

# Myths and Facts Regarding Facial Plastic Surgery

HEALTHY  
LIFESTYLES



*Myth:* Plastic surgery looks unnatural.

*Fact:* In years past, a nose job involved destructive, overly aggressive techniques resulting in an "operated look," and facelifts and forehead lifts pulled hair back, making a patient look like she had a too-tight ponytail. Today's techniques create subtle, lasting changes and shapes which occur in nature. Modern incisions are nearly invisible, preserving and sometimes even improving existing hairlines.

*Myth:* The newest techniques are always the best techniques.

*Fact:* While advances such as tiny incision endoscopic and laser surgery can be helpful techniques when appropriate, they have not revolutionized the field. Sometimes time-proven techniques produce superior results.

*Myth:* Plastic surgery is expensive and a waste of money.

*Fact:* When Phyllis Diller had her facelifts, her procedure required many hours of surgery, general anesthesia and a lengthy hospital stay. Today, the procedure takes a couple of hours, and is usually performed on an outpatient basis under a safe and comfortable twilight anesthesia. The result has been that plastic surgery is no longer the domain of the elite. The return on investment compares favorably with amounts spent annually on wrinkle creams, hair care, makeup and clothing. In studies, people judged physically attractive on average earn more, have more friends and happier marriages. What cosmetic surgery can provide is the combination of a self-confidence boost and the edge that, like it or not, good looks confer in our society. About one quarter of my patients have surgery to help them in their careers or in job interviews.

*Myth:* Most cosmetic surgery patients have psychological problems.

*Fact:* Interestingly, several studies have confirmed that patients in a cosmetic surgery practice have less psychological illness than those in a Family Practice office! While they tend to be somewhat type A and perfectionists, they are generally well adjusted individuals.

*Myth:* You have to go to Europe or a large city to have quality results.

*Fact:* Even a city the size of Charleston is fortunate to have four Facial Plastic surgeons and more than ten Plastic Surgeons. Many

of these surgeons have world class training. Cost of surgery in Charleston is one half to two thirds the cost in California, New York or Atlanta.

*Myth:* Having one plastic surgery procedure commits you to having more, and the results do not last.

*Fact:* Procedures such as eyelid surgery and chemical peels are almost always once in a lifetime procedure. If you have a facelift at age forty, the results significantly last for nearly a decade, and you will still have some lingering benefit at age ninety.

*Myth:* It is best to wait until the condition is well advanced to have correction.

*Fact:* This is an unfortunate myth affecting baby boomers, because procedures such as eyelid surgery, which last a lifetime, can restore a rested youthful appearance which can be enjoyed for many prime and productive years.



*After Surgery*



*Before Surgery*

This patient is shown before and three weeks after a facelift, forehead lift, rhinoplasty (nose job) and upper eyelid surgery.

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