

Facial Surgery

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Julie Chen awoke a “cultural controversy” when recently admitting to having eye-lid surgery on the television show *The Talk*.

She was persuaded after being told by both a “Big Time agent” and her boss at the time that her eyes would limit her success, saying “you look disinterested, you look bored because your eyes are so heavy.” Julie noted that after the surgery “the ball did roll.”

Julie’s story is no mystery. The American Society of Plastic Surgeons (ASPS) reported in 2012’s State of Plastic Surgery Annual Statistic Reports that there was an annual growth of 5% in all cosmetic procedures with facial procedures seeing the most growth in 2012 of about 8%.

The baby boomer generation has produced a work force bursting at the seams. Imagine sitting at work at the age of 53, being among the oldest and best paid employees. One day, the new division head, 25 odd years your junior, asks you “how long you have been at the firm, if there is anything you still hope to accomplish there, and are you getting enough time to visit grandchildren?” In our culture, where beauty and youth are synonymous and rapid change in the workforce trumps experience, more and more people are turning to facial surgery and other enhancements as a means of looking and feeling younger. Because the face is what people focus on during conversation, rejuvenating cosmetic procedures are a great way to regain confidence and self-esteem.

While cosmetic procedures can in some cases change how we feel at our very core, it is nonetheless important to do our homework. Choosing to have plastic surgery is a big decision and so is choosing your surgeon. There is a wealth of information which can be found online such as the web site www.realself.com, offering true stories both good and bad as well as feedback on procedures. However, it is important to seek advice from healthcare professionals which have both experience and a vested interest in plastic surgery such as members of the American Society of Aesthetic Plastic Surgery (ASAPS) or American Society of Plastic Surgeons (ASPS).

Do Your Homework

Dr. Roberta Gartside, a member of both ASAPS and ASPS, explains facial enhancements based on your own personal goals and wishes. Those enhancements could come in the form of surgery, such as facelifts and blepharoplasties, or as non-surgical procedures and treatments, like BOTOX, Fillers, and resurfacing. Facelifts encompass a variety of procedures that are given a number of different names: Facelift, Mini-Facelift, Neck Lift, SMAS, Mid-Facelift, Brow lift, etc. Often the surgeries are combined with “enhancements”

such as fat grafting and laser resurfacing. Because there are so many possible combinations it is important to discuss options with an individual knowledgeable in the many different aspects of facial enhancements and cosmetic procedures.

The fact that Julie Chen has been faced with some back lash on social media, reminds us that cosmetic procedures are not for everyone. Julie had made the right decision for her personal self and as an independent woman. Dr. Gartside says that in these types of cases, individuals with a clear idea of their areas of concern are met with the highest possible levels of success. So it is important to consult with your healthcare professional.

Choosing a Surgeon

There are many considerations that one should factor in while making an informed decision:

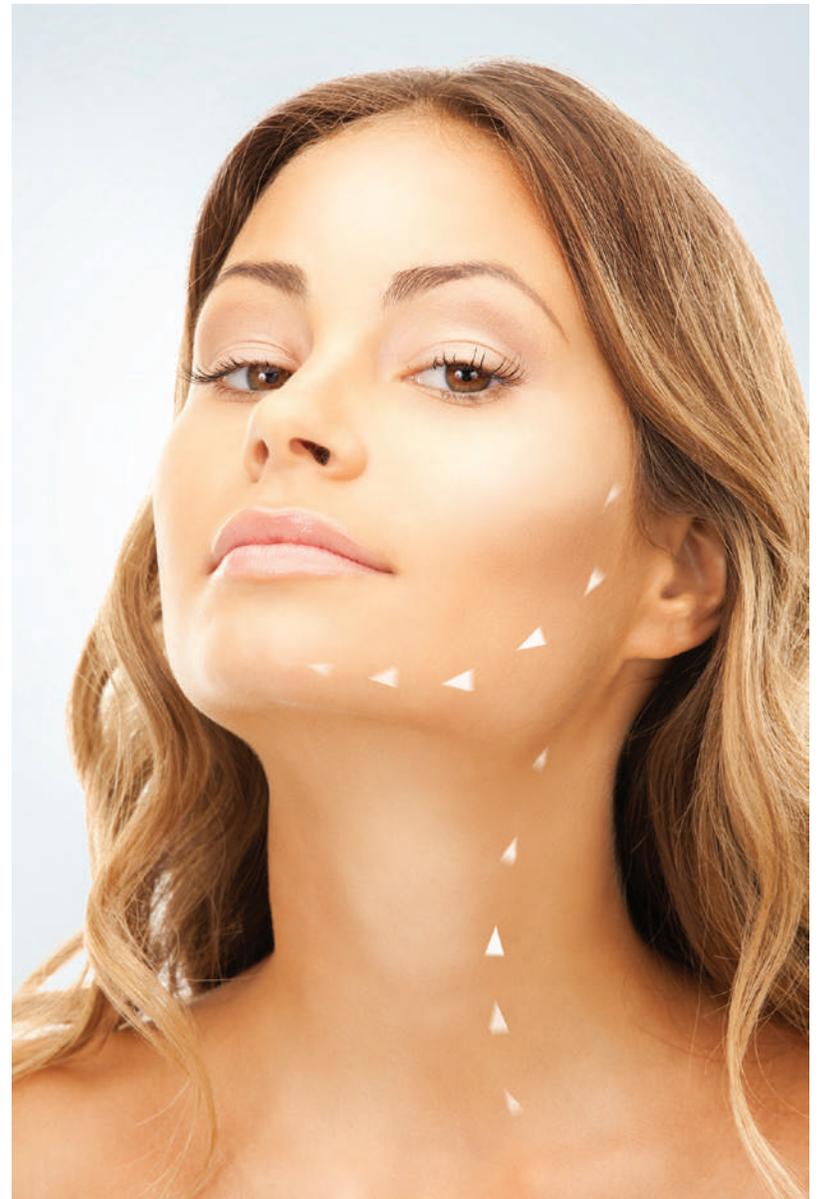
- **Why is this surgery right for me?**
- **How does the surgery work and what are the risks?**
- **Who should I consult to seek answers and help?**

The truth is it’s hard to tell sometimes. We hear horror stories of cosmetic tourism. Individuals who travel out of the country seeking quick and cheap solutions only to find themselves unsatisfied with the results, no form of proper treatment or aftercare, or worse.

Cosmetic surgery, as an important decision in life, should be considered very carefully. Consult with professionals who will work with you in a trusted manner. Becoming an educated consumer is the first step to take towards a successful procedure.

Many healthcare providers are now performing cosmetic surgery, but that does not mean they are all plastic surgeons. A surgeon’s scope of practice is define by the ten surgical boards recognized by the American Board of Medical Specialties (AMBS). The American Board of Plastic Surgery (ABPS) is one of these ten boards.

When you go to ASPS or ASAPS member surgeons, like Dr. Gartside, you can be assured they are Board-Certified by the American Board of Plastic Surgery (ABPS). These specialized surgeons operate only in accredited medical facilities and adhere to a strict code of ethics. Members, such as Dr. Gartside, are committed to their specialty including fulfilling continuing educational requirements, including new technologies,



procedures, and patient safety techniques. ASPS and ASAPS members will be your partner, working to achieve your goals, while inquiring about plastic surgery.

Make sure your surgeon has these outstanding qualifications, look for the ASPS or ASASP Member Surgeon logo.