

## plastic vs. aesthetic

Plastic surgery is sometimes confused with aesthetic, or cosmetic, surgery--which is performed solely to improve appearance in otherwise healthy persons. This classification includes the majority of cases of rhinoplasty (nose jobs), rhytidectomy, breast augmentation, hair transplantation, and other procedures. Most plastic surgeries are directed at improving physical appearance after disfigurement caused by burns, removal of tumors, and reconstructive work.

## types of plastic surgery

	breast / stomach ...	reduction
have	lip / breast / penis (yes, also)	augmentation / enlargement
undergo	face / silhouette	sculpturing / reshaping
	facial / neck / eyelid / jowl	lift
	facial / breast	reconstruction
	lip / buttocks ...	enhancement
	tummy (abdomen) / breast	tuck
		liposuction
	buttocks / neck / body	contouring
	facial / skin	rejuvenation

**juvenile delinquent** *noun* a child or young person guilty of some offence, act of vandalism, or antisocial behavior or whose conduct is beyond parental control and who may be brought before a juvenile court

**juvnescent** *adjective* becoming or being young or youthful

## by areas targeted

Mastopexy; Mammoplasty; Breast size reduction; Breast lift (with reduction / augmentation)  
Cosmetic surgery of the abdomen; Tummy tuck; Abdominoplasty, Abdominal wall surgery  
Skin resurfacing (chemical peeling, laser resurfacing, dermabrasion), skin graft  
Buttocks (improvement / lift / augmentation / implant) surgery  
Chin augmentation, Augmentation mentoplasty; Genioplasty

## methods / procedures:

by (means of): replenishing, sanding, incisions, (local administration), chemical peels, inserting a silicone (or saline) implant / prosthesis, botox injection, suspension sutures, cannulas

## -plasty

<b>abdominoplasty</b>	Surgical repair or alteration of bone.
<b>dermoplasty</b>	skin smoothing surgery
<b>mammoplasty</b>	skin grafting
<b>dermabrasion</b>	Reconstructive or cosmetic plastic surgery to alter the size or shape of the breasts.
<b>otoplasty</b>	plastic surgery of the ears
<b>osteoplasty</b>	plastic surgery of the nose
<b>rhinoplasty</b>	excision of abdominal fat and skin for cosmetic purposes.

## removal

laser  
(or surgical)

mole  
hair  
fat  
tattoo  
cataract  
wrinkle  
eye bag  
rib  
cellulite

**removal**  
/  
**excision**

(liposuction)

Some pairings would be unusual:  
ok: *cellulite removal*  
not so good: *\*cellulite excision*

### incision

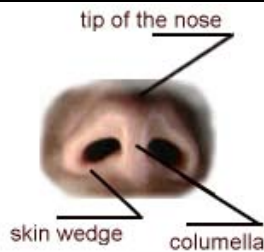
entrance sites	are created	with a blade	behind the earlobes
incisions	are made	with a scalpel	below the chin, waist etc.
punctures		with laser	below the eyelashes
	are sutured	with (fine) suture	on the underside of the breast, nose, chin etc.
			above the navel
			above the gum line

### anesthesia

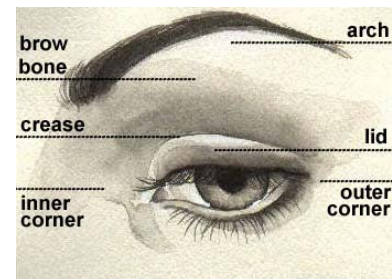
patient goes / is / is placed		local / regional / topical	
operation is performed / done		general	
practitioners do / perform liposuction	under	spinal (epidural)	<b>anesthesia</b>
		inhalation (halothane)	
		ether	

