

THE *New You*

Spring 2019

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BROADBAND LIGHT (BBL)

They say that youth is wasted on the young. We don't truly learn to appreciate our skin and its youthful appearance until we begin to notice that we are not looking so youthful anymore. As we age, we begin to notice the pigmentary changes, brown spots, rosacea, red spots, uneven skin tone, and larger pores. The aging process is further accelerated by environmental factors such as smoking and sun exposure. Implementing a regimen of BBL treatments can actually help to reverse the circumstances of aging and help to refine skin quality and appearance.

BBL uses flashes of light which has been filtered to deliver energy to the skin, this causes the skin to produce more collagen. The energy is also absorbed by pigment, hair and blood vessels; therefore, allowing treatment of brown spots, blood vessels, rosacea, acne and unwanted hair. It is this combination that makes the skin more youthful. Increasing collagen and tightening pores makes the skin smoother, and the reduction or elimination of brown and red spots helps restore the youthful glow to the skin.

BBL has no downtime, make-up can be reapplied immediately and you can return to work or activities after the treatment. The initial or corrective treatment, referred to as a *Photofacial* is typically performed as three sessions. Each session separated by four weeks. The *Photofacial* is well tolerated and does not require an anesthetic. In order to maintain the youthful appearance of your skin we recommend Forever Young BBL. The maintenance treatment uses less energy than *Photofacial* and is typically performed 3-4 times per year.

Please call us at 912-355-8000 to discuss which treatment may be best for you.



Before

After

PROMINENT EARS

The incidence of ear deformities has been reported in 15 – 25% of newborns. The belief that the child will “grow out of it” is simply not true. In fact, 70% of the time the deformity fails to improve or worsens. If this is detected early it can be treated non-surgically (see inset about Ear Well). Unfortunately, because of this incorrect assumption, we continue to see children and adults who require surgical treatment. Surgery should not be performed until age 5 or 6, at which point the ear is 85% of its adult size.

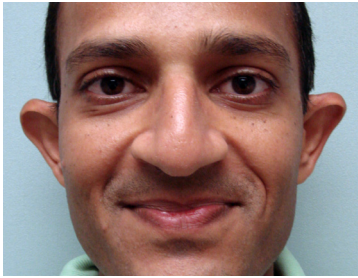
To improve the shape or reduce the size of the ear is referred to as Otoplasty. To achieve success in otoplasty your surgeon



Before Otoplasty



After Otoplasty



Before Otoplasty



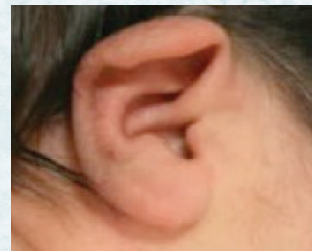
After Otoplasty

will need to manipulate the cartilage framework of the ear. Your surgeon will determine if the prominence is due to too much cartilage and/or cartilage that did not form correctly. The removal or reshaping of the cartilage is performed through incisions which are hidden. A dressing is placed to help protect the ear.

In an ideal world, we would want to see children before they are 3 weeks old and treat them without surgery. If you are concerned about you or your child's ears, please call and schedule a consultation with one of our surgeons to determine if otoplasty is right for you.

Ear Well

Corrects 90% of newborn ear deformities within a 4-6 week course of non surgical treatment. It is best to begin treatment before 3 weeks old. While we have had success treating patients at 12 weeks old, time is of the essence, call for an immediate appointment.



Before Ear Well



After Ear Well



If you get a cut, what are your options?

- 1) You can go to the hospital and be seen in the emergency department; however, because your injury is less severe be prepared for a long wait.
- 2) You can go to an urgent care, but you will not be seen by a plastic surgeon.
- 3) Call The Georgia Institute For Plastic Surgery at 912.355.8000 and ask for a Quickstitch appointment. You or your loved one will be seen promptly by one of our plastic surgeons.

