

THE *New You*  
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## *Why do your eyes look tired?*

Do you feel that your eyes look tired? There are three causes for this - excess skin of the upper eyelids, brow ptosis, and occasionally a droopy eyelid. If the problem is excess skin of the eyelid one can have it removed with a Blepharoplasty. Patients with Brow Ptosis do well with a Browlift. Today we are going to discuss those patients that have a "droopy" eyelid - or the margin of the eyelid is low in relation to the pupil.

The cause of this malposition can be from a stretched out muscle that normally opens your upper eyelid or a disruption of the insertion of this muscle on "tarsus" or cartilage of the upper eyelid. If the muscle is stretched, we shorten it to the correct length, and if the insertion is disrupted, we reinsert it to the eyelid cartilage. This lifts

the eyelid to the proper position in relationship to the pupil.

When the muscle in the eyelid is modified, vision is improved and the tired look is remedied. The operation is performed as an outpatient with minimal postoperative pain. The surgery is often covered by insurance with appropriate documentation by your ophthalmologist.

Feel free to call for an appointment so that one of the plastic surgeons in our office can address the reason why your eyes may look tired and make treatment recommendations.

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# WHAT TYPE OF TUMMY TUCK IS BEST FOR ME?

Tummy tucks are performed on women who as a result of pregnancy have stretched muscles and overhanging skin on the abdomen below the belly button. We also perform tummy tucks on women AND men who have lost weight and whom also have stretched muscles and overhanging skin on their abdomen.

The advantages of a Tummy Tuck are that we can create an internal corset by tightening the stretched muscles. At the same time, the potential for rashes is reduced or eliminated when overhanging skin is removed. Having a flatter tummy also improves self-esteem and makes exercising and dressing easier.

If you don't have a lot of excess fat above the belly button, this type of traditional tummy tuck works best.



*Before Traditional Tummy Tuck*      *After Traditional Tummy Tuck*



*Before Lipo Tummy Tuck*

*After Lipo Tummy Tuck*

However, there are some patients who not only have stretched muscles and excess skin below the belly button but also have excess fat ABOVE the belly button. For these types of patients, we perform a **LIPO-TUMMY TUCK**. We safely combine liposuction of the UPPER abdomen with a tummy tuck to get a better overall result.

If you come in for an evaluation, we will take digital pictures and modify them on the computer to give you an idea of what your options may be, what tummy tuck technique would work best for you, and what results you can reasonably expect after surgery.

## SURGERY FOR DUPUYTREN'S [du-pwe-TRANZ] OF THE HAND

Plastic surgeons often do hand surgery. Dupuytren's is when the tissue just underneath the skin of the palm of your hand becomes tough and rigid. This can be painful when you touch your palm and it also can cause the finger joints to become bent and contracted. When you have pain or when your fingers begin to become disfigured, we remove the tough tissue

in the hand, taking care to protect the nerves, arteries, and tendons.

This procedure can be performed under local anesthesia or general anesthesia. It is usually covered by insurance. Return to work that doesn't involve heavy lifting is common after 1-2 days.



# BREAST AUGMENTATION: Which shape of implant is best for me: a Moderate profile, a High profile, or an Ultra High profile implant?

The advantages of breast augmentation include:

1. Clothes fit better.
2. Women enjoy wearing bathing suits without padding.
3. There is better balance and harmony when the breast size is in proportion to that of the derriere.
4. Women are thankful to have their breast size and shape restored to what it was prior to pregnancy and breast feeding.



*Moderate plus profile (natural look) implant patient.*



Many women are concerned preoperatively about “going too large” from breast augmentation surgery. Six months after surgery when the swelling has subsided, it is rare that women are frustrated with breasts that are too large. Quite the opposite is usually expressed to surgeons: “If I had to do it all over again, I might have gone a bit bigger.”

The reason for the lack of concern about breast implants being too large after surgery is this key point: You, the patient, control the perceived size of your breasts not so much by the size of the implant but by how you dress. If you wear loose fitting clothing, no one will know that you had breast surgery. If you wear tight fitting clothes, others may be aware that you had breast augmentation surgery.

Having said all of this, choosing a STYLE of implant may help you to create the breast look that you desire while unclothed in the privacy of your home. If you want a very natural look with a moderate amount of fullness in the upper portion of your breast, choose a MODERATE PLUS profile implant. If you want a “perky” look to your breasts but you DON’T want to have a large implant, choose an HIGH profile implant. If you want considerable fullness at the top of your breasts and you have a narrow chest, you can choose an ULTRA HIGH profile implant (only available with silicone implants.)



*High profile (perky look) implant patient.*

When you come in for evaluation, discuss your preferences for breast size and appearance with your surgeon. You can bring pictures of women clothed and unclothed to further communicate what look you desire. Your surgeon will evaluate these pictures and after examining you and understanding the size you desire, can make implant recommendations to you.

## Post-Recovery Treatment Program for Cosmetic Surgery Patients

When you decide to have a facelift or brow lift, you envision how nice the end result will be. Common sense tells us that the path to achieving optimum results from facial rejuvenation surgery is a process; in other words, as much as we would like our transformation to take place overnight, we know it is not realistic. To help put you on the fast track to healing, we now recommend post-surgical lymphatic drainage massage for all facelift and brow lift patients.

These physician-directed facial massage treatments are performed by our medical aestheticians in a re-

laxing, stress-free environment after your facial surgery. You will find that they:

- provide relief from discomfort
- minimize bruising and swelling
- speed up the healing process
- stimulate the growth of healthy new skin cells
- increase nerve regeneration
- help to reduce the appearance of scarring

Your first lymphatic drainage massage treatment typically begins approximately 14 days after surgery. Second and third treatments, if

needed, are recommended on days 21 and 28 respectively.

During your pre-operative consultation with your physician, a treatment plan specifically tailored to your unique needs will be discussed.



## In the News

Richard J. Greco, MD has written the Chapter, "Managing a Cosmetic Surgery Practice" for the 9 Volume Series in Plastic Surgery - by Peter Neligan, MD. He recently lectured at the American Society of Plastic Surgery - Practice Management "Boot Camp" held in Chicago, Illinois. In addition, he ran a productive meeting as President of the Royal and Ancient Society of American Plastic Surgeons in Miami Florida in April, 2015.

The Georgia Institute For Plastic Surgery just closed the study of Mentor CPG Silicone Form Stable implants and has been accepted as a site for a research project studying large silicone implants 900 - 1400 cc for Breast Reconstruction patients.



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