

# Cosmetic Surgery Times

Change on Aesthetic Perspective Begins

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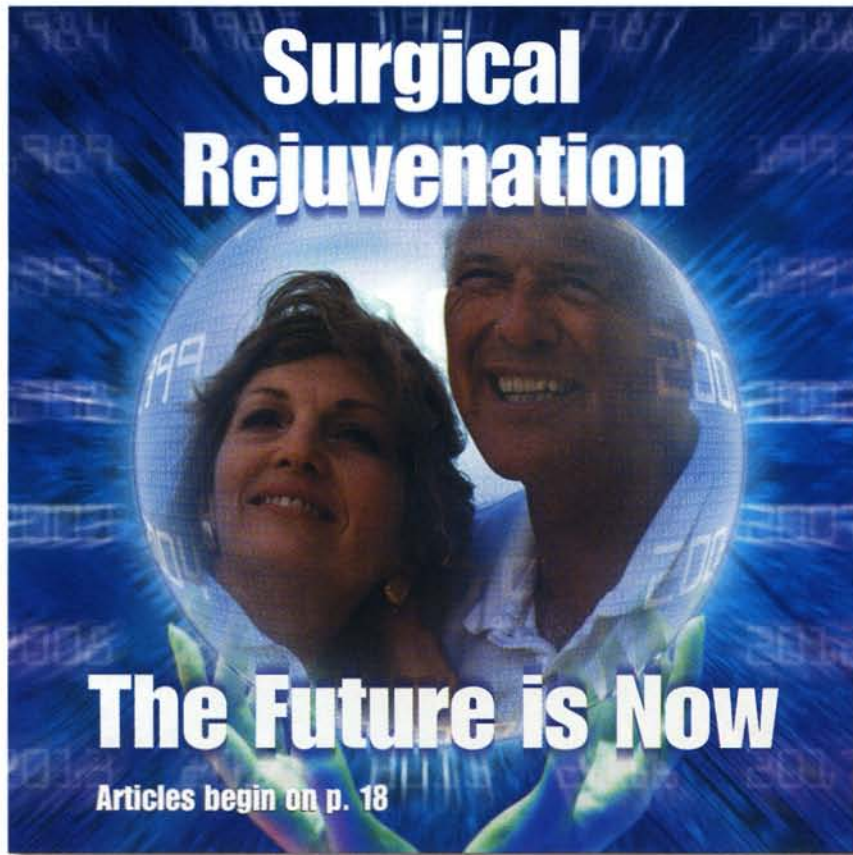
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## BREAST REDUCTION

### Liposuction-only attracts attention

By Leslie Sabbagh  
Contributing Editor

Los Angeles — The use of only liposuction as a viable treatment for breast reduction is gaining favor among surgeons for a variety of reasons. In carefully selected patients, the recovery time and associated scarring is greatly decreased compared to traditional reduction techniques. In addition, the potential for changes in nipple sensation and problems with the ability to breast feed are much less likely,



Dr. Fodor

noted Peter Bela Fodor, M.D.

Initially, liposuction-only breast reduction was reserved for younger patients

See *Liposuction* on page 8

## Perfect mouth for more youthful look

Patients are requesting a more younger-looking smile line, appearance

By Martin Kohl  
Contributing Editor

Atlanta — Cosmetic dentist Ronald E. Goldstein, D.D.S., said patients seek cosmetic surgery and cosmetic dentistry "to make them look young or keep them looking younger. The quest for a younger smile



Dr. Goldstein

line becomes one of the most important parts of a younger-looking face. The mouth is not static, it's dynamic."

To assist in the "quest for a younger smile," Dr. Goldstein, clinical professor of



Open bite, crowned, and discolored teeth on a 30-year-old patient who wanted to improve her overall appearance (left). The patient underwent orthodontics, orthognathic surgery, bleaching, procelain laminates, porcelain crowns, plastic surgery, and a makeover. The combined therapy took two years to complete.

change some of the opinions that have existed throughout the history of cosmetic surgery."

From a practical standpoint, he con-



tinued, it will be an "uphill battle" because patients who opt for cosmetic surgery want it as soon as they can get it.

