



THE ULTIMATE GUIDE TO
FACIAL PLASTIC SURGERY



ABOUT

DAVID J. KIENER, M.D.



Dr. Kiener has practiced facial plastic surgery for more than 25 years, and he is certified by the American Board of Facial Plastic and Reconstructive Surgery, as well as the American Board of Otolaryngology. He is dedicated to providing natural-looking results for his patients, helping them look and feel better, whether they simply want to improve their appearance, or they're recovering from a complex injury or illness. He regularly attends meetings and seminars to keep up with the latest techniques and products applicable to facial plastic surgery.

As a recognized expert in the field, Dr. Kiener is frequently called upon to teach other physicians. In 2015, he and Dr. Sykes taught at a Facial Plastic Surgery meeting in Seoul, South Korea. He is an Associate Clinical Professor in the Otolaryngology/Head and Neck Surgery Department at the University of California, Davis, where he participates in teaching residents and students.



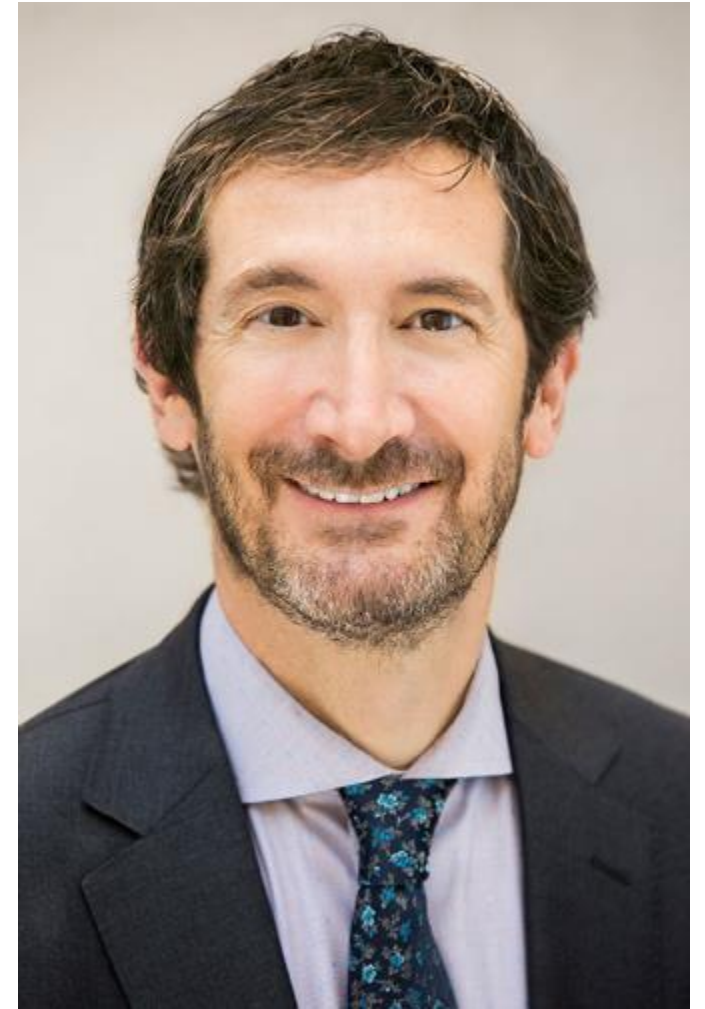
ABOUT JONATHAN M. SYKES, M.D.



In practice for more than 30 years, Dr. Sykes has performed more than 13,500 aesthetic, functional, and reconstruction surgeries on patients of all ages. He designed a patented instrument used by surgeons worldwide to simplify the endoscopic brow lift procedure and provide faster patient recovery times.

Dr. Sykes has been director of the Facial Plastic and Reconstructive Surgery Department at UC Davis Medical Center in Sacramento since 1989. As director, he oversees an active medical practice and maintains one of the nation's most sought-after fellowship programs for facial plastic surgeons seeking advanced training.

Dr. Sykes is certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology (ears, nose and throat). Additionally, he is a former president of the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), the world's largest specialty association.



RESEARCH THE PLASTIC SURGEON



Take your time thinking about which plastic surgeon you would like to perform your facial procedure. Look into following about your plastic surgeon before your consultation:

- Plastic surgery specialty
- Plastic surgery board-certification
- Years of experience and training
- Hospital privileges
- Surgical facility and accreditation by national or state agency

Ask for referrals from friends and family, research plastic surgeons in your area, and contact the following professional organizations:

- American Board of Plastic Surgery (ABPS)
- American Society for Aesthetic Plastic Surgery (ASAPS)
- The American Society of Plastic Surgeons (ASPS)



ASKING THE QUESTIONS



A consultation for a facial procedure includes a discussion of your desires as well as your concerns about the procedure. Approach your plastic surgeon with the following questions and evaluate his/her bedside manner:

- Are you certified by the American Board of Plastic Surgery?
- Were you specifically trained in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with a facelift? How are complications handled?
- How can I expect my face to look over time?

FACE/CHEEK/NECK LIFT



We can't turn back time, but a facelift may be the closest we can get. A surgical procedure to remove wrinkles and tighten sagging skin, a facelift can help you look years younger.

