



# KAHANA

## OCULOPLASTIC & ORBITAL SURGERY

Winter 2023

## The Move to Our New Office is Complete!

We have moved from Meadowbrook Road in Novi to West 7 Mile Road in Livonia. Our new address is 39000 W 7 Mile Rd, Ste 2400, Livonia, Mi, 48152.

*The address is different, the keys are new, but the door stays open for patients like you.*





# *A Moment With Dr. Kahana*

In this newsletter's column, I'd like to share my thoughts on, and general approach to, facial cosmetic surgery.

As we age, our face changes in predictable ways. The upper eyelids may droop, with fullness and heaviness. The lower eyelids develop "bags" and dark circles. And since the eyes are a window to our soul, it is natural to want your eyes to reflect your youthful soul. Fortunately, we can help restore that more youthful appearance. But it's important to understand a few things in advance:

First, surgical and non-surgical procedures can help you look younger, but if you're 50, you will not suddenly look 20. In an effort to achieve the unachievable, some people undergo procedures that make them look unnatural. I do not condone that. I will do my best to make you look the best that you can and will work to maximize your natural features. But I make it a priority to achieve a natural-looking result – something that will not look surgical. I want your friends and family to know that you look good, not that you had surgery (unless you tell them).

Second, facial appearance follows aesthetic units that relate to one another. For example, the upper eyelids are strongly affected by brow position, and lower eyelid appearance is strongly affected by cheek position. To achieve the best possible result for the upper eyelids, you may need to do something to address brow position. And to achieve the best possible result for the lower eyelids, you may need to address cheek position. Brows and upper eyelids, cheeks and lower eyelids – think of them as inter-dependent aesthetic units.

Third, as people age, they lose facial volume. Since fatty tissue has estrogen receptors, that's particularly true for women, who lose facial fat as a function of monthly hormonal changes, pregnancies and menopause. To restore youthful appearance, it is often necessary to augment volume rather than reduce volume. So fat removal needs to be done very carefully and thoughtfully. Whenever possible, we should move fat from where you don't want it, to a place where you do want it, reversing the fat movement that occurs with aging.

Importantly, don't try to "fill" natural folds, such as the nasolabial folds. These deepen because the cheek descends. The solution to a deeper nasolabial fold is to lift and augment the cheeks. Lifting and augmenting the cheeks will make both the lower eyelid nasojugal fold and the nasolabial fold look better. Artificially filling a natural fold just looks unnatural and leads to that strange "Hollywood" look.

In my experience, surgery is best to address issues that occur underneath the skin. For treating the skin, surface treatments, such as laser, chemical peels, and topic skin treatments, are usually necessary. CO2 laser is the gold standard for treating aging skin, but you'll need to put up with what amounts to a sunburn for 2-3 weeks, with peeling and redness. In order to reduce the risks associated with CO2 laser resurfacing, I prefer to perform multiple treatments with lower power, rather than fewer treatments with higher power. Our modern CO2 laser has a feature that achieves deeper penetration with lower energy, and that's the feature you should look for when shopping for laser skin resurfacing.

The fat around the eyes is precious. Sometimes I remove the bulging fat, but other times I reposition it in order to fill aging-related hollows. It's important to avoid removing too much fat because it might look OK in the beginning, but after a few years, your eyes may look hollow and that's very tough to fix. Fat grafting and fat transposition are important adjuncts to achieving an optimal long-lasting result.

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A key concept to consider when deciding on your cosmetic surgery is that you'll want your face to look harmonious after surgery. If you're going to address the upper eyelids but your lower eyelids are full, with large bags and deep nasojugal folds, then that will not look harmonious. You need to consider your overall goals and work with your surgeon to come up with a plan that fits your needs and budget.

Lastly, it's usually best to address issues in series – one step at a time – rather than all at once. Longer surgery is more taxing on your body, and bigger surgeries lead to more swelling and longer healing periods. For best results, patience is key.

In summary, we are dedicated to customizing a treatment plan for each patient to optimize results. One size doesn't fit all. Maybe you should have surgery, but maybe non-surgical options are more appropriate for you. Maybe fat removal is needed, or maybe fat transposition. When you come in for a cosmetic evaluation, I will create a plan that is customized to your unique facial features and concerns to provide you with the most natural look that highlights the rejuvenated you!

## Sara's Corner



### Uses for Therapeutic Botulinum Toxin (e.g. Botox)

Most people are familiar with the cosmetic applications of botulinum toxin (e.g. Botox, Dysport or Myobloc) - a neuromodulator that helps prevent and treat facial wrinkles. In the medical setting, however, botulinum toxin is also frequently used as a treatment for facial spasms, namely blepharospasm and hemifacial spasms. In fact, botulinum toxin was first used by ophthalmologists to treat strabismus and facial spasms, far before it was being used for cosmetic applications!

