



Monterey County's Health Magazine

HealthMatters

SUMMER 2008

Looking Good for Summer

NEW FACELIFT PROCEDURES

LOOK GOOD, FEEL GOOD FOR OVERALL HEALTH

SKINCARE TIPS FROM THE EXPERTS

FOODS FOR THE SKIN

MANY OPTIONS IN COSMETIC DENTISTRY

Changing the Face of Lifts

Fewer full facelifts are being done; instead, doctors and patients talk about specific problem areas, like a sagging chin or bags under the eyes, and consider all the options for rejuvenation.

By Kathryn McKenzie Nichols

WHEN IT COMES TO HAVING a facelift these days, plastic surgeons are likely to tell patients that “less is more.”

“In the past, everyone underwent a complete facelift,” says Dr. David Morwood, a Monterey plastic surgeon who does cosmetic and reconstructive procedures. “Now, just the part that is bothersome can be affected — just the neck, or just the eyebrows, for example.”

Plastic surgery is a whole new ballgame these days, due to a host of new options, many with shorter recovery periods than previous procedures, and innovations that improve the results.

There’s also a new awareness of cosmetic surgery, spurred by cable TV shows that show everything from Botox to breast augmentation, and a growing desire for people to look as good as possible for as long as possible.

When is the right time for cosmetic surgery? It depends on a combination of factors.

“In general, I recommend that patients think about descriptive terms for what they want, what they might want to change, and what it is that might be bothering them,” says Dr. Morwood. “That way, an experienced board-certified plastic surgeon can sit with the patient, often with a mirror, and talk about what a patient would like to change, what the options are, and talk about realistic expectations, possible risks, and what each option would offer.”

PRE-SURGERY CONSIDERATIONS

Choosing the right time for cosmetic surgery depends on a number of factors.

Patients need to be in general good health, and may be required to have a physical beforehand.

They also need to allow themselves a period to recover from the procedure — at least a few days, and maybe longer, depending on what’s to be done.

It also has to be the right time emotionally to have this type of operation, says Dr. Morwood.

“Even if the change in appearance is something you have wanted for a long time, make sure this is a good time to have the added stress that accompanies any such procedure,” he says.

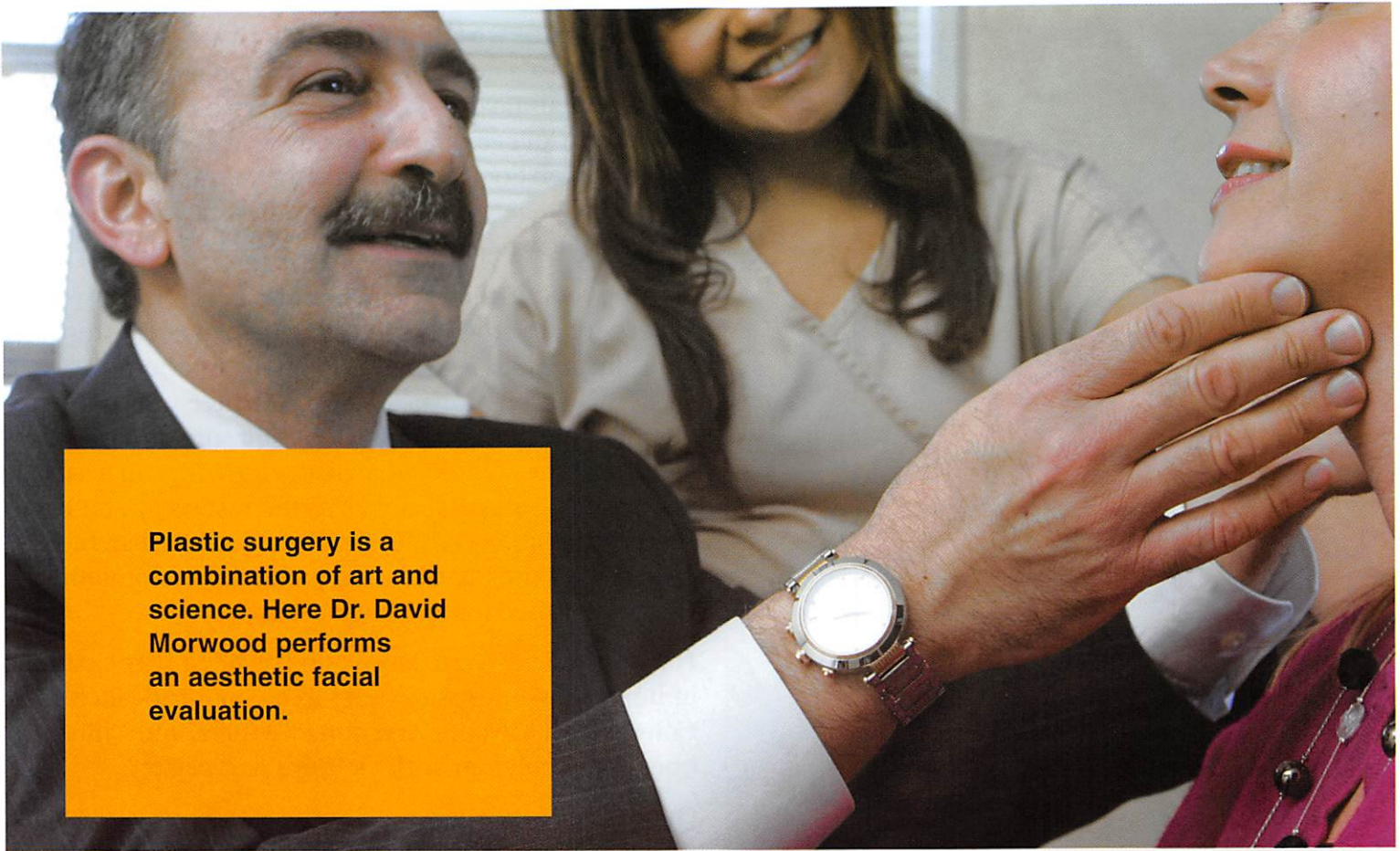
Patients also must consider how to pay for such an operation. A lower neck and jowl lift can cost between \$4,000 and \$6,000, a brow and eyelid lift between \$6,000 and \$7,000, and a full facelift runs between \$10,000 and \$12,000.

