



NOVEMBER 12 - 25, 2013

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Get a chin up with the fastest surgery trend

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Lately, I've heard a lot about chin implants. I've always thought my chin was small, and now since there's

been all of this excitement about the chin, I'd like to know my options and what you recommend.

Chin implants have been around for a long time. I have seen many variations on sizes, types of material used and the method of introducing the implants to the chin area.

First, let's start with the surgery method. Chin implant surgery may be done with local anesthesia, which means that the area is directly injected and becomes numb, or with general anesthesia. The incision to place the implant is performed either on the inside of the mouth or just under the chin. The implant may be secured to the bone with a suture, a small metal plate or simply inserted into a small "pocket" to keep it in place.

Chin implants can be made of different materials. They include silicone, rubber-like

materials and bone. The bone may be your own bone or bone from a cadaver donor. If it's your own bone, it may come from your hip or your own jaw – in which case it's moved forward and secured with small metal plates.

Chin implants vary in size and shape, depending on the patient's needs and wants, and of course, your physician's expert recommendation.

There are other procedures that may be performed at the same time as chin augmentation surgery that would improve the cosmetic results. Neck liposuction improves the jaw line and often enhances the overall result of a chin augmentation. In addition, a rhinoplasty (nose job) is often accompanied with a chin implant.

This is one of those "what came first, the chicken or the egg?" questions. Improving the chin often makes a bad nose look good, while improving the nose makes a bad chin look good.

As in life, there is always the good with the bad. Chin surgery has risks, like all surgeries

do. Risks of chin implant surgery include infection, rejection of the implant, malposition and nerve injury. Nerve injuries include loss of sensation, persistent pain and on rare occurrence, loss of movement in the lower lip. While these complications are rare, they do occur.

When picking your physician, you should pick a facial plastic surgeon, plastic surgeon, otolaryngologist (ear, nose and throat doctor) or oral surgeon for your surgery. Make sure that your physician discusses your expectations, shows you pictures of his or her patients before and after surgery and discusses your risks and benefits before your sign up.

I find that chin augmentation surgery is a very rewarding procedure for my patients – once they are well informed. Good luck!

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