

Cosmetic surgery can change your life

“When it comes to facial rejuvenation, science backs up the saying that beauty is more than skin deep,” says **Dr. Sam Most**, chief of the UW Division of Facial Plastic and Reconstructive Surgery.



Dr. Sam Most

The facelift procedure has evolved over the years. Through the 1960s and 70s, facelifts meant tightening the skin only, which looked fine for a short time.

Only when the underlying structures are changed, as in modern facial rejuvenations, are the results more long lasting.

“As we age, our skin changes,” says Most. “But the natural fat in our face also begins to droop and the muscles begin to descend and loosen. The goal of facial rejuvenation is to give the face a natural, harmonious appearance.” That’s what **Deborah Vaughn** wanted and went to visit Dr. Most at the **Cosmetic Surgery Center** at UWMC-Roosevelt.

Deborah’s main point of contention with her appearance was her neck. “At 52, I wanted my face to support my efforts of working out to stay in shape,” she says. It took several consultations with Dr. Most to ask questions and to become familiar with what was involved before Deborah agreed to have surgery.

“Patients need to be comfortable with what they want done,” he says. “I try to help them identify what is bothering them, thus establishing their goals so that they may have realistic expectations from surgical intervention.”

Deborah decided to have three procedures done: a facelift, blepharoplasty (to correct excess eyelid tissue), and a chin implant. “I came out looking like a giant Q-tip,” she says. But a month later, after most of the swelling had subsided, Deborah was satisfied with her new look.

“The biggest treat for me was to wear turtlenecks because before I had no neck definition,” Deborah says. “My face is no longer just hanging there. The difference is wonderful.”

Jeannie Macnab always knew her nose was crooked; she’d had a deviated septum since childhood. But then she broke her nose while in college, which made breathing a challenge, especially when she started practicing the art of yoga.

“I was exclusively a mouth breather,” Jeannie says. “I tried to train myself to breathe through my nose, but I couldn’t get enough air.”



Jeannie Macnab practices yoga at The Yoga Tree in Fremont, Seattle.

Jeannie’s UW primary care physician referred her to Dr. Most. During her consultation, Dr. Most took photos of her face and together they reviewed computer simulations to see what she would look like after a rhinoplasty.

“The modern philosophy behind rhinoplasty is that form and function should go hand in hand,” Dr. Most says. “Long gone are the days when the idea was to cut things out and see how they healed. Some people had too much taken out and could no longer breathe through their noses. In modern rhinoplasty procedures, nasal function is never compromised.”

Almost immediately after her surgery Jeannie could breathe through her nose, bringing many benefits to her yoga practice, and her life in general.

For more information about cosmetic surgery options and the Cosmetic Surgery Center go to www.uwcosmeticsurgery.org or call 206-598-8111 to schedule an appointment.



With her new look, Deb Vaughn is the fairest of them all.



Before

After