated. "Ideally it should be a board-certified plastic surgeon, board-certified facial plastic surgeon or board-certified dermatologist."

Chin implants

"Silicone is used to enhance a chin," says Dr. Tehrani. "You may need to take a little off the nose and add it to the chin to create facial harmony." If someone has an asymmetrical chin, this surgery intends to add volume to a chin. The procedure itself takes one and a half to two hours with a one to two week recovery time.



Calf implants

Typically incisions are made in the back of a knee joint or traditionally right along the calf to camouflage the scar. Dr. Shirley Madhere, plastic surgeon in New York City, explains, "The surgery takes one to two hours per leg with one week recovery of avoiding activity. The ideal candidate is someone who is healthy without illnesses precluding him/her from an anesthesia perspective and awareness of risks and maintenance of implants." Plus, she strongly recommends that patients are close to their ideal body weight before surgery.

Ear pinning

According to Dr. Donn Chatham, president of the American Academy of Facial and Reconstructive Surgery (AAFPRS) and facial plastic surgeon in Kentucky and Indiana, otoplasty is a fairly straightforward surgery. "Incisions are made behind the ear, special sutures are used to help shape and reposition the cartilage of the ears, and then they are put back in a better place. Anesthesia can be local, sedation, or general, and the surgery takes about 2 hours or less. After some temporary swelling and soreness (pain is not great), after a few days the ears look pretty good and return to work or school is rapid."



SmoothLipo

If liposuction and its significant recovery downtime doesn't sound appealing, Dr. Miles Graivier, Atlanta-based plastic surgeon says SmoothLipo reshapes and contours the body while dealing with skin laxity. "During SmoothLipo, laser energy is delivered under the skin to the treatment area where it is transformed into heat. The heat creates higher temperatures in the fat cells which results in their irreversible breakdown. The elevated temperature also shrinks collagen fibrils and stimulates new collagen production in the surrounding tissue causing the appearance of tighter and smoother-looking skin." Like all of the other procedures

mentioned, it's wise to remember surgery always involves a degree of risk so it's important to consult with doctors about previous medical conditions.