

ABDOMINAL HERNIAS:

MODERN CONCEPTS ON APPROACHING AN OLD PROBLEM

Abdominal hernias are a significant problem affecting thousands of people. Whether the hernia has been caused by trauma, previous operations, or even complications, they can cause pain and discomfort, difficulty with performing activities of daily living, and force changes in lifestyle that can be devastating to patients.

While there have been many methods described to fix abdominal hernias (both big and small), the problem remains that these can be difficult to treat with traditionally high recurrence rates, especially in those patients who have required multiple operations to attempt to fix them. Dr. Janis, Associate Professor and Program Director in the Department of Plastic Surgery, here at the University of Texas Southwestern Medical Center, has special interest in fixing these types of complex abdominal hernia problems. He also serves as Chief of Plastic Surgery at Parkland Hospital, one of the leaders in trauma care around the world. As such, he is used to tackling even the most complex problems, as often these types of patients are referred to him from outside hospitals. Using modifications to traditional techniques as well as a team approach with General Surgery, Dr. Janis is able to achieve successful outcomes in most of these patients, offering hope to those patients suffering from impairments caused by even the largest hernias.

Dr. Janis lectures on complex abdominal wall reconstruction locally, regionally, and nationally, conducts research on improving outcomes and techniques, and publishes studies which advance the science in the field. He also Co-Chairs an annual symposium on complex abdominal wall reconstruction held every winter at UTSW.



Jeffrey E. Janis, M.D., FACS
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TAKING THE “EYE” OUT OF TIRED:

A REFRESHING LOOK AT COSMETIC EYELID PROCEDURES

Cosmetic eyelid procedures can help improve your self image and address complaints of appearing tired. This appearance can be due to overhanging skin, excess fat, loss of skin tone, pigmentation or even loss of facial fat involving the structures that make up our eyelids.

Our physicians will analyze your eyelids and determine what would be the most efficacious way to improve your appearance. Soft changes in your appearance can be accomplished through office-based procedures. The injection of Botox or Dysport can improve the wrinkle lines between your brows or just to the outside of your eyelid (crow's feet). In some instances, looking tired may be due to a loss of volume in the brow or lower eyelid/cheek region. In such a case, injectable fillers or even fat may help restore these areas to a more youthful appearance. Pigmentation or fine wrinkles can be improved with either chemical peels or laser resurfacing, all done in the office.

Surgically, the skin of the upper and lower eyelid can be removed. This is often accompanied by removal of some of the fat bags that surround the eye. Often, the lower lid requires tightening as well to restore it to a more youthful appearance. The procedures may be combined with other facial procedures such as browlift and facelifts and are performed in the operating room. If the major concern is the upper eyelid, this may be done in the office safely under a local anesthetic.

All of these procedures are offered by the plastic surgeons at UT Southwestern. Our goal is to take the time to guide you through the many choices available and tailor your options to your specific needs. After leaving a consultation with one of our plastic surgeons, we feel you will leave with a clear, individualized and safe plan for your eyelid procedure.



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PLASTIC SURGERY NEWSLETTER

CHEMICAL PEELING

How Much Do You REALLY Know?

A **chemical peel** is a facial treatment technique used to improve and smooth the texture of the facial skin using a chemical solution that causes the dead skin to slough off and eventually peel off. The regenerated skin is usually smoother and less wrinkled than the old skin. Thus the term chemical peel is derived.

Choosing a chemical peel should be based on three factors: what is your skin's need, how much time do you have to devote to the peeling process, and will you feel comfortable with the visible effects of the peel. Three of the most popular peels performed in the Department of Plastic Surgery are outlined below.



Retinoic Acid Peel

Retinoic acid is derived from retinoids; which is denatured vitamin A. It is chemically similar to Retin-A. This peel is moderate in depth and used to soften the appearance of scars as well as wrinkles and pigmentation problems.

The retinoic acid peel is ideal for patients who are new to advance exfoliations or don't have the downtime needed for more aggressive peels. The entire process takes from 3-5 days with most of the peeling on the 3rd and 4th days. More dramatic changes to the skin require multiple peels over time.

Obagi Blue Peel

Unlike the retinoic acid peel or other superficial procedures, the Obagi Blue Peel allows your aesthetician to control the depth of the peel and number of coats applied. The entire process takes 5-7 days and the results can be dramatic; moderate pigmentation is lightened or removed and skin is visibly firmed and tightened. This peel requires pre-peel preparation with the Obagi Nu-Derm system for a minimum of 12wks.

Trichloroacetic acid peels

Trichloroacetic Acid (TCA) is used as a deep peeling agent in concentrations ranging from 20-50%. The higher the acid concentration, the deeper the acid penetrates. TCA peels strengthen collagen and elastin in the skin along with reducing acne scars, wrinkles, and dark spots. Healing time takes 7-10 days with most of the peeling in the first 5-7 days. Pre-peel applications of hydroquinone and Tretinoin creams are recommended.

TAKE the next step towards a more beautiful skin. Ask your esthetician which peel is right for you.

