

PROCEDURE NOTES

Cheek Augmentation

The size and shape of cheeks can contribute to facial beauty, especially in women. Flat cheek bones can make a face look long and gaunt. For the right face a change in cheek size and shape can positively effect facial balance and attractiveness.

Cheek implants, usually made of silicone, are designed to fit over the cheek bone and increase its projection and shape. There are many different sizes and shapes of implants and your surgeon will explain which one would be the most suitable for you. The operation is carried out under light general anaesthesia. Although cheek implants can be inserted through face lift or eyelid incisions, most implants are inserted through the mouth. Incisions are made inside the mouth, just above the incisor teeth, and through these incisions pockets are made over the cheek bone, large enough for the selected implant. The implant is inserted into the pocket and checked for position and symmetry with the opposite side. Once the symmetry and position are ascertained the wounds are closed and tapes placed over the cheeks to stabilize the implants.

The surgery is carried out as a day-case and there is minimal discomfort. However, bruising and significant swelling can occur during the first week. Brushing of the upper teeth has to be avoided for ten days. Within ten days of the operation the implants are firmly adherent in their new position.

As with all surgery there are potential complications associated with this procedure. These are infection, bleeding, numbness and malposition. They all are uncommon.

Chin Augmentation

Facial balance contributes to what is known as facial beauty. There are many different proportions and balances in the face and one of them is the size of the chin which balances the nose.

The ideal size of the chin is that when a vertical line drawn between the lower lip and chin meet. Slightly receding, or weak chin, is more feminine than a protruding, or strong chin. Moreover, there is a fine balance between the nose and chin. A weak chin makes a nose look large and strong chin makes it look small. The same applies the other way round; a large nose makes a chin look small and a small nose makes the chin look strong.

In the absence of dental problems, such as malocclusion, it is relatively simple to change the chin size and, in some cases shape. One way is to cut the chin bone and slide it either back or forward, thus changing the chin protrusion. The bone is then fixed in its new position by small screws. A simple way of achieving a similar effect is to place an implant in front of the chin bone. Many different man-made materials are used but the most frequent is a solid silicone implant. The implant is placed in a pocket fashioned in front of the chin bone either through an incision in the skin just under the chin or preferably through an incision below the front teeth inside the mouth. The operation can be carried out under local anaesthetic and sedation or under light general anaesthesia, as a day case.

Post-operative discomfort is minimal and brushing of lower teeth has to be avoided for ten days. There is minimal bruising, if any. The main risks of this

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procedure are infection, numbness, malposition of the implant and rejection. All complications are uncommon.