

CTMAX QUARTERLY

VOLUME 5, ISSUE 1 WINTER 2014

WHAT IS "AESTHETIC FACIAL ENHANCEMENT"

As with cosmetic surgery and other reconstructive surgeries involving the facial region, the oral and maxillofacial surgeon has taken an interest in providing a more comprehensive approach to treating the patient's overall facial aesthetics. While for years the focus has been on more invasive procedures to achieve dramatic facial change, today many non-invasive and simple ambulatory techniques are available to make one's facial appearance more pleasing. There is no question that our society has become more focused on their appearance than ever before.

Much of this has been brought on by the ability to take very small, subtle and unobtrusive steps to simply "enhance" one's appearance and create a greater feeling of self-confidence. Therefore, for lack of a more specific terminology, we have termed these minor interventions "Aesthetic Facial Enhancements." You may also see the term "Injectables" used. The paragraphs that follow will address the more common procedures familiar to most of the general public, including Botox injections, dermal fillers and glycolic acid peels (chemical peels)



SPECIAL POINTS OF INTEREST:

- *What is "Aesthetic Facial Enhancement"*
- *Why would you select an OMFS for aesthetic enhancement procedures?*
- *How do I get started? Who is involved in the treatment team?*
- *Is it worth it, what can I expect from the outcome?*

WHY WOULD YOU SEE A MAXILLOFACIAL SURGEON?

You may be asking yourself why you would choose the oral and maxillofacial surgeon for aesthetic enhancement procedures (BOTOX® and dermal fillers). Actually there are some very good reasons why that decision is a smart one. The oral and maxillofacial surgeon is a specialist that has focused his or her attention on this region since the beginning of their training. In some cases they have been awarded two degrees to signify the breadth of their knowledge and understanding of this region of the human body. The specialty as a whole is specifically focused on the entire facial structure encompassing a unique

knowledge of both its function as well as its appearance. We have spent years looking at structural facial balance while studying its impact on the overlying soft tissues. All of us have an in depth understanding of the muscles involving function as well as facial expression. We have operated in this area of the human body for our entire career. Many of the other specialties offering treatments in aesthetic enhancements have come from a base of general surgery or general medicine and possibly have a watered down experience when it relates to the face and what makes pleasing form

and proper function. Furthermore, the OMFS has some very unique abilities in the area of anesthesia. While most injections experienced during the use of BOTOX and dermal fillers are tolerable, many would rather not have to endure that discomfort simply with the idea that "without pain there is no gain." Facial injections of dermal fillers can be made relatively painless, thereby allowing for a more meticulous outcome that is uninfluenced by patient burnout. We are the first place to turn when performing regional local anesthetic blocks to the face as well as ambulatory anesthesia.

INSIDE THIS ISSUE:

RESURFACING WITH CHEMICAL PEELS	2
GET RID OF FINE LINES AND WRINKLES	2
VOLUMETRIC ENHANCEMENT	3
DERMAL FILLERS	3

SKIN RESURFACING - CHEMICAL PEELS

A “chemical peel” is a facial rejuvenation procedure (creating a younger appearance) often done for the skin aging affects of the sun. Wrinkles and sun spots (actinic keratosis), as well as acne scarring can often be removed or made to look better with chemical peeling. The procedure consists of the application of certain solutions to the involved areas of the face which function by removing the superfi-

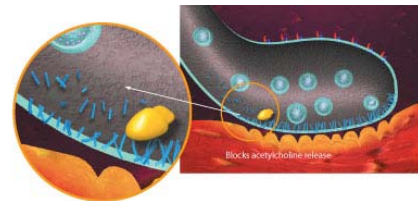
cial layers of the skin. The solutions are applied at the direction of the oral and maxillofacial surgeon and remain in place for only 1 to 2 minutes. Several applications may be required over a 10 to 12 week period but most often involving only one application per week.