### plastic surgery anatomy

nose hump  
nose septum  
nostrils  
cartilage  
nose tip

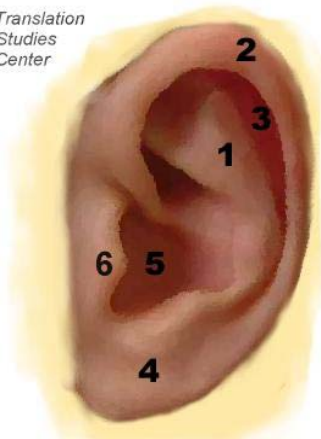


eye contour  
eye socket  
sclera (the white)  
iris  
pupil  
cornea  
retina



### auricle - małżowina

Translation  
Studies  
Center



- 1. antihelix
- 2. helix
- 3. scapha
- 4. lobe
- 5. concha
- 6. tragus

\_\_\_\_\_ - folded "Y" shaped part of the ear. Elevated ridge of cartilage between the concha and the scapha.

\_\_\_\_\_ - the hollow bowl-like portion of the outer ear next to the canal. An enlarged \_\_\_\_\_ forces the outer ear away from the scalp.

\_\_\_\_\_ is the outer frame of the auricle, it is a rolled up edge.

\_\_\_\_\_ (lobule) - fleshy lower portion of the ear

\_\_\_\_\_ - scooped out section between the antihelix and helix. This is the outer depression near the edge of the ear.

*kał małżowinowy (zagłębienie małżowiny), grobelka, płatek  
tylna powierzchnia małżowiny (muszla), brzeg obrąbka*

### kinds of breasts

perky / firm / tight  
saggy / sagging / pendulous / droopy  
loose / flaccid  
asymmetrical  
oversized

<http://www.bbc.co.uk/teens/girls/sexandbody/bodyfiles/breasts.shtml>

### breasts

If the breasts have lost volume or are small, a breast implant can be inserted *in conjunction with* mastopexy to increase both size and firmness.

protruding

## wrinkles, creases & other imperfections

correct	stretch marks	mole
reduce	vitiligo / leukoderma patches	freckle
smooth out	sun damage	acne scars
improve	pockmarks	nasolabial folds
eliminate / remove	age spots	glabellar (frown) lines
	flaccid / loose / aging skin	crow's feet
	forehead lines / furrows	smile lines
<b>congenital / acquired</b>	irregular pigmentation	sebaceous cyst
	callosity, hardening, coarseness	large pores

kind of related: *love bite, barelip*

## other imperfections

**turgidity, obesity, corpulence**, fatness, stoutness, chubbiness, plumpness, embonpoint, chunkiness, fleshiness, meatiness, beefiness  
 flab, double chin, turkey gobbler, folds of flesh, spare tire, unsightly rolls of skin, girth, love handles, swelling  
 protruding ears, earlobes torn by earrings, stretched earlobes, prominent ear deformity  
 beady eyes, bulgy eyes,  
 muscle man, athlete, fatty, fatso, tub, dumpling, pig, mound of flesh, tub of lard, hulk

beer muscle (!) ≠ mięsień piwny

## desired effects / resolution

to give	tired skin	a healthy, rested, trimmer, desirable, defined, supple	appearance, look
	aging	a youthful, vibrant, radiant, rejuvenated	glow

to increase	circulation
to restore	elasticity
	smoother contours

silhouette shaping / sculpting  
 skin retraction / clarification / rejuvenation / good definition of the ...

## some plastic surgery accessories

**cannula**  
**catheter**  
**scalpel**  
**clamp**  
**funnel**  
**tourniquet**  
**suture**  
**trocár**



> Steel tube inserted through an entrance site for removing subcutaneous fat  
 > Device, normally a tightly encircling bandage, used to check bleeding by temporarily stopping the flow of blood through a large artery in a limb.  
 > Hollow, flexible tube for insertion into a body cavity, duct, or vessel. Its uses include the drainage of urine from the bladder through the urethra or insertion through a blood vessel into the heart for diagnostic purposes.



**speculum**

## augmentation mammoplasty



The incision is made underneath the breast, above the crease; around the lower edge of the areola (the pigmented area surrounding the nipple); or in the armpit.

The implant is placed in a pocket that is created directly under the breast tissue or underneath the chest muscle.

## convalescence / complications

During convalescence physical activities should be limited to avoid stretching the scars. The plastic surgeon will recommend a schedule for resuming the patient's usual routine (usually about 8 weeks). For proper healing, avoid overhead lifting for 3 to 4 weeks.