Blepharospasm (full name is "benign essential blepharospasm" or BEB), is a disorder that causes uncontrollable eyelid twitching (spasms) or blinking, sometimes making it difficult to open the eyes and therefore perform daily functions such as driving. This is not to be confused with eyelid myokymia, which is the involuntary continuous twitching of an eyelid that is self limited and benign, and often caused by stress or caffeine. Eyelid myokymia often presents unilaterally, or just affecting one side, and BEB is bilateral, affecting both eyes. The true cause of blepharospasm is unknown, but it is most frequently associated with dry eye disease. It can also be associated with weakness of the eyelid-opening muscle (levator muscle), certain medications, or a neurologic disorder called "apraxia of eyelid opening." A complete evaluation by a specialist is important to determine whether you have an underlying condition.

If you are diagnosed with benign essential blepharospasm, the most common and effective treatment is chemodenervation - weakening of the eyelid closing muscle using botulinum toxin. Botulinum toxin is injected directly into the spasming muscles in order to reduce the frequency and intensity of the spasms. This can have an incredible impact on daily life for those affected by blepharospasms. In addition to botulinum toxin treatments, patients also often benefit from rose tinted glasses and treatment of dry eyes. Occasionally, surgery can help control the condition when injections are not sufficient.

In contrast to blepharospasm, which affects both eyes, hemifacial spasms tend to only affect one side of the face and can cause eyelid twitching, cheek twitching, and twitching of the outer corner of the mouth. Hemifacial spasm is a disorder of facial spasming that is caused by inappropriate stimulation of the entire facial nerve on one side. This can be caused by compression of the nerve or as a result of disordered re-innervation following Bell's palsy, but often there is no identifiable cause. It is important to rule out neurologic causes of the facial spasms. Some people may be good candidates for facial nerve decompression surgery, though hemifacial spasms are most often treated with botulinum toxin, just like BEB. The toxin can be strategically injected into the affected muscles to reduce the frequency and intensity of the spasms.

Both blepharospasm and hemifacial spasms can have a serious impact on daily life. If you have eyelid or facial spasms, please contact our office. Therapeutic botulinum toxin is a medical treatment that can be covered by insurance, in contrast to cosmetic injections. A thorough evaluation by a specialist is required. Therapeutic injections of botulinum toxin can last for 2-6 months, but will vary from patient to patient.

# Testimonial



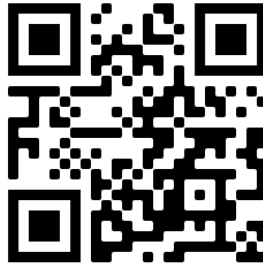
## A 5 Star Testimonial from Barbara:

Excellent Surgeon! I had eye deformities due to past surgeries.  
Dr Kahana is an amazing surgeon and he was able to correct the issue.  
I am very pleased with the results.

## Join our mailing list!

Stay up to date with the latest news from Kahana Oculoplastic & Orbital Surgery!

Fill out the form below and return it to any staff member and we will add you to our e-newsletter mailing list, or fill out the form on our website by scanning this QR code:



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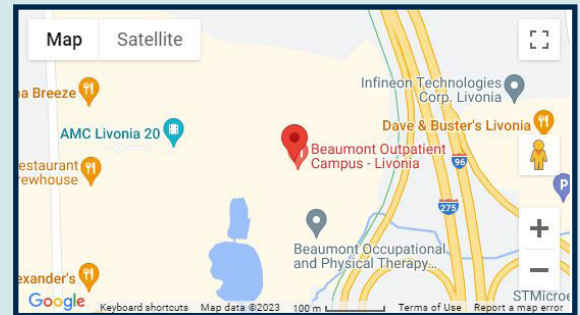
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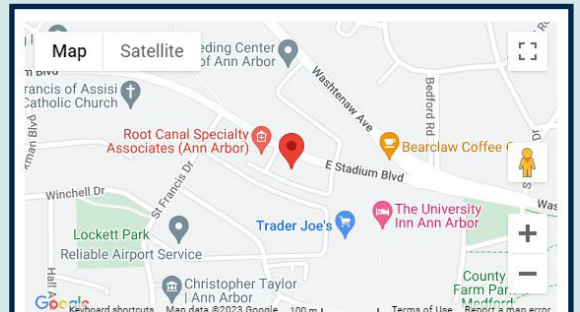
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