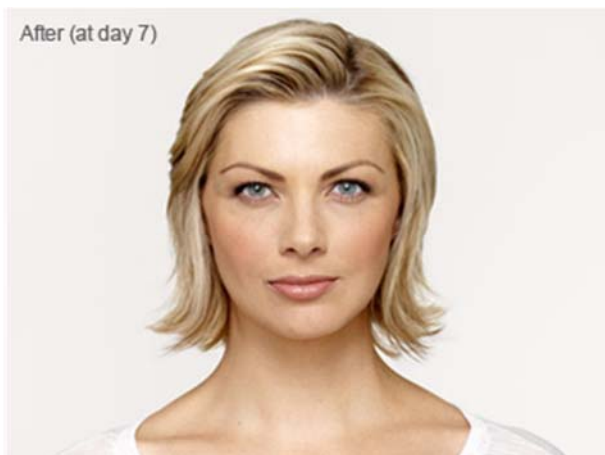
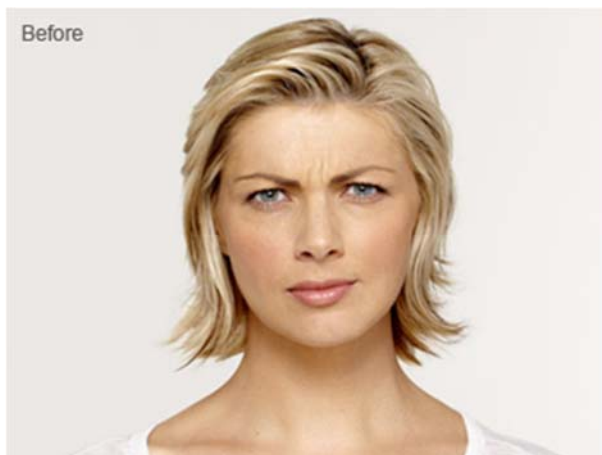
GETTING RID OF WRINKLES (BOTOX)

Without becoming overly scientific, BOTOX® Cosmetic (onabotulinumtoxinA) is a purified protein derived from the bacterium Clostridium botulinum, one such 'Injectable'. A look back at history and our childhood would scare many of us with the age-old image of a terribly toxic poison derived from a bad can of tuna fish. However, like many things we thought to be harmful at one time, in an altered form the same thing can often become not only safe but useful to other areas of our lives. Botulinum toxin is one of those. Originally used primarily to treat frown lines, or angry lines, caused by overactive glabellar (brow) muscles. Botox, has been used

for a number of years to treat the forehead, eyes, lip rhytids (smoker’s lines) and the downturned smile, among other fine lines and wrinkles of lax skin from facial animation and aging. BOTOX® Cosmetic actually blocks the release of a neurotransmitter called acetylcholine thereby inhibiting the contraction of muscles that are directly associated with those nerve endings. Just a few tiny injections of Botox® Cosmetic can act to inhibit the contraction of these muscles, thereby diminishing if not eliminating lines associated with overactive muscles of facial expression. BOTOX® Cosmetic was specifically developed and researched by Allergan



Inc., and received FDA approval for the treatment of glabellar lines as early as 2002. More recently receiving similar approval for the treatment of crow’s feet and migraine headaches. The safety and efficacy of this product when used properly has been time tested and currently has seen over 11 million procedures since its introduction. However, you may have heard of other forms of botulinum toxin in use today with familiar names such as Dysport® and XEOMIN®.



DERMAL FILLERS

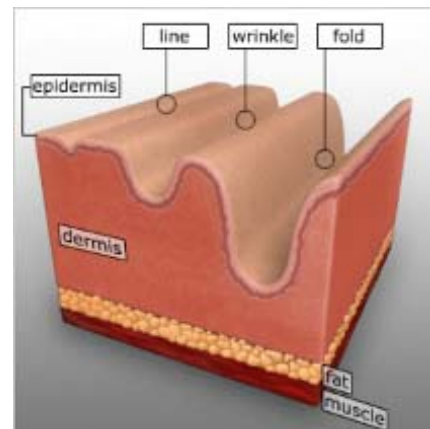
There are many characteristics of the aging face that the concerned patient often finds objectionable. There is a generalized loss of muscle tone, a thinning of the skin and a loss of base collagen that typically gives the skin a firm and smooth look. If you combine all of that with the influence of gravity often times we see our faces taking on a droopy appearance with what seems to be one wrinkle after another. This can be further influenced by a history of sun exposure, smoking and other environmental factors some of which we have no control over. In any event, the aging face is virtually an archive of times past and often a road map to what is coming. Hence the introduction of dermal fillers as a minimally invasive technique to remap the future. When used in a comprehensive program combined with botulinum toxin, glycolic acid peels and proper skin care, an impressive change in many of these characteristics brought on by aging can often be made with very little invested time, risk and recovery.

Dermal fillers have been around for quite some time. However, it is only recently that they have become so generally well-known and popular when treating various facial

imbalances and unwanted facial creases, wrinkles and folds. Furthermore, the science behind the materials used for these purposes have taken on a whole new dimension of predictability, allowing for the birth of practically a new art form in the hands of the skilled injector. Dermal fillers can be classified into three categories that include "permanent" (2 - 5 years), "semi-permanent" (12 - 18 mos.) and "temporary" (3 - 12 mos.). While there are subcategories of each that generally relate specifically to the filler material being used, for the sake of simplicity and patient understanding, we like to classify them on the basis of their permanency. Furthermore, while there are times when each category is useful, in this discussion we will stick to those that are most familiar to the public. It is obvious that the best type of dermal filler for you and your situation will result from a discussion with your physician. Most of the more commonly known 'Injectable' fillers fall into the temporary to semi-permanent categories. Names like Juvaderm®, Restylane® and Radiesse® are often the first to