Swelling, bruising, tenderness, skin discoloration, and numbness should be expected for up to 2 weeks. Most of the surgical scars are hidden in the hairline or the natural lines of the face and will fade over months. Patients should limit sun exposure.

As a result of swelling, the treated area may seem larger than before surgery. A tight stocking, girdle, or snug elastic dressing must be worn over the targeted area to reduce swelling and bleeding, and to help shrink the skin to fit the new contour. This garment should be used continuously for 2 to 3 weeks.

An elastic support (much like a girdle) should be worn over the abdomen for 2 to 3 weeks to provide extra abdominal support while healing. Strenuous activity and straining should be avoided for 4 weeks. The scars will become lighter in color and flatter during the next 3 to 6 months.

### con-**VAL**-EScence

**valorous / valiant** *adjective* marked by bravery or courage example: *a valiant deed*

### **countervail** *verb*

To act against with equal force; counteract.

**avail** *verb* To be of use or advantage to; help: *Nothing could avail the dying patient.*

## Suction Lipectomy ( Suction Fat removal)

Facial and neck sculpturing can sometimes be achieved through suction lipectomy. This procedure involves removal of facial fat through special cannulas. Depending on the age of the patient, fullness in the jowls or beneath the chin can be removed. The skin will tighten over the new contour, leaving a firm neck. This is generally limited to patients under 40 years of age. For those that are older, the procedure can be done in conjunction with of Facelift or Cervical Lift.

### Procedure:

Under local anesthesia small entrance sites are created with a small blade behind the earlobes and below the chin. The cannula is placed beneath the skin so as to suction the layer of fat. The process not only planes the fat bulges but also causes the skin to re-adhere to the muscle layer below. This helps to create a firm and wrinkle free neck line.

Dressings are applied and removed in a few days. Stretch type bandages may be worn at night for a few weeks that follow.

### **BOTOX. How is the procedure performed?**

Botox is an office-based procedure requiring no anesthesia or recovery time. A few drops of Botox are injected with a tiny needle into the muscle that creates a wrinkle. When Botox is injected into a muscle, it blocks the nerve impulse from reaching that area, and as a result, the muscle weakens. As the muscle weakens, the skin overlying the muscle relaxes and the wrinkles gradually soften and disappear.

### plastic surgery tidbits

60% of women and 30% of men would take advantage of free and safe plastic surgery done on the QT. Eight out of ten people think it is socially okay for women to have stuff fixed but not men. According to the College of Plastic Surgeons, women are nine times more likely to go under the knife than men, but the number of men getting surgery has doubled since 1992.

**Botox.** Businessmen are starting to get Botox injections, derived from botulism toxins, to temporarily paralyze portions of their facial muscles. The result is a 'permanent poker face' which supposedly gives them an edge in business deals.

Globe magazine reports Enrique Iglesias has told a pal why he had his mole surgically removed -- skin cancer fears.

In most facelifts performed today, the incision in front of the ear extends up into the hairline, which tends to pull the hairline up and back, thus distorting the natural hairline. Using a newer technique called the "minilift"--minimal incision facelift, the incision does not extend beyond the top of the ear and therefore does not displace the hairline.

#### What are collagen treatments?

Collagen treatments are examples of dermal fillers used in aesthetic surgery to reduce wrinkles, lines and scars and to augment soft tissue contours.

Collagen is large helical protein that occurs naturally in the body and is an important building block of the skin.

Practice:

**Off label** means that a physician uses a drug for one purpose that is approved by the FDA for another condition.

**Post surgical** effects manifest through the **turgidity** of the face and slight sensations of pain.

Photographs of folds of flesh managed by tummy tuck surgery

Substantial weight loss may cause abdominal skin to become flaccid. Abdominoplasty can also tighten muscles that have been separated and weakened by pregnancy. The procedure may somewhat improve the appearance of stretch marks, especially those located below the navel.