An eyelid lift is an example of a small procedure that can have a dramatic effect. Removing extra skin and fat from around the eyes opens up the expressiveness of the face in addition to creating a more youthful look. Some insurance plans may cover eyelid lifts if excess skin interferes with vision.

Dr. Doug Sunde, a plastic surgeon in Monterey, notes that removing bags from under the eyes can now be done without an obvious incision.

Removing bags, the fat deposits from the lower eyelids, can now be done through the inside of the eyelid so there’s no external scar afterward.

“Depending on the tone of your lower eyelids, and the amount of excess skin, additional excess skin may also



Plastic surgery is a combination of art and science. Here Dr. David Morwood performs an aesthetic facial evaluation.

PHOTO: Randy Tunnell Photography

removed from the lower eyelids. If the lower eyelids are loose, these may need to be tightened as well,” says Dr. Sunde.

New techniques are also alleviating scarring in facelifts. Dr. Morwood notes that a newer option in facial rejuvenation is the “short scar” facelift.

“All surgical specialties are trying to do more through smaller incisions, plastic surgeons included,” explains Dr. Morwood. “In the past, all patients had a long incision made that started in the hair behind the ear, came forward in front of the ear and up into the temple. Now certain patients are eligible to have facial rejuvenation through just a part of that incision,” he says.

For instance, a brow lift can sometimes be done through three small “Band-Aid incisions” in the scalp, using an endoscope to rearrange and lift the tissues.

BREAST REJUVENATION

A new option for women interested in breast rejuvenation is to have a simultaneous lift and an enlargement, called a mastopexy-augmentation.

“In the past women interested in being higher, fuller, rounder, and larger would all undergo two different operations spaced a few months apart — now sometimes, but not in every case, that affect can be achieved with just one operation,” says Dr. Morwood.

Women may also choose to have a breast lift without augmentation.

If they do want implants, they have yet another choice to make: Although only saline implants were available for some years, now silicone implants are back on the market.

“Each option has its own pros and cons that a plastic

surgeon can outline — in the end it is a personal choice for a woman to make,” says Dr. Morwood.

Breast augmentation costs around \$6,000, while the breast lift, with or without implants, costs between \$6,000 and \$8,000.

