

Revive your eyes with a non-surgical eyebrow lift!

Eric Dobratz, MD

Botulinum toxin (Botox® or Dysport®) has been used to treat wrinkles and frown lines in the forehead for over 10 years. More recently, botulinum toxin has been used to weaken wrinkles around the eyes (crows feet) and the lips (lipstick lines), to elevate the depressed corners of the lips and reduce the muscle bands in the neck. Another recent development has been the use of botulinum toxin to elevate the eyebrows, creating a non-surgical brow lift that provides patients with a more open and refreshed appearance to the eyes.

Botulinum toxin was first used cosmetically to treat the “frown lines” or “11” lines between the eyebrows. Many people noted that the inner and middle portions of their eyebrows were elevated with these treatments.

Some studies showed as much as 2-3 mm of elevation. While elevation of the inner or middle eyebrow was pleasing, many people desired elevation of the lateral, or outside eyebrow instead. It is the depressed lateral brows that are more often the cause of a tired appearance to the eyes.



A patient who underwent a non-surgical brow lift with Botox®. The top photo shows the pretreatment appearance. Notice the more refreshed and alert appearance of the eyes after the non-surgical eyebrow lift on the bottom photo.

With this in mind, many facial plastic surgeons have been injecting botulinum toxin directly under the lateral eyebrow, which weakens the muscles that are pulling the lateral eyebrow down. This allows the muscles in the forehead to lift up on the lateral

eyebrow without any muscles pulling down and creates an elevation of the lateral portion of the eyebrow. When this technique is combined with the traditional treatment for “frown lines,” patients may achieve a very pleasing brow lift across the entire brow. This lift opens up the eyes allowing for a more alert and refreshed appearance without surgery!



Skin Conditions

Edward Prodanovic, MD

Skin conditions can occur in patients of every skin tone, but there are some conditions that affect people of color more frequently or more severely. Latinos, Asians, African-Americans

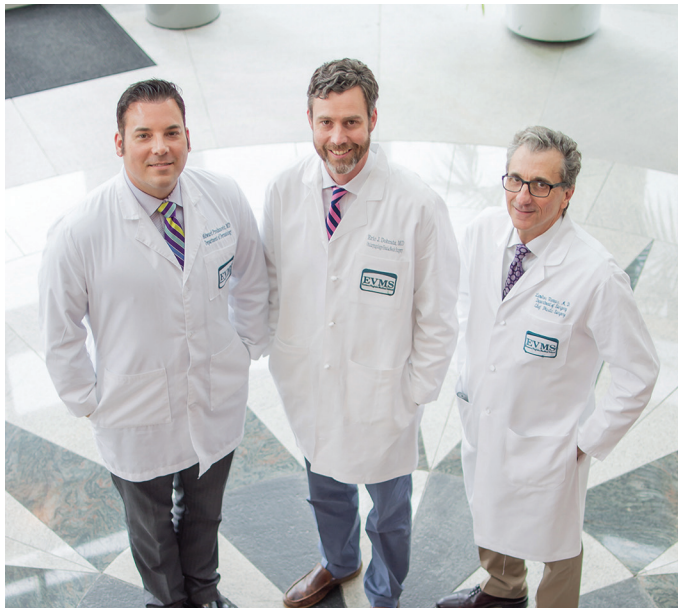
and other ethnicities, have more melanin pigment in their skin. One benefit of this is that they have more natural protection from ultraviolet (UV) radiation and photoaging, but the cells that make melanin pigment tend to be more reactive to inflammation and injury. Often, this leads to post-inflammatory hyperpigmentation (PIH) problems that leave the appearance of an uneven skin complexion. Acne seems to be a common trigger resulting in dark spots that can be of greater concern than the original pimples.

Melasma, often referred to as the “mask of pregnancy,” is another common pigmentation problem. The cause

continued on back

of melasma is a combination of genetic and hormonal factors as well as UV exposure. It is important to use sunscreens that will block the UV rays because sun exposure can worsen dark spots. There are several treatments that can be used for PIH or melasma, but none of these treatments are quick fixes. It is important to seek a physician with expertise in treating these conditions.

Dry skin and keloid scarring are other conditions affecting individuals with darker skin tones. Dry skin can be aggravated by the use of harsh soap that strip the skin's barrier of moisture and natural oils, as well as products, such as fragrances, that can irritate the skin. Some patients develop atopic dermatitis, a more severe form of eczema, which presents with dry itchy rashes. Patients may need to moisturize their skin more often with thicker emollients such as petroleum jelly or coconut oil. Prescription topical steroids may be prescribed to help with the itching. With hypertrophic or keloid scarring, excess collagen is produced when the skin is wounded. These scars are not only unsightly, but can be painful and itchy. There are treatments that can help reduce or soften them, but they can often recur. Though we all have basic skin needs, patients of color often have specific concerns. An experienced provider can help with addressing these concerns.



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Mommy Makeover

Lambros Viennas, MD

During pregnancy, as a mother gains weight, the soft tissues stretch resulting in excess inelastic skin, stretch marks, localized fat deposits, sagging breasts, and separation of the abdominal muscles. A mommy makeover brings back the shape of a woman's body through various plastic surgery treatments. Typically, these procedures are performed at least 6 months after pregnancy, an additional

6 months after breast feeding, and after the patient has reached her goal weight.

Body rejuvenation procedures include breast augmentation, breast lift, tummy tuck (abdominoplasty), and liposuction. Treatment is tailored to the patient's needs. For example, a mother's breasts may require a breast augmentation with implants to improve breast fullness. However, if the breast is drooping, a lift would be indicated to reposition the breast higher on the chest. A breast lift requires extra incisions to remove the excess skin.

When performing body contouring procedures to remove excess skin and fat, a 360 degree evaluation includes looking at the whole body and its relationship to the upper and lower torso. A tummy tuck procedure can be performed to remove excess skin and fat of the lower abdomen. The incision length along the lower abdomen is dependent upon the amount of skin removed. Sometimes a hernia or muscle separation can cause a central abdominal bulge, which can be repaired at the same time as the tummy tuck. A low-lying mons pubis can also be lifted during the tummy tuck. To improve the waist line, liposuction of the lateral flank can be performed with extension to the back, if needed. The fat can also be injected into the buttock, if the patient desires more fullness.

Schedule a consultation with Dr Viennas to discuss a comprehensive approach for body rejuvenation.

The EVMS Aesthetic Center is the only cosmetic program in Hampton Roads that includes physician expertise from three specialties, Plastic Surgery, Facial Plastic Surgery and Dermatology. By offering a collaborative and academic approach, we are able to provide a comprehensive plan to achieve each patient's unique cosmetic goals. We use the most cutting edge techniques and technologies for both surgical and non-surgical (minimally invasive) procedures to rejuvenate and enhance your appearance

Call 689.8258 or 1.888.PLA.EVMS to schedule a consultation or service or email us at evmsplasticsurgery@evms.edu.
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