Is it necessary to call before arriving?

Yes. We need to understand how you were injured to determine if it is advisable to go to an emergency department. Since we cannot perform x-rays we also need to determine if you will need any imaging studies.

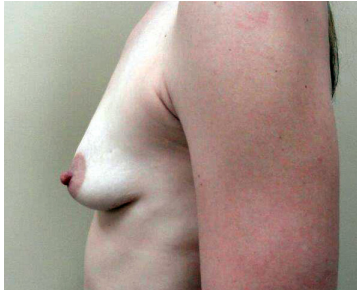
When & where is Quickstitch available?

Quickstitch is available Monday through Friday between 8 am and 5 pm. Appointments are seen in our Savannah office at 5361 Reynolds Street.

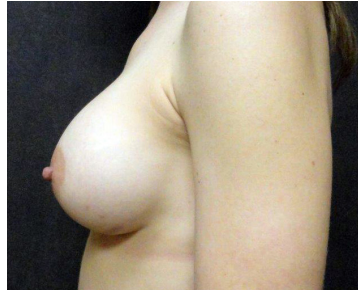
If I get injured after hours, can I still use Quickstitch?

Yes. If the bleeding is controlled and you are comfortable you can call in the morning or speak with the on-call physician to arrange to be seen. If you are unsure, not comfortable waiting or cannot stop the bleeding then please seek immediate medical care.

BREAST IMPLANTS



Before Breast Augmentation



After Breast Augmentation



Before Breast Augmentation



After Breast Augmentation

According to the most recent statistics by the American Society of Plastic Surgeons (ASPS), breast augmentation remains the most popular cosmetic surgical procedure. In 2018, nearly 314,000 breast augmentations were performed, representing a 4% increase from 2017 and a 48% increase since 2000. Since the turn of the century, the most significant development in breast augmentation surgery was the removal of the moratorium on silicone implants, making them available to our patients again. In fact, the smooth round silicone implant is the most commonly used implant on the market today.

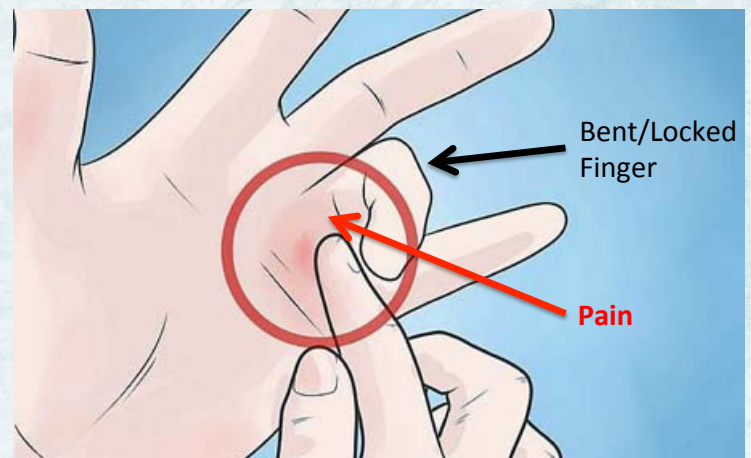
Although initially reported 20 years ago, breast implant associated anaplastic large cell lymphoma (BIA-ALCL) has been getting more attention recently. Public awareness is important; however, it can be the source of misinformation and anxiety. To date there have not been any documented cases of BIA-ALCL in patients who have only had smooth implants. Most cases are associated with a particular type of textured surface. Nationally, only 12.7% of implants used are textured. At the Georgia Institute for Plastic Surgery, textured implants for cosmetic breast augmentations are rarely used.

To date there have been 239 cases of BIA-ALCL reported in the ASPS Registry resulting in 16 deaths. Typically, patients develop swelling in the breast 8-10 years after implants. The swelling is caused by a fluid collection called a seroma. Most seromas are benign. If you develop swelling in your breast, contact your plastic surgeon. If your plastic surgeon suspects the swelling is due to fluid, an ultrasound should be performed. A sample of the fluid is removed and sent for testing.