#### Facelifting

Klasyczną operacją korekcji twarzy pozostaje face-lifting. Wykonuje się go celem usunięcia skutków zwiotczenia skóry. Zabiegowi temu może towarzyszyć tzw. górny face-lifting obejmujący korekcję czoła i brwi oraz lifting szyi. Obecnie istnieje wiele innych sposobów odmładzania twarzy. Korekcję zmarszczek można dokonać poprzez miejscowe podanie odpowiedniego preparatu lub chemiczne złuszczenie powierzchniowych warstw skóry.

#### Facelift

Facelift remains the classic face corrective surgery. It is performed to remove the effects of skin ageing. The procedure can be performed in conjunction with the so called upper facelift which includes forehead and eyebrow surgery and neck lift. Currently there exist a number of other facial rejuvenation methods. Wrinkle correction can be done by local administration of an adequate agent or chemical peels of the skin surface.

### Czy operacja nosa wymaga zewnętrznych nacięć?

Operacje nosa mogą być przeprowadzane albo wyłącznie poprzez nacięcia wewnątrz dziurek nosowych albo przez kombinacje tych nacięć z kilkumilimetrowym nacięciem u podstawy nosa. Nacięcie to goi się zwykle bez śladu a pozwala na dokładną inspekcję wewnętrznych struktur nosa. Chociaż większość operacji nosa była wykonywana kiedyś bez tego dodatkowego nacięcia, obecnie coraz więcej operacji jest robione sposobem "open", które pozwala na bardziej precyzyjną korektę zniekształceń.

**Sylwetkę** rzeźbi się przy użyciu cienkich rureczek (kaniul) podłączonych do aparatu, poprzez odsysanie w znieczuleniu ogólnym nadmiaru tkanki tłuszczowej. Cięcia dla wprowadzenia rureczek mają długość 2-3 mm i będą w przyszłości niewidoczne. Typowe miejsca poddawane odsysaniu to: brzuch, biodra, zewnętrzne powierzchnie ud, wewnętrzne powierzchnie ud, wewnętrzne powierzchnie kolan, podudzia, pośladki, podbródek.

Po operacji pacjent spędza jedną noc w klinice i w specjalnej odzieży uciskowej zostaje wypisany do domu.

Optymalny rezultat pooperacyjny jest widoczny po 4-6 tygodniach. Po tym czasie jest możliwa pełna aktywność fizyczna. Średnia ilość odsysanego tłuszczu w czasie jednej operacji wynosi między 2 a 2.5 l.

Zabieg jest poważnym szokiem dla ciała, prawdziwą operacją. Za jednym zamachem można bowiem usunąć od kilku do kilkunastu litrów tłuszczu. Rekordem jak dotąd jest 30 litrów wysanych jednorazowo lipostrzykawkami prof. Fourniera. W takich przypadkach stosuje się narkozę, która nie jest obojętna dla organizmu. Terapia po zabiegu trwa wiele tygodni. Dlatego podkreśliłam, że jest on przeznaczony dla osób wytrwałych. Przez kilka dni po liposuction ciało jest posiniaczone i obolałe. Przez dwa, trzy miesiące od zabiegu trzeba nosić specjalne elastyczne opaski lub gorset obciskający miejsca operowane. Po kilkunastu dniach od operacji należy przez osiem tygodni masować obszary skóry, spod których usunięto nadmiar tkanki tłuszczowej, oraz wykonywać zalecone przez lekarza ćwiczenia wzmacniające. Wskazane są serie zabiegów o nazwie "minilift" i okłady z ciepłej parafiny. No i wreszcie należy pożegnać się z ciastkami. Komórek tłuszczowych wprawdzie od nich nie przybędzie, ale te, które pozostały, mogą się bardzo rozrosnąć. Nie do wiary, ale wcale nie ma się na ciastka ochoty, gdy widzi się w lustrze swoją odmłodzoną, atrakcyjną sylwetkę.

### Does nose surgery require external incisions?

Rhinoplasty can be performed either by incisions on the inside of the nostrils or in conjunction with a small incision at the base of the nose. This incision heals without a trace and it allows a detailed inspection of the internal structures of the nose. Although most nose surgeries in the past were performed without this additional incision, nowadays more "open" rhinoplasties are done which allow more precision in correcting disfigurements.

