

# chin deep

*A well-defined chin is the accessory of the season. Here's how to put your best chin forward.* BY BONNIE STARING


"With excising there will be a visible scar under the chin, so some patients prefer to have rhytidectomy [a face lift], since those scars can be hidden around the ears and in the hairline," he explains.

In a case where a waddle or excess skin is a result of weight loss, Dr. Lockwood recommends removing the skin first to see how it affects the appearance of the chin. "The excess skin may cause the chin to appear smaller or less pronounced than it actually is."

**FILL POINT** To help widen or bring a chin forward, injectable fillers may be used. "Fillers are also very effective in reducing the appearance of "puppet" lines on either side of the chin," adds Dr. Gantous. Unless there is a significant correction needed with the jawbone or muscle structure, fillers are the most convenient treatment options. Temporary chin augmentation treatments using Restylane last for approximately six months, while treatments using Radiesse last up to two years. "Most patients use these treatments as a test drive before they opt for implants," advises Dr. Ali Adibfar, MD, DDS, FRCSC, FRCDC, dentist and plastic surgeon of Elements Wellness Spa in Toronto.

**(IM)PLANT LIFE** "Augmenting the chin can have the same impact on a man's self-confidence as breast implants can for a female patient," says Dr. Lockwood. Chin implants are a permanent solution for increasing the projection and/or width of a chin. There are two common methods used. In one, a small pocket is created between the chin bone and muscle, and a specifically shaped implant is placed within it. "This procedure works best when only a moderate increase in projection or width is required," advises Dr. Adibfar. For more pronounced results, a chin augmentation that involves moving part of the chin bone forward may be used.

Drs. Adibfar, Gantous and Lockwood all stress the importance of examining a patient's chin as it relates to a patient's overall appearance. In some cases, the chin may not be what needs correction. "There may be alignment issues with the teeth and jawbone, such as an underbite," explains Dr. Lockwood. In those cases, patients would be referred to a maxillofacial/orthodontic specialist. "And that's where I can also help my patients, whether through dental implants or jaw surgery," adds Dr. Adibfar.

**WHEN IS A CHIN TOO MUCH?** While it's rare for a man to complain about having "too much chin," Dr. Gantous has helped some patients lessen their overdeveloped chins. "Chin-reduction surgery involves sculpting the jawbone," he explains. "It's a complex procedure, with a lengthy healing process." He also believes that a thorough consultation is paramount to determining how best to correct or augment the chin area. "Because it frames the face, it can be hard for a patient to visualize the effect a chin reduction will have on the rest of his features," adds Dr. Gantous. 

From Hollywood heroes to sports figures, the message is clear: a well-defined chin suggests a man as being confident, capable and a leader. "A man with a weak chin may hide it under a beard," says Dr. Anthony Lockwood, MD, FRCSC, a plastic surgeon at First Glance Aesthetic Clinic in Winnipeg. "For most men, having an overdeveloped chin is preferable to an underdeveloped one." But what's a guy to do? We'll tell you.

**FAT ATTACK** Liposuction can be used to remove excess fat from the chin and neck area to create a more angular effect. "The key to good results is the condition of the skin in the first place," says Dr. Andres Gantous, MD, FRCSC, of Toronto Facial Plastic. If a patient's skin has lost enough

of its elasticity, the treated area may appear uneven and wrinkled. "For my older patients I would use a lift, which would also remove the unwanted fat."

Dr. Lockwood cautions that a double chin or lack of chin definition may be the result of a low hyoid bone. "If it's low on the neck, you're not going to have an L-shaped angle between the neck and chin no matter how hard you try," he explains.

**NIP/TUCK** Mainly due to age and genetics, skin around the chin and neck area can sag and gather, creating a "waddle" underneath the chin or jowls hanging off the jaw line. For these patients, Dr. Gantous recommends excising the excess skin or performing a face and/or neck lift.

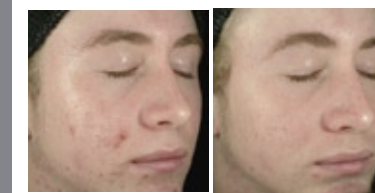
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