The risk of developing BIA-ALCL depends on the type of implant used. It has only been reported in textured implants, however, the type of texturing is important. Micro texturing (siltex or similar) has an estimated lifetime risk of 1:82,000, whereas macro texturing (biocell or similar) has 1: 3,200 risk. Currently there is no recommendations to remove implants in patients that are not having problems. There is no blood test to detect it, nor will it be detected with mammograms. This is adequately treated with removal of the implant and capsule, a procedure plastic surgeons frequently perform for a variety of other reasons including ruptured implants or capsular contracture. In a recent study of 26 patients 100% were cured with the surgery. Please call **(912) 355-8000** if you have concerns or develop symptoms.

TRIGGER FINGER: A Common Cause for Finger Pain

Do you wake up with one or more of your fingers locked in a flexed position? Do you have pain when you try to get the finger to extend? If yes, then you likely have what is commonly referred to as trigger finger. Trigger finger affects approximately 10% of people within their lifetime. This is a painful inflammatory process that causes one or more of your fingers to get stuck in a flexed position. Treatment for such a condition involves a simple, outpatient, procedure to release the inflammatory band causing the finger to get locked. At the Georgia Institute for Plastic Surgery, a trigger finger release can be performed safely and effectively as an outpatient, in less than 30 minutes, with the use of a local numbing injection. Don't let trigger finger get in your way, come see us today.



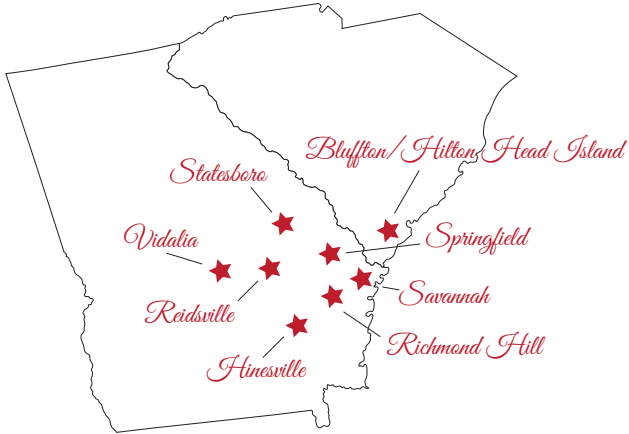
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Office Locations



Don't forget Mothers' Day
 is Sunday, May 12th

Call or stop in for great gift
 ideas including gift certificates!

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Help us be green and share this newsletter with a friend before recycling it!

Date: Thursday, May 9th at 6pm
 Seating is limited! Call now to
 make your reservations!
 912-355-8000 or 800-260-7135

**Location: The Georgia Institute
 For Plastic Surgery**
 5361 Reynolds Street
 Savannah, Georgia 31405

Please join Dr. Paletta for a
 free and informative seminar.

*Drainless
 Tummy Tuck*

FREE SEMINAR






MAHLER*
 Saturday, May 4, 2019 7:30pm
 Johnny Mercer Theater \$25-\$80
 Savannah Philharmonic Orchestra & Chorus
 Joseph Young, Conductor
 Sari Gruber, soprano
 Tara Ernaught, mezzo-soprano
 Dr. Matt Caine, Chorusmaster
 *Pre-concert talk at 6:30pm
On sale now!
 SAVANNAH BOX OFFICE 912-525-5050, OPT. 1.
savannahphilharmonic.org

Presented by
 Maura & Bill Dascombe
 PHILHARMONIC
 SAVANNAH





WINNER 2018

BEST of SAVANNAH

WE WON!

Thank you for voting
 our Doctors as Winner
 & Runner-Up for Best
 of Savannah 7 years in a
 row. It is our honor and
 privilege to care for you
 every day!!