See *Mouth* on page 14

## Inflammation underlying cause



## Mouth should emphasize beauty prior to cosmetic surgery

Continued from page 1

"I think the cosmetic surgeon sometimes feels ill at ease telling a patient 'I prefer not to do the surgery now. I prefer for you to go to a cosmetic dentist where it could take up to two years to get your mouth in shape, and then do the facial surgery.' This is a very difficult problem," said Dr. Goldstein, who also holds professorships in dentistry at Boston University, University of Southern California, and the University of Texas Health Science Center.

**Many cosmetic surgeons have not been taught to suggest dental procedures before surgery begins, although there are some who do.**

In addition to feeling "ill at ease" in referring patients to a cosmetic dentist because of possible time constraints, many cosmetic surgeons have not been taught to suggest dental procedures before surgery begins, although there are some who do.

"There are some cosmetic surgeons who won't proceed unless the smile is put in shape first. They don't want somebody tugging on the lips and cheeks after they have spent a lot of time tightening the facial muscles and skin in a proper position," Dr. Goldstein added.

Cosmetic dentistry, he continued,

**This patient presented with short, stubby, discolored teeth covered by a great deal of gum tissue (below). After gum surgery was performed, the teeth were fitted for 12 porcelain laminate veneers. Several days later, the patient's preselected shade was bonded to his teeth (right).**

(All photographs provided courtesy of Ronald E. Goldstein, D.D.S., from his book, *Change Your Smile* [Quintessence Publishing Co.]



tends to use lip retractors, which can stretch the skin considerably for hours on end. And although the stretching does not cause a wrinkle or affect the results of surgery, "the patient thinks it does. Patients tend to think we've ruined their surgery. So it's psychologically more advisable to do the smile first."

### Childhood fears

Another psychological fear among some patients involves having anything done to their mouths. Experiencing pain or discomfort during childhood also tends to make patients shy away from dentistry.

Added Dr. Goldstein: "The fears are not realistic fears. It's very important for a

cosmetic surgeon to know that roughly four of the seven procedures for cosmetic dentistry don't even require an anesthetic. When we treat teeth with lasers and air abrasion there is virtually no discomfort in 80 percent of the cases."

### Anesthesia via computer

Dr. Goldstein, author of both textbooks and the consumer guide "Change Your Smile," said: "When local anesthetics are used they are applied by computer-assisted anesthesia, which is virtually painless. Pain or discomfort is not really a factor. Computerized anesthesia emits a drop of anesthetic ahead of the needle. It also eliminates pressure, which is what

## There is more than one way to help patients appear young

*Cosmetic surgery no longer needs to be major for minor imperfections*

Nashville, Tenn. — Over time, skin exposure to the elements — sun, wind, snow, rain, dust, to name a few — can add years to a person's appearance. And women, especially, are fighting back. They refuse to become victims of time and weather. And, fortunately, there are simple methods available to interrupt the aging process thanks to plastic, cosmetic, and dermatologic surgeons.

Three such simple treatments available today do meet the needs of the age-conscious patient, said Gary D. Monheit, M.D., assistant professor, department of dermatology, University of Alabama, Birmingham; and James M. Spencer, M.D., director, dermatologic surgery, Mount Sinai Medical Center, New York. The two

operative recovery periods to less invasive techniques" some of which can be performed over the weekend and the patient returns to work almost immediately.

By emitting a beam of light water in skin cells, the high-energy lasers improve superficial and moderately deep wrinkles, such as those on the upper lip, the crow's feet area, and the shallow wrinkles on the cheeks and forehead, said Dr. Monheit.

Now there is a newer nonablative laser technique for use on wrinkles, said Dr. Monheit. The procedure uses the long wavelength Q-switch Er:YAG lasers, which have removed pigmented lesions, tattoos, and excess hair. It combines the laser's deep penetration to improve

the epidermis for the treatment

Dr. Monheit said types of peels include the 20 to 40 percent alpha-hydroxy peels, including the 10 to 20 percent TCA peel.

Superficial peels treat early aging. But for more advanced aging texture and stationary wrinkles are advised, said Dr. Monheit. Microdermabrasion and smooth fine lines.

### Microdermabrasion

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