

Hiding lines with brow lifts, Botox®, and Restylane

Linda Bateman wasn't going to wait for her genes to kick in before having cosmetic surgery. "I take after my paternal grandmother who had eternal bags under her eyes," Linda says.

Linda contacted the **UW Medical Center Cosmetic Surgery Center** and had two procedures: blepharoplasty (eyelid surgery) and an endoscopic brow lift.

"I was pretty open about getting cosmetic surgery," Linda says, "But still, people would say I looked different, but they couldn't put their finger on what it was."

Endoscopic surgery is a minimally invasive procedure for facial rejuvenation that reduces recovery time. "The idea is to elevate the brows to a more youthful position," says **Dr. Sam Most**, UW assistant professor of Otolaryngology - Head and Neck Surgery, and the medical director of the Cosmetic Surgery Center. "As we age, the descent of our brows causes the tired, angry, or mean look that older people can get."



Dr. Sam Most

Now 59, Linda is very happy with the results of the endoscopic brow lift and eyelid surgeries she received.

Endoscopic browlift patients benefit from a shorter recovery time, little numbness, and smaller incisions than traditional brow lift surgery.

"I wasn't pretty that first week, but was pleasantly surprised that I had no pain. I was back to work in about two weeks," Linda says.

"Botox is used to reduce wrinkles by stopping the muscles from moving," says Dr. Most. In December, the Food and Drug Administration approved the use of Restylane to fill in wrinkles in the face."

Restylane is a natural occurring substance in our joints. There are no allergic reactions or side effects to worry about



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and it can be injected on the same day you go in for a consultation. It's used in the lips or to fill depressions in the face.

Cassie Conover, a registered nurse at the Cosmetic Surgery Center, uses her experience as a Botox and Restylane recipient with the patients she sees.

"I frequently answer questions for patients who are considering both treatments. 'Did it hurt?' is usually the first question," she says. "I tell them no, but you can hear a unique crunchy noise as the Botox is injected."

It takes a few days for the Botox to set in, and then you notice facial tightness as your muscles are no longer able to move. A topical anesthetic is used for the Restylane injections, but any pain experienced is momentary with about 24 hours of tenderness.

Botox injections are used on the forehead, crows' feet, and the glabella—the area between the eyebrows. It needs to be repeated every four months or so. Restylane lasts up to nine months and is used for marionette lines (alongside the mouth), the nasal labial lines, and the glabella (frown lines).

"'Would you do it again' they often ask me," Cassie says. "And I tell them, 'You bet!'"

More information about facial rejuvenation and other cosmetic procedures is available at www.uwcosmeticsurgery.org. For a consultation at the Cosmetic Surgery Center, please call 206-598-8111.



"I liked the effects I was seeing on other people, and had my first Botox injection about a year ago," says Cassie Conover. (Painting by Roger Shimomura)