**Silhouette** shaping is done by means of fine tubes (cannulas) connected to a suction apparatus, by suctioning excess fat tissue under general anesthesia. The incisions for inserting cannulas are 2-3 mm long and are invisible in the future. Most common (target) areas (subjected to liposuction) are: the abdomen, hips, outer thighs, inner thighs and inner knees, shanks, buttocks, and the lower chin.

The procedure is a serious shock for the body, a real operation. At one fell swoop, over a dozen liters of fat can be removed. So far the record is the 30 liters suctioned at one time by means of Dr. Fournier cannulas. In such cases, a general anesthesia is used, which is not without consequences for the body. The convalescence takes many weeks. That is why I emphasized that the surgery is meant for persistent people. Days after a surgery the body is bruised and sore. For two or three months following a surgery, elastic bands or a corset needs to be worn to push back the targeted areas. Over a dozen days after an operation, the liposuctioned skin areas should be massaged, and doctor-recommended strengthening exercises should be performed. A series of minilift surgeries and paraffin compresses are advisable. Finally, a farewell to cookies. Although these won't spawn fat cells, those cells that remain can grow considerably. Incredible though it seems, you have no craving for cookies when you see in the mirror your rejuvenated attractive silhouette.

**Operacja plastyczna ucha** wykonywana jest albo w trybie jednodniowej wizyty pacjenta, albo przy krótkim pobycie w szpitalu. Pod ogólnym albo miejscowym znieczuleniem, niewielka ilość skóry usuwana jest za uchem, tak aby odsłonić chrząstkę muszli. Celem jest zmiana kształtu chrząstki muszli, tak by pozwalała uchu odginać się naturalnie do wewnątrz, w kierunku głowy. Oby to zrobić, część chrząstki jest zawijana i przymocowana za pomocą szwów albo mała jej część może zostać usunięta, by chirurg mógł podwinąć ją do wewnątrz. Nacięcie zamykane jest rozpuszczającymi się szwami. Operacja trwa około godzinę.

**Otoplasty** is done either on an outpatient basis or as a short hospital stay. Under general or local anaesthetic, a small amount of skin is removed from behind the ear to expose the cartilage of the concha. The aim is to reshape the cartilage in the concha so that it allows the ear to bend inwards more naturally, towards the head. To do this, part of the cartilage is folded and secured in place with sutures, or a small part may be removed to allow the surgeon to bend it inwards. The incision is closed with dissolving stitches. The operation takes about an hour.



*Excision of a redundant helical rim.*

*/'helɪkəl/ /'hi:lɪkəl/*

### ***Macrotia*** (big ear deformity)

The following material on this page is graphic in nature. Please skip if explicit surgical details bother you.



Masz ponad trzydzieści lat i chciałabyś pozbyć się zmarszczek pod oczami, wokół ust, na czole, wygładzić kurze łapki.

### Krem na rozstępy.

**Wspaniały krem, który błyskawicznie się wchłania i przyjemnie pachnie. Zmniejsza widoczne rozstępy i zapobiega powstawaniu nowych. Już po kilku zastosowaniach zauważysz różnicę!!!**

### **Jak długo trwa operacja, jaki jest okres rekonwalescencji?**

Operacja trwa zwykle 1,5 - 2 godzin, a pobyt w klinice - 1 - 2 dni, w zależności od potrzeb. Okres rekonwalescencji obejmuje kilka tygodni, ale oczywiście każdy kolejny tydzień wygląda inaczej. Z każdym dniem dolegliwości zmniejszają się, a zakres dozwolonych wysiłków - zwiększa. Rozpoczyna się też wykonywanie odpowiednich masażów. Początkowo nosi się opatrunek z bandażem elastycznym. Na końcowy efekt operacji powiększania piersi trzeba trochę poczekać. Powrót do sprawności w czynnościach domowych jest szybki. Należy natomiast ograniczyć przez pewien czas większe wysiłki fizyczne i uprawianie sportów.