



OSCARS, CELEBRITIES AND “THE ACADEMY”

THE AMERICAN ACADEMY OF FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY OFFERS TIPS FOR GETTING OSCAR-READY

ALEXANDRIA, VA—February 21, 2011 – Weeks before celebs walk down the red carpet and the flashbulbs start popping, the behind-the-scenes frenzy of putting their best face forward is in full swing. The American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) offers a look at how the stars are preparing this year for Hollywood’s biggest night.

One of the most important factors that celebrities have to consider when planning their red carpet look is the recovery time needed after a desired cosmetic procedure.

Jonathan Sykes, M.D., President of the AAFPRS, says the best time to schedule a procedure is dependent on the associated downtime and expected onset of final results. Neurotoxins such as Botox® and Dysport® require almost little to no downtime, however the effects may take a day or two to begin, with the final results visible after seven to ten days.

Facial fillers, such as Restylane® and JUVEDERM®, offer immediate results, but Sykes warns that depending on the area injected, bruising and swelling may occur. Celebrities should allow for at least three days of recovery time for best results, he said. Other popular celebrity procedures include mini-facelifts and minimally invasive blepharoplasty involving tightening the skin around the eye. However, these procedures can take up to two to four weeks for best results so they must be planned well in advance of the big night, Sykes said.

“Celebrities--or anyone who is looking into facial plastic surgery--are looking to get the best possible results of a particular procedure,” Sykes said. “The goal is to look natural and refreshed without showing any signs of having work done.”

Inspired by the look of your favorite star? The Academy reminds anyone who is considering facial plastic surgery to choose the most qualified physicians, whether the procedure is invasive or non-invasive. AAFPRS members have received more comprehensive training in plastic and reconstructive surgery of the head and neck than any other medical specialty, and are certified by a specialty board recognized by the American Board of Medical Specialties.

About the AAFPRS:

The American Academy of Facial Plastic and Reconstructive Surgery is the world's largest specialty association for facial plastic surgery. It represents more than 2,700 facial plastic and reconstructive surgeons throughout the world. The AAFPRS is a National Medical Specialty Society of the American Medical Association (AMA), and holds an official seat in both the AMA House of Delegates and the American College of Surgeons board of governors. AAFPRS members are board certified surgeons whose focus is surgery of the face, head, and neck. AAFPRS members subscribe to a code of ethics. In addition, the AAFPRS provides consumers with free information and brochures and a list of qualified facial plastic surgeons in their area by visiting the AAFPRS website, www.facemd.org