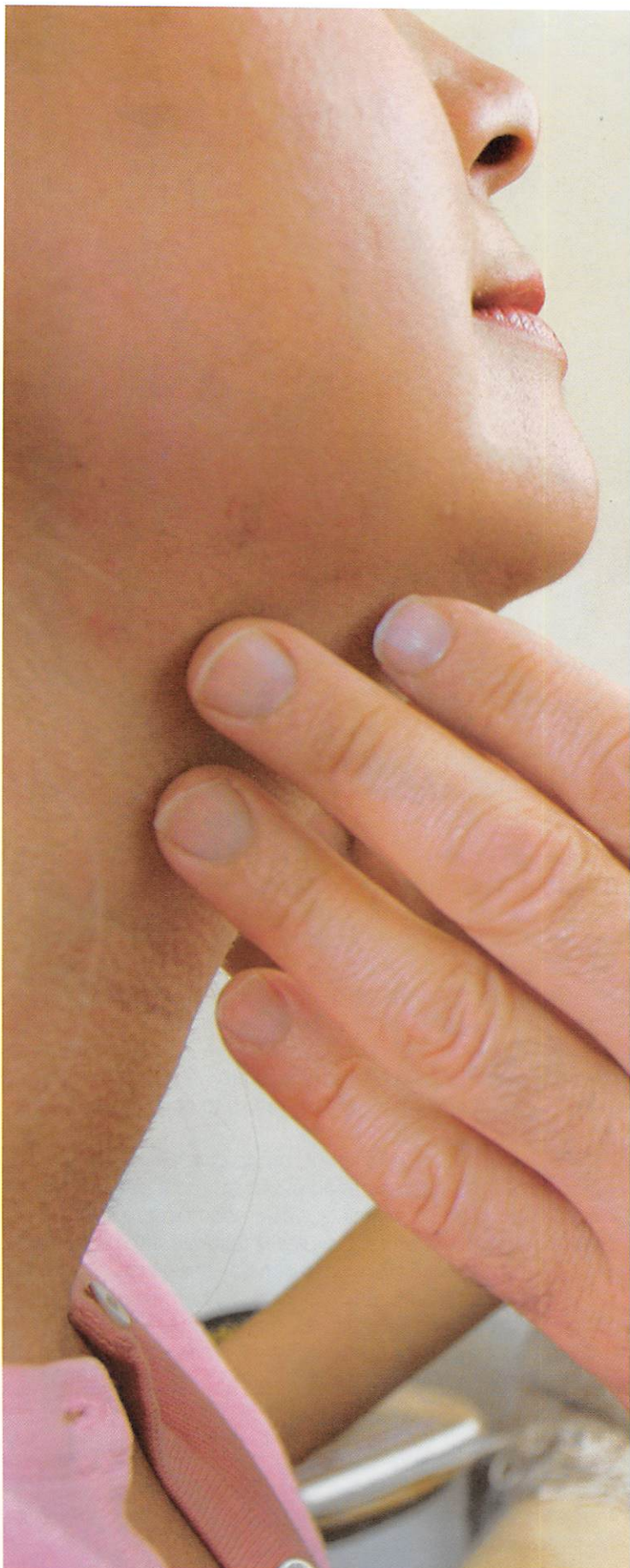
No matter what the surgery, doctors say that afterward there should be at least three days and nights of rest — avoiding strenuous activities, elevating the operative site, and taking it easy. Bruising and soreness are likely to follow the procedure. After 10 days, a slow return to normal activities is encouraged.

Every procedure is different, but to give an example of recovery time in the case of an eyelid lift, most patients have their sutures removed within a week, according to Dr. Sunde. Most of the bruising typically resolves after about two weeks, and all of the bruising is gone after six weeks.

A board-certified plastic surgeon will be able to go over all the details with the patient. Good health up front is very important, since people without serious medical problems will likely have a quicker recovery period.

Any patient with medical problems such as high blood pressure, diabetes or a heart condition will need a medical clearance from their family doctor or internist, says Dr. Morwood, “A check-up will be required to make sure they are healthy enough and ‘tuned up’ so they can undergo an operation,” he says.

People contemplating cosmetic surgery should look for a surgeon who is certified by the American Board of Plastic Surgery. Choosing the right time for a procedure is sometimes a complicated process, but one that is made easier with an experienced plastic surgeon and staff. 🍷



David T. Morwood has been in private practice on the Central Coast since 1991. Dr. Morwood is certified by the American Board of Plastic Surgery, a Fellow of the American College of Surgeons, as well as a member of the American Society for Aesthetic Plastic Surgery, American Society of Plastic Surgeons and the California Society of Plastic Surgeons.

Dr. Morwood earned his medical degree at the University of Vermont, and has trained at such prestigious institutions as the University of Southern California and Beth Israel Medical Center. In addition to completing chief residency in plastic surgery, Dr. Morwood has completed formal fellowships in aesthetic and cosmetic surgery as well as microsurgery and hand surgery. He has served for years as the chairman or vice chairman of the Plastic Surgery division at Community Hospital of the Monterey Peninsula.

For over ten years, Dr. Morwood has been participating in humanitarian trips to developing countries such as Columbia, El Salvador, Argentina, Vietnam, and China to operate on children with cleft lips and palates.

One of Dr. Morwood's missions was the featured subject on a CBS nationally televised program with Connie Chung. In addition, Dr. Morwood's DVD project to teach women with breast cancer about their options for reconstruction, hosted by Dina Eastwood, was featured on ABC Network Television.

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Dr. Morwood is also an accomplished musician and an active jazz drummer. He has performed at the White House and during a nationally televised NFL football game.

David T. Morwood, M.D., F.A.C.S.

*Certified by the American
Board of Plastic Surgery
Member, American Society
of Plastic Surgeons
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