

CURRENT TRENDS IN COSMETIC SURGERY

By Dr. Scott A. Brenman, M.D., F.A.C.S.
Board Certified Plastic Surgeon

As cosmetic surgery becomes increasingly popular for men and women, new options which minimize scars, discomfort and recovery have also become available for improving the appearance of the face, breasts and body. These advances in surgical technique have made plastic surgery increasingly predictable and effective with the vast majority of procedures safely performed on an outpatient basis.

Breast enhancement procedures include breast augmentation, breast lifts and breast reductions. While saline implants remain the standard for increasing breast size with excellent results, new generation silicone implants may soon become available providing another option in breast augmentation. Insertion of the implants through minimal incisions around the nipple or through well-concealed incisions in the underarm (trans-axillary) with use of the endoscope is now standard. Short scar techniques for breast lifts with or without implants and breast reductions have been developed which allow plastic surgeons to minimize the large scar previously required under the breast.

Liposuction is a safe and effective procedure routinely used to contour the abdomen, hips, flanks and thighs. The tumescent technique is used which minimizes post-operative swelling and bruising and also allows the procedure to be performed under twilight sedation in select instances. Power-assisted liposuction and ultrasonic liposuction may be suggested for treating areas such as the male breast and the back where the tissues are firmer.

Facial plastic surgery has shown dramatic recent advances in improving the appearance of the skin, forehead, eyelids, cheeks, neck and mouth. With non-surgical methods of skin rejuvenation such as chemical peels and microdermabrasion, patients can restore a more youthful texture and

luster to the skin with minimal recovery and virtually no discomfort. Botox used for kinetic wrinkles has allowed plastic surgeons to virtually erase deep frown lines across the forehead, between the eyebrows and the tell-tale "crowsfeet" lines at the outer corner of the eyes. Restylane and other new generation soft-tissue fillers are routinely used in the office to treat deep or superficial static wrinkles in the nasolabial and peri-oral region. Lip augmentation is a very frequent technique used to enhance naturally small lips or to correct volume loss in the lips due to aging. These new FDA approved synthetic soft-tissue fillers have effectively quadrupled the duration of benefit over previously used animal collagen products. Additionally, fat grafting is now a standard technique used in the operating room to achieve similar effects potentially with permanent results.

Surgical techniques to enhance facial appearance have focused on minimizing scars and restoring volume to the aging face through repositioning of structures beneath the skin or replacement with fat grafting. Use of the endoscope through small scalp incisions allows improvement in brow position and smooths transverse crease lines in the forehead. Small absorbable anchors to maintain brow position through upper eyelid incisions alone show great promise and may completely replace scalp incisions in select patients. The internal or transconjunctival approach to lower eyelid surgery removes visible fat pockets and completely avoids an external incision. Barbed sutures to lift the cheek pads and jowls may provide an interim or "bridge" facelift without surgery and show great promise, as do lesser facial surgery techniques such as the "S-lift" and other minimal incision face and neck rejuvenation procedures.

A recent advance in post-operative pain management is the "pain pump", now routinely used on abdominoplasty (tummy tuck) procedures, breast augments, lift and reductions and many

orthopedic and gynecologic operations. This device automatically delivers an anesthetic at a controlled rate to the operative site generally over three days and enables patients to use less narcotic pain medication. This allows better early mobility and improves respiration and circulation, thus reducing risk of post-operative complications.

It is important to carefully select your plastic surgeon when you are considering any cosmetic or reconstructive plastic surgery procedures. The American Board of Plastic Surgeons (www.plasticsurgery.org) can provide a list of board-certified plastic surgeons in your area.


Scott A. Brenman, M.D., F.A.C.S., is a board certified plastic surgeon with over 16 years in practice affiliated with Hospital of the University of Pennsylvania. He is located in Society Hill, Philadelphia at Pennsylvania Hospital and Chestnut Hill Hospital. He proudly brings his expertise to eastern Montgomery County with an office at 531 West Germantown Pike, Plymouth Meeting and operating privileges at the Abington Surgery Center in Willow Grove, PA. Appointments with Dr. Scott Brenman can be scheduled by phone at 215-829-7290 or by email at www.DrBrenman.com.




WWW.DRBREMAN.COM

The Pennsylvania Centre for Plastic Surgery

A TRADITION OF SURGICAL EXCELLENCE



CHOOSE A COSMETIC SURGEON WITH AN ARTISTIC ABILITY AND AN AESTHETIC SENSE THAT COMPLIMENTS YOUR OWN OBJECTIVES.



In a continuing tradition of excellence, Dr. Scott Brenman's goal is to provide cosmetic surgical services of the highest standards to all of his patients. It is his ongoing commitment to treat his patients with dignity and compassion in an environment of privacy, comfort and safety. This has earned Dr. Scott Brenman the respect of thousands of satisfied patients throughout the Delaware Valley.

**FACE-LIFT ~ EYELID ENHANCEMENT ~ NASAL SURGERY
BREAST ENHANCEMENT ~ BODY CONTOURING ~ ABDOMINAL CONTOURING
LATEST ADVANCEMENT IN FACIAL REJUVENATION TO INCLUDE BOTOX
& RESTYLANE ~ LIP ENHANCEMENT**

Scott A. Brenman, MD, F.A.C.S.
Certified by the American Board of Plastic Surgery

215.829.7290

801 Spruce Street | 10th Floor, Spruce Building | Philadelphia, PA 19107
THE COSMETIC CENTER
531 W. Germantown Pike | Suite 201 | Plymouth Meeting, PA 19462
AFFILIATED WITH: PENNSYLVANIA • ABINGTON • CHESTNUT HILL HOSPITALS

