

KAHANA

OCULOPLASTIC & ORBITAL SURGERY

Summer 2023

Summer News from Kahana Oculoplastic & Orbital Surgery

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Welcome, Dr. Jane Spadaro

Dr. Jane Spadaro is a Board-eligible Ophthalmologist, having completed ophthalmology residency at Yale School of Medicine in Connecticut.

Dr. Spadaro is from Pennsylvania and earned a dual degree PharmD/MD from Rutgers Robert Wood Johnson Medical School in New Jersey. She graduated in the top of her class and was inducted into the Alpha Omega Alpha medical honor society. Dr. Spadaro has authored numerous original papers in various peer-reviewed journals, including Ophthalmic Plastic & Reconstructive Surgery (OPRS) and Orbit, as well as a book chapter on Thyroid Eye Disease for International Ophthalmology Clinics. She has presented at several meetings, including the American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS) annual meeting.



Dr. Spadaro is joining Kahana Oculoplastic and Orbital Surgery in July 2023 as an American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS) surgical fellow.

Dr. Spadaro is dedicated to providing exemplary patient care. Her meticulous attention to detail is testament to her commitment to offering top-quality health services. In her free time, Dr. Spadaro enjoys running, hiking, listening to podcasts, and spending time with family.

Best of Luck, Dr. Stella Chung

Dr. Stella Chung has completed her fellowship in Oculofacial Plastic and Reconstructive Surgery and will be moving on to join the faculty at New York University as an Assistant Professor.

Dr. Chung came to us from New Jersey, and is happy to be able to return home to be near her family and to join such a prestigious program as NYU's.

Dr. Chung was heavily recruited by multiple universities and practices from across the country. We're very proud of her and know that she'll be very successful.



A Focus on Lower Eyelid Procedures

Dr. Kahana and the team at Kahana Oculoplastic & Orbital Surgery specialize in facial rejuvenation procedures, with a focus on the eyelids, forehead and midface. Our team is committed to your care, with exceptional attention to detail. We offer both surgical and non-surgical treatments to achieve outstanding aesthetic results. An in-clinic evaluation is required to discuss treatment goals and customize an approach to each patient's unique facial concerns and anatomy. In this newsletter, we will briefly explain various procedures that can be performed to improve your appearance and quality of life.

Lower Eyelid Blepharoplasty

Lower eyelid blepharoplasty is a surgical procedure aimed at rejuvenating the appearance of the lower eyelids. It involves the removal or repositioning of excess skin, fat, or muscle in order to address concerns such as under-eye bags, puffiness, or sagging. The surgery is performed through carefully placed incisions, often hidden along the natural creases of the eyelids, resulting in a more refreshed and youthful eye contour.

Lower Eyelid Blepharoplasty with Fat Excision

Fat excision is a common procedure performed in conjunction with a lower eyelid blepharoplasty. During this combined surgery, excess fat deposits beneath the lower eyelids are carefully removed to address under-eye bags or puffiness. Dr. Kahana makes a small incision along the lower lash line, allowing access to the fat pads. By skillfully excising the appropriate amount of fat, Dr. Kahana can achieve a more youthful and refreshed appearance, while ensuring natural-looking results.

Orbicularis Muscle Sling with Lower Eyelid Blepharoplasty

The orbicularis muscle sling is a key component of lower eyelid blepharoplasty. During the procedure, Dr. Kahana carefully repositions and suspends the orbicularis oculi muscle to provide support and stability to the lower eyelid, helping to address sagging or laxity. This technique helps achieve a more youthful and natural-looking contour to the lower eyelid area.

Combination Blepharoplasty with Cheek Lift

A combination blepharoplasty with a cheek lift is a comprehensive approach to facial rejuvenation. By addressing both the upper and lower eyelids through blepharoplasty and lifting the sagging cheeks with a cheek lift, this combined procedure can provide a harmonious and balanced result, effectively reducing signs of aging such as under-eye bags, wrinkles, and mid-face sagging. The combination of these procedures allows for a more complete facial rejuvenation, resulting in a refreshed, youthful appearance.

Lower Eyelid Blepharoplasty with Fat Transposition/Repositioning

Fat transposition and repositioning are techniques used in lower eyelid blepharoplasty to address hollowness or volume loss in the under-eye area. In these methods, instead of removing excess fat, Dr. Kahana redistributes it to fill in areas that lack volume, providing a more rejuvenated and balanced appearance.

Lateral Canthal Tightening with Lower Eyelid Blepharoplasty

Lateral canthal tightening is an important step in lower eyelid blepharoplasty to address laxity and drooping of the outer corner of the eye. During the procedure, the surgeon tightens and repositions the lateral canthal tendon, also known as the outer corner of the eye, to restore a more lifted and youthful appearance. This technique helps improve the overall symmetry and tightness of the lower eyelid, contributing to a more refreshed and rejuvenated look.

