



# THE *new* FACE OF *genealogy*

Two patients undergo ethnic procedures while keeping their inherent features. AS TOLD TO JANINE OLIVEIRA

## CASE STUDY 1

**NAME:** Undisclosed  
**PROCEDURE:** Asian blepharoplasty  
**PERFORMED BY:**  
Dr. James Oestreicher

**ELEVATE** When did you first decide to get blepharoplasty surgery?

**PATIENT 1:** Actually, I first considered it almost three years ago. I made an appointment to see Dr. Oestreicher and he did the initial assessment. He told me that I was a good candidate for the operation. We even set a surgery date. Before the actual date came, however, I got cold feet and decided not to go ahead with it, so I cancelled.

**ELEVATE** Was there a pivotal moment that solidified your decision?

**PATIENT 1:** Last summer, I saw before-and-after pictures on the internet of Julie Chen, the American TV personality. I liked what she had accomplished with her operation, so I decided to go ahead with my own. I visited Dr. Oestreicher a second time, he did a few more tests, and we set a date in February for the operation. This time I didn't change my mind.

**ELEVATE** Did you have any reservations about the surgery before visiting the doctor's office?

**PATIENT 1:** Certainly. Having surgery on your face is not an easy decision. However, I had a lot of confidence in Dr. Oestreicher.

**ELEVATE** Why did you decide on Dr. Oestreicher?

**PATIENT 1:** My husband first saw Dr. Oestreicher about 10 years ago for another procedure. We were both very impressed with his skills, dedication and professional manner.

**ELEVATE** How do you feel about your results?

**PATIENT 1:** I'm thrilled! The results were excellent.

**ELEVATE** How did you feel about your new look after the surgery?

**PATIENT 1:** I couldn't be happier. The look Dr. Oestreicher achieved was exactly what I was hoping to accomplish.

PHOTO: THINKSTOCK

**ELEVATE** What advice do you have for people thinking of getting blepharoplasty surgery?

**PATIENT 1:** Think it over carefully. Find an experienced surgeon that you have total confidence in, and if everything feels right, go ahead and do it!

## ASK THE DOCTOR

Dr. James Oestreicher, MD, FRCSC  
Toronto Eyelid Surgery  
[torontoeyelidsurgery.com](http://torontoeyelidsurgery.com)

**ELEVATE** What specific type of surgery did you perform on the patient?

**DR. OESTREICHER:** This patient had an oriental blepharoplasty, which is a "double eyelid surgery." This involves making an incision at the desired height of the eyelid crease and creating internal attachments that create a strong reproducible crease. This opens up the appearance of the eyes but does not actually elevate the height of the upper eyelids.

**ELEVATE** Why was this patient a good candidate for this surgery?

**DR. OESTREICHER:** She is a healthy woman with no significant dry eye or eyelid pathology. She is intelligent, motivated and realistic in her expectations. She has a good idea preoperatively what outcome she would like. She has not had a lot of other unsuccessful eyelid surgery, which I often see in my practice referred from elsewhere in Canada or overseas. She wanted a result that is still ethnically consistent, meaning she is not trying to change herself into something unusual or unnatural.

**ELEVATE** What does the procedure consist of?

**DR. OESTREICHER:** I first discuss where the crease should be with the patient. Often bringing in photos from movies or magazines helps since most Asian starlets have had the surgery done often surprisingly

asymmetrically. The surgery itself is done in our private surgi-centre with intravenous sedation. The eyes are covered with laser shields so the patient is protected and doesn't have to watch the surgery. A lid crease incision is made and, depending on the situation, a small amount of skin may or may not be removed. The incision is deepened down to the anterior surface of the tarsal plate (the fibrous "backbone" of the eyelid). CO<sup>2</sup> laser is used to make the internal surface "stickier" after the pretarsal tissue is partly removed. This is an advanced technique that many surgeons do not have the equipment to do. Any minor bleeding is cauterized. The closure with sutures creates adhesions between the skin and the tarsal plate, not to the levator, as in Caucasian surgery.

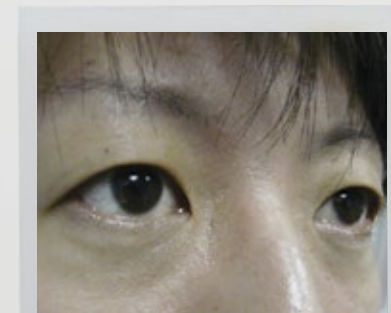
**ELEVATE** What were the patient's biggest concerns about the procedure?

**DR. OESTREICHER:** As with all patients, this patient wished for symmetry, a natural appearance and a result that would last her whole life. Patients worry about pain but can be reassured that this is not a problem. Almost everyone says it was much easier than they anticipated.

**ELEVATE** Was the patient happy with her results?

**DR. OESTREICHER:** She was extremely pleased with the quality and natural results she achieved, with very little downtime. Although photos were taken at three months, she states that her eyes continued to improve beyond that in subtle ways.

