

Cosmetic Procedures



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Do you have a short or excessive chin? Do you wish you had stronger cheek bones? Do you have frown or forehead lines that have been getting deeper over the years? Do you have a gummy smile or a disproportionate face and you are just not happy with the way you look?

Dr. Kazemi is an expert surgeon in several cosmetic procedures including chin and cheek augmentation, corrective jaw surgery, and Botox. Here is some important information to help you make better decisions about your needs.

Chin augmentation-reduction

The chin may be augmented or reduced to improve the facial profile, symmetry, and aesthetics. It is often performed at the same time as a corrective jaw surgery, but it may be done as an isolated cosmetic procedure. There are two techniques for augmentation:

Advancing the chin bone: This technique involves sectioning the chin bone and sliding it forward to augment. This is done through the mouth, and no outside incision is necessary.

Chin implant: This involves the use of pre-formed and anatomical implants that are available in various shapes and sizes. The implant is placed on top of the chin and fixated. They create a very natural feel and appearance. A small skin incision under the chin is required for this technique.



Cheekbone augmentation

Patients with a flat cheek bone appearance may augment it using cheek implants. These implants are pre-formed and are available in several sizes. They are inserted through a small incision in the mouth. Augmentation may be performed at the time of an upper jaw surgery or as an isolated cosmetic procedure.



Bone chin and cheek augmentation procedures can be done in the office under IV sedation and local anesthesia. They can also be performed in the hospital under general anesthesia if having corrective jaw surgery.

Botox:

Chase away lines from worrying, frowning, laughing, along with crow's feet and other wrinkles. Botox® is a protein product that temporarily blocks nerve impulses to tiny facial muscles related to expression lines. When the muscles relax, they can't contract and cause lines. The procedure is very safe, effective, and effects can last up to six months.

Botox is an office procedure that takes about five minutes. Recovery from Botox is quick. Patients may experience some redness and discomfort for a few hours. Results are usually noticed in three to four days.



What is the recovery with cosmetic surgeries?

- **Pain:** Most patients experience three to four days of discomfort, commonly managed with pain medications such as Vicodin or Percocet. As pain gradually diminishes, Ibuprofen (Advil) or Acetaminophen (Tylenol) can be used. After seven to 10 days, most patients no longer have pain and may stop their medications.

- **Swelling:** Any swelling related to surgery will maximize in 36 to 48 hours following procedure, and gradually taper over the next five to seven days. Ice helps to reduce swelling in the first 24 hours.
- **Diet:** Upon arrival home, patients may have water, juices, soups, shakes, puree, and very soft food. For any cosmetic procedure that requires an incision in the mouth, a soft diet is recommended up to five to seven days. No hard, crispy, or spicy foods should be eaten during this period. After seven days, patients may gradually return to normal food.
- **Activity:** Get plenty of rest on the day of surgery. Some patients may feel well enough the following day to walk and go out. That's all right, but take it easy. Avoid strenuous activities for the first two to three days. Refrain from sports, lifting or doing anything that requires exertion. After three days, if patients feel more comfortable, they can walk or do very low-impact exercise, such as swimming or walking. Mild activities may cause some pain but not enough to disturb the surgery site or open the sutures.

Most patients return to work, school, or other normal activities two to three days after surgery. There is no problem with traveling or flying the following day, although it's best to rest for a day or two. Of course, there are always variations in overall response and recovery.

Fees, payment options, and insurance

Cosmetic procedures are not covered by insurances. The fee depends on the type of procedure, its complexity, and kind of anesthesia used. We offer short- and long-term payment plans. Following examination, Dr. Kazemi will discuss your treatment options and review all related fees.

Planning Your Visit



Planning the procedure around your schedule:

We understand that taking time off work or school for a procedure may be challenging. Therefore, we have designed the **All-In-One Visit** program that provides both consultation and procedure on the same day. Post-operative follow-up, although always recommended, can be done via telephone or email.

Forms maybe completed prior to your visit on our website or by fax. These pre-arrangements make it easy to have diagnostic X-rays, consultation, and procedure completed **all on the same day**. Finally, in five to seven days, Dr. Kazemi will check up on patient's progress via phone or email. As a convenience, prescriptions are available right in our office. We offer a flexible appointment schedule, Monday through Friday between the hours of eight and five, and early morning or late-day appointments per special arrangements. Weekend appointments are available for our VIP and presidential service packages and can be reserved per special arrangements.



What your escort can do during your procedure?

Your loved ones can relax in our lounge and enjoy a cup of tea or coffee and read the daily newspaper and wide selection of magazines. Or take advantage of our free Wi-Fi computer lounge to check emails and browse the internet on either your computer or ours. They may also take a stroll on convenient Bethesda Avenue and visit the many stores, coffee shops, and restaurants. We'll

call them when the procedure is complete so they can return to the office and join you in the recovery room.

Necessary information prior to the procedure:



- Patient registration form, medical history, signed HIPAA forms. All forms may be completed online or sent by fax prior to your visit.
 - A referral form from your dentist indicating the recommended wisdom teeth for extraction and other treatments.
 - Panoramic X-ray done within the past six months. Your dentist may send it to us electronically or give you the film to bring. If you don't have a panoramic X-ray, we can obtain one in our office.
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What are the cost, payment options, and insurance protocol?

The cost depends on type of cosmetic procedure, degree of complexity, and type of anesthesia. Cosmetic procedures are not covered by insurances. Botox cost is per syringe, and one or two syringes are adequate for most treatments. We have several payment options including short- and long-term plans. If you need special financial assistance to prepare for your desired procedures, a separate consultation appointment is recommended.

About Dr. H. Ryan Kazemi



Dr. H. Ryan Kazemi is an oral and maxillofacial surgeon certified by the American Board of Oral and Maxillofacial Surgeons. He received his dental degree from the University of Pennsylvania, School of Dental Medicine in 1990. Following a one-year internship at the Albert Einstein Medical Center in Philadelphia, he pursued surgical training at The Washington Hospital Center in Washington, DC, where he received his certificate in Oral and Maxillofacial Surgery. Dr. Kazemi has practiced in Bethesda, Maryland, since 1997, providing a full spectrum of oral and maxillofacial surgery procedures with emphasis on extractions, dental implants, bone grafting, and corrective jaw surgery.

Dr. Kazemi is a diplomat of the American Board of Oral and Maxillofacial Surgeons, and an active member of the American Association of Oral and Maxillofacial Surgeons, American College of Oral and Maxillofacial Surgery, Academy of Osseointegration, American Dental Association and Entrepreneur Organization.

He has served as the founder and president of several dental and implant study clubs in the Washington DC area. Dr. Kazemi has published and lectured extensively on dental implants, bone grafting, and practice management. His newsletter, *To-The-Point*, is read by more than 2000 dentists every month. He is also the founder of DDSForums.com, a professional networking site for dentists.

Dr. Kazemi serves on the medical staff for D.C. United, the major league soccer team in Washington, D.C. and the US national soccer team for the care of their athletes.

What sets us apart:

- Treatment by board-certified oral surgeon
- Predictable results
- Speedy recovery
- Flexible scheduling
- On-time appointments
- Safe and comfortable atmosphere
- Warm and personable service
- Quick access and response when you need us



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