Experience the transformative power of CO₂ Laser Resurfacing and unveil your best skin yet. Our state-of-the-art technology can help you achieve a smoother, more youthful complexion by stimulating collagen production and targeting fine lines, wrinkles, and uneven skin tone. Whether you're looking to reduce the appearance of acne scars, sun damage, or age spots, our experienced team can help you achieve the results you want. With minimal downtime and maximum results, CO₂ laser resurfacing is a safe and effective way to refresh and rejuvenate your skin. Contact us today to schedule your consultation and take the first step towards the glowing, radiant complexion you deserve.



Before laser resurfacing, revealing damaged cheek skin with hyperpigmentation, and the 3 and 9 days post resurfacing. The damaged hyperpigmented skin looks fresh and rejuvenated. And that's just 9 days after 1 treatment. Typically, 3 treatments spread over several months provide an optimal result. Skin resurfacing using a fractionated CO₂ laser is truly the gold standard, and we are fortunate to be able to offer this treatment to our patients, alone or in conjunction with other procedures.

Sara's Corner



The Non-Surgical Approach to Facial Aging

Sun exposure, genetics, smoking, environmental pollution, vitamin D deficiency, hormones and many other factors lead to skin aging. Some factors can be controlled for, while others we cannot avoid. Recently, there has been more attention paid to skin care and an increase in options for cosmetic procedures to enhance natural beauty and negate the effects of aging. These procedures include injectables (e.g. botulinum toxin) and laser skin resurfacing.

At Kahana Oculoplastic Surgery, we offer both surgical and non surgical approaches to improve your natural skin, with special attention paid to texture, pigment and volume. If surgery is not warranted, or not wanted, we offer cosmetic Botox® for decreasing the dynamic wrinkles (i.e. wrinkles that change with facial expression, as opposed to static wrinkles which are present at rest). Areas prone to dynamic wrinkles include the forehead, glabellar furrows, crow's feet and corners of the mouth. We also offer targeted (e.g. lower eyelid) or full face CO₂ laser skin resurfacing to help improve the texture and pigmentation of the aging skin.

All of our cosmetic procedures are targeted to address your goals in the safest and most effective way possible. Remember that some factors in the facial aging process can be controlled for at home, and so I recommend daily SPF 30+, smoking avoidance, and consideration of vitamin D supplementation.

Before & After



Bilateral upper eyelid functional blepharoplasty with fat debulking, internal direct brow lift, and bilateral lower eyelid cosmetic blepharoplasty with medial fat pad transposition and orbicularis muscle sling. Post op at 2 months.



Right lower eyelid retraction and ectropion repair. Post op at 3 months.

Testimonial



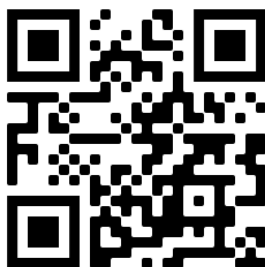
A 5 Star Testimonial from Karelys:

I had Orbital Decompression Surgery on 3/2/23. Dr. Kahana was amazing. The staff at his office is so pleasant. The hospital staff at Beaumont was amazing. I felt safe the whole time. My surgery went well. My eye is healing nicely. I highly recommend Dr. Kahana for your needs. I would give him 10 stars if I could.

Join our mailing list!

Stay up to date with the latest news from Kahana Oculoplastic & Orbital Surgery!

Fill out the form below and return it to any staff member and we will add you to our e-newsletter mailing list, or fill out the form on our website by scanning this QR code:



E-newsletter Sign Up Form

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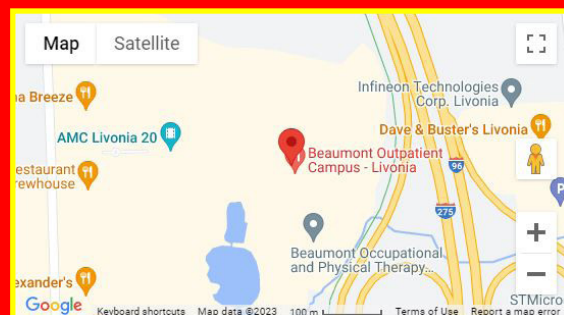
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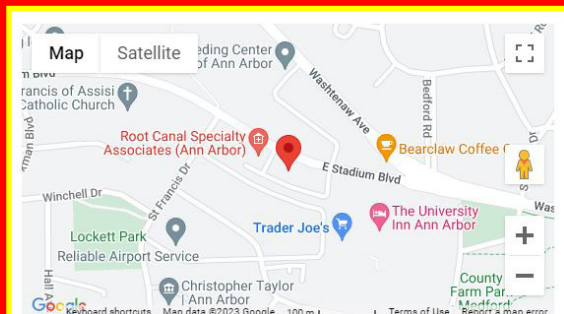
www.DrKahana.com

P: (248) 800-1177

F: (248) 800-1178



Beaumont Outpatient Campus
39000 West Seven Mile Road
Suite 2400
Livonia, MI 48152



Specialty Eye Institute
2350 East Stadium Blvd.
Suite 10
Ann Arbor, MI 48104