come to the patient's mind if they have either become interested in this form of treatment or have researched it. Materials such as human fat, collagen, calcium hydroxylapatite, hyaluronic acid and polylactic acid all have a role in the temporary filler category. However, among them the hyaluronic acid fillers are the most popular (Juvaderm®, Restylane®, Pur-lane® et al.) Hyaluronic acid is a natural substance in your body and actually is found in nearly every living thing. For that reason it is often a good choice for those searching for a treatment of this kind. It has a very low incidence of reactivity and is extremely well tolerated by most patients. The material

presents itself and is delivered to the desired area in the form of a gel by injection. When injected properly within the dermis, it acts as a physical cushion to support the overlying tissues which have lost volume and elasticity due to the aging process. By the nature of its organic chemical structure it will not only add support to the tissues but is thought to promote collagen formation as well as bring moisture to the surface of the skin. Depending on the product and the area being treated, hyaluronic acid based fillers can provide a lasting effect often for up to 12 months





291 Farmington Ave
Farmington, CT 06032
860-678-7528
860-678-7933 fax

1080 Day Hill Road
Windsor, CT 06095
860-285-0889
860-298-9030 fax

507 Hopmeadow St
Simsbury, CT 06070
860-658-0446
860-651-1034 fax

663 East Main St
Torrington, CT 06790
860-496-6036
860-496-6039 fax

415 Silas Deane Hwy
Wethersfield, CT 06109
860-529-5394
860-721-1033 fax



WWW.CMSLLC.COM



Our Mission Statement

All of us at **Connecticut Maxillofacial Surgeons, LLC**, are dedicated to the highest quality of care in the specialty of Oral and Maxillofacial Surgery. We take pride in providing contemporary clinical care in a full scope of the specialty as well as serving in a leadership capacity for the future of our specialty on both a local and national level. CMS, LLC can truly be described as a unique group of service-oriented professionals whose aim is to provide the highest level of patient care in combination with a maximum of comfort, sensitivity, and compassion for each and every individual.

Through our presence on the Internet we hope to move beyond the realm of merely providing clinical care in the classic sense. First and foremost, we would like to further close the information gap between us and our patients. A more ambitious intent would be to not only fulfill a regional endeavor but also provide a broader understanding of our specialty on a global level. Through a depth of experience and resources that we possess as a group, we hope to provide an ever increasing knowledge base accessible by all of those with any interest.

Definition of Oral & Maxillofacial Surgery:

Oral and Maxillofacial Surgery is a medical and dental specialty of surgery which involves the diagnosis, surgery and adjunctive treatment of diseases and defects involving both the functional and aesthetic aspects of the hard and soft tissues of the oral and maxillofacial region. (American Dental Association) More simply put in layman's terms, the oral and maxillofacial surgeon is the orthopedic surgeon of the facial region. He or she is an individual who addresses problems ranging from the removal of impacted teeth to the repair of facial trauma. He or she may be a doctor you would visit to:

- Have a [tooth extraction](#).
- Have teeth replaced by having [dental implants](#) inserted.
- Have oral surgical procedures performed in the office under outpatient [ambulatory anesthesia](#).
- Have a [jaw cyst or tumor](#) diagnosed, removed and reconstructed.
- Have your jaw aligned with [orthognathic surgery](#).
- Have you jaw joint repaired with [TMJ surgery](#).
- Have [jaw reconstruction](#) following cancer surgery.
- Have your facial bones realigned after [facial trauma](#).

CTMAX TO LAUNCH NEW WEB PRESENCE

Connecticut Maxillofacial Surgeons, LLC is excited to announce the up and coming launch of its new web presence. The new site will not only expand on our current website information designed to address patient and doctor referral concerns on utilizing our core services but will include a special mini-site for those interested in obtaining additional and more detailed information on our expanding aesthetic practice. A separate co-joined site under our Learning Center logo will specifically provide educational information and event planning for the medical and dental community .

All of the sites will provide intuitive formatting designed specifically for access by mobile devices. Stay tuned!



You may be asking yourself why you would choose the oral and maxillofacial surgeon for aesthetic enhancement procedures (BOTOX® and dermal fillers). Actually there are some very good reasons why that decision is a smart one. The oral and maxillofacial surgeon is a specialist that has focused his or her attention on this region since the beginning of their training.

Most often commencing their training with dentistry the oral and maxillofacial surgeon moves forward from there to extensive and advanced training in surgeries and treatment of conditions involving the head and neck. In some cases they have been awarded two degrees to signify the breadth of their knowledge and understanding of this region of the human body.