**ELEVATE** What are the common misconceptions you hear about ethnic surgical procedures?



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AFTER



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**DR. OESTREICHER:** Some patients think they should go to Korea or Japan to have this done. Although this is possible, I have repaired many complications from overseas surgeries since it is difficult to have a follow-up across the Pacific Ocean. Other techniques, such as dimpling sutures, are an imperfect method compared to a true incisional blepharoplasty. It is also possible to require touch-up surgery in the first year.

**ELEVATE** What advice would you want to give those debating whether or not to get an ethnic procedure done?

**DR. OESTREICHER:** Be confident in your self-image and imagine what your eyes might look like with a fold. Play with a Q-tip or eyelid tape to see the effect. Find a qualified, experienced surgeon. Look for a website with many pre- and post-op photos, and find one with an entire "oriental blepharoplasty" section. Your surgeon should be an eyelid specialist, not someone who would rather be doing rhinoplasty or breast implant surgery!

## CASE STUDY 2

**NAME:** Undisclosed

**PROCEDURE:** Injectable rhinoplasty with Juvéderm Voluma

**PERFORMED BY:** Dr. David Ellis

**ELEVATE** When did you first decide to get this procedure?

**PATIENT 2:** I was concerned with the unevenness of my nose. I went to see Dr. Ellis for a consultation to see if there was something he could do. After the consultation, I decided to go ahead with the treatment.

**ELEVATE** Was there a pivotal moment that solidified your decision?

**PATIENT 2:** It was during the consultation. Dr. Ellis' explanation made me feel comfortable with the treatment.

**ELEVATE** Did you have any reservations about the procedure before visiting the doctor's office?

**PATIENT 2:** I had no reservations or concerns. I was comfortable after the consultation with Dr. Ellis.

**ELEVATE** Why did you decide on Dr. Ellis?

**PATIENT 2:** I trusted Dr. Ellis' experience and knowledge. I have known Dr. Ellis for many years and went to him for other treatments. He is reliable and can be trusted. Actually, I had consulted with another doctor that does Botox and Juvéderm, but he did not know what to do when I asked him about my nose and did not seem confident.

**ELEVATE** What was the recovery process?

**PATIENT 2:** There is no recovery and no downtime. I put on a little makeup and went to lunch.

**ELEVATE** How did you feel about your new look after the surgery?

**PATIENT 2:** I feel very good and very happy. It is a minor treatment, but it made a big improvement to my nose. I recommend this treatment.

**ELEVATE** What advice do you have for people thinking of getting the same procedure?

**PATIENT 2:** I assure you, it is a small treatment, but I guarantee a high satisfaction level. I highly recommend this treatment.

## ASK THE DOCTOR

Dr. David Ellis, MD, FRCSC, FACS,  
Otolaryngology-Head and Neck Surgery,  
Specializing in facial plastic surgery  
Art of Facial Surgery  
[ellisplasticsurgery.ca](http://ellisplasticsurgery.ca)

**ELEVATE** What specific type of surgery did you perform on the patient?

**DR. ELLIS:** The procedure is referred to as an injectable rhinoplasty, a non-surgical procedure that involves injecting Juvéderm Voluma into the nose to correct the nose.

**ELEVATE** Why was the patient a good candidate for this procedure?

**DR. ELLIS:** She was afraid of surgery and could not afford the downtime of surgery. The correction was minor.

**ELEVATE** What does the procedure consist of?

**DR. ELLIS:** This procedure involves injecting Juvéderm Voluma, a hyaluronic acid filler, into the area of the nose where we want the projection or to smooth a bump or depression or to augment the nasal dorsum. This procedure is especially favoured for those not interested in surgery or those who want to see what their nose would look like before proceeding with the surgical procedure of rhinoplasty.

**ELEVATE** What were the patient's biggest concerns about the procedure?

**DR. ELLIS:** The patient was concerned with the downtime and bruising associated with this treatment. I reassured her that there is no downtime involved with this treatment, but with any treatment like this comes the risk of bruising. If she does bruise, it can be covered up with makeup.

**ELEVATE** Was the patient happy with her results?

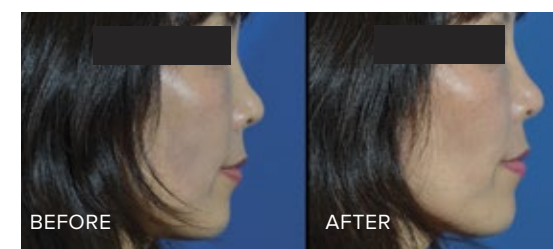
**DR. ELLIS:** The patient was very happy with the results and how easily it was done. The treatment was done during the lunch hour.

**ELEVATE** What are the common misconceptions you hear about ethnic surgical procedures?

**DR. ELLIS:** What patients usually want is a good looking nose that represents their race, not having their noses more Caucasian.

**ELEVATE** What advice do you want to give those debating whether or not to get an ethnic procedure done?

**DR. ELLIS:** I give them the same advice as any patient who is having a cosmetic surgical procedure: to do something that is harmonious with your face, not what is trendy at the moment. ☺



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