In the past, surgeons only tightened the skin, and this sometimes caused facelifts to look obvious and not last as long as they could. Today, surgeons know to also tighten the underlying muscles and tissue so that these tissues don't pull on the skin. As a result, facelifts now typically last ten years or longer and, in the hands of a skilled surgeon like [Dr. Kiener](#), patients look natural and not "operated on."

Note that a facelift does not correct signs of aging above the mid-face. If you have drooping eyebrows, forehead wrinkles, undereye bags, or sagging upper eyelids, you might want to have a brow lift or [eyelid lift](#) along with your facelift. Performing other surgical or [non-surgical procedures](#) along with your facelift ensures a holistic approach to facial aesthetics.



RHINOPLASTY



People say “as plain as the nose on your face” because the nose is such a prominent facial feature. At the same time, no one wants their nose to call attention to itself. It needs to be suitably pleasing so that it doesn’t draw attention away from the eyes or the mouth. This is why rhinoplasty (nose surgery) is one of the most popular plastic surgery procedures for both men and women.

Rhinoplasty can correct most cosmetic problems of the nose, and some breathing difficulties can be corrected at the same time, such as a deviated septum. The outcome of your nose surgery is very much dependent upon the skill and experience of your surgeon, however. [Drs. Kiener and Sykes](#) have performed many successful nose surgeries, helping their patients feel more confident about their appearance.

BLEPHAROPLASTY



Our eyes are no doubt our most expressive facial feature. Yet, they are often the first part of the face to show our age, making us look tired or sad even when we're not – and long before our time. That's where an eyelid lift (blepharoplasty) comes in.

With eyelid surgery on the upper eyelids, lower lids, or both, we can often restore your eye area to the way it looked 10 or 15 years ago. The procedure is usually performed on patients aged 35 and up, but some younger people have inherited drooping upper lids or bags under the eyes that can also be corrected with an eyelid lift.

Note that eyelid surgery does not correct drooping eyebrows or forehead wrinkles. For this reason, some patients combine blepharoplasty with a [brow lift](#).



OTOPLASTY



Otoplasty is a very satisfying procedure that restores the ears to a normal appearance. We can perform this surgery on adults or children, as long as the child's ears are fully developed. In some children, otoplasty can be performed when they are as young as five years old. This prevents them from enduring bullying in school.

The procedure might include reshaping a portion of the ears, reducing the size of the ears, repairing an injury, or moving protruding ears closer to the head.

FAT TRANSFER



A small amount of fat can be harvested from the thighs or abdomen and used to enhance facial volume much like the dermal fillers Juvéderm® and Restylane®. There is no possibility of an allergic reaction since the fat comes from your own body.

This two-part process called Fat Transfer can be used to restore volume to the cheeks, lips, and jowls, and it can also fill lines and wrinkles, such as nasolabial folds and marionette lines.

Some of the fat will be absorbed by the body, although much of it is permanent. It is possible that over time due to fat absorption and continued aging, you could elect to have additional fat transferred to the face.



MOLE REMOVAL



Moles are small spots and dark raised areas on the skin that many patients like to have removed for cosmetic reasons. [Dr. Kiener](#) frequently removes moles for his patients. While dermatologists can remove moles, many patients prefer to have it done by a plastic surgery – particularly if the moles are on the face. This is because plastic surgeons have special training that helps them minimize scarring.

Most moles are benign, which means they are harmless, but some turn into skin cancer. The main indication that there might be a problem with a mole is a change in its appearance. Therefore, before removal, Dr. Kiener examines the moles to determine if they should be biopsied. If that is the case, a specimen is taken and tested in the laboratory to make sure there are no cancer cells present. If skin cancer is found, further treatment will be needed unless the entire tumor was removed.



RECONSTRUCTIVE SURGERY



We provide reconstructive surgeries for a number of acute or post-surgical traumas, as well as congenital defects. These include cosmetic corrections after injuries of most any type, and reconstruction after skin cancer. These surgeries can be done on adults or children. Scar revision may also be done for some patients. The goal is to help the patient look as normal and attractive as possible, while also restoring function, where necessary.

After an injury, you may be left with an aesthetic deformity and/or a deformity of function. An example of this is an injury that has not only made the nose crooked but has inhibited breathing.

Many skin cancers are removed through Mohs Surgery, a technique that allows a specialized dermatologist to remove just one very thin layer of skin cells at a time. This can leave an unsightly wound. That's where Dr. Kiener comes in. He performs reconstructive surgery on these areas to restore as normal an appearance as possible.

Cleft lip and palate reconstructive surgeries are usually performed on children. Cleft lip is the incomplete formation of the upper lip, while cleft palate is the incomplete formation of the roof of the mouth. In either case, the condition can cause more than cosmetic problems, such as dry mouth and problems with eating.

VIEW THE BEFORE & AFTER



Facelift



Rhinoplasty



View before and after images of our patients who have had facial procedures to see examples of our satisfactory results and to help visualize what your results can be like. Search through our [before and after photo gallery](#) for more images to help you visualize your desired results.

THE OTHER RESOURCES



To help get you started on your journey through research, surgery, and recovery, view the helpful resources below. These resources can help connect you to those in the community who have also had plastic surgery, information on plastic surgery, and common questions answered about plastic surgery:

- [American Society for Aesthetic Plastic Surgery](#)
- [American Society of Plastic Surgeons](#)
- [RealSelf](#)
- [Smart Beauty Guide](#)