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Center for Facial Appearances

# newsletter

## Innovation

By John McCann, MD, PhD

Each year the fellow and I take on a research project, which is centered on improving some aspect of Ophthalmic Plastic Surgery. Typically, this involves devising a new surgical procedure but in 2014 we chose to focus on recovery from surgery. In discussing recovery from surgery with patients, bruising of the eyelids and the area around the lids is the single most bothersome aspect of eyelid surgery. Bruising of the lids contributes to poor lid globe apposition causing blurry vision. It also delays the return to work and to a normal social calendar.

For many years eyelid surgeons have recommended frequent ice compresses for the first 3 days after surgery to minimize bruising. However, the eyelids have a robust vascular supply and only a thin layer of skin to conceal the bruising so that substantial bruising still occurs. Over the years I noted that when only one eye is operated on and a pressure patch is applied after surgery the patient has very little bruising when the patch is removed days later. In the typical case when both sides are operated on it is not possible to routinely patch both eyes shut.

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## giving THANKS

For the doctors who trust the care of their patients to me and for the patients who trust in my advice and my surgical skills as we work together to achieve great things.

Dr. John McCann



"I am most thankful for the support and love of my parents and fiancée."  
Dr. Jon Pargament



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take a look  
**INSIDE:**

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# ASOPRS Fellowship Awarded

The National American Society of Ophthalmic Plastic and Reconstructive Surgery formally announced with great pleasure and honor the decision of the ASOPRS Executive Committee to grant John D. McCann, MD, PhD, an ASOPRS Accredited Fellowship Program commencing July 1, 2015 with Dr. McCann as Program Director. Congratulations Dr. McCann!

ASOPRS was founded in 1969 to establish a qualified body of surgeons who have training and experience in this highly specialized field. The purpose of ASOPRS is to advance education, research and the quality of clinical practice in the fields of aesthetic, plastic and reconstructive surgery specializing in the face, orbits, eyelids, and lacrimal system.

The Society has over 550 national and international members and

sponsors several scientific meetings yearly. To help train well qualified physicians, ASOPRS also sponsors specialized fellowship training for postgraduate physicians who have completed an accredited ophthalmology residency of which Dr. McCann's Fellowship is now a part.

Quoting from the awards letter: "John, your appointment deserves special recognition and congratulations. Your commitment and experience in the field of oculofacial plastic and reconstructive surgery assures a continuing contribution in our specialty and in the training of future generations. The quality of ASOPRS depends on the high standards of our fellowship programs, and this appointment inspires confidence in Fellowship Programs beneficial to our Society and society in general."

This is a two year, ASOPRS approved fellowship program that begins in odd years. The application process is highly competitive and the fellowship itself is extremely rigorous. For any wanting to apply, all ASOPRS fellowship applications are handled through the SF Match, Ophthalmic Plastic & Reconstructive Surgery Fellowship Match. The contact person for all ASOPRS fellowship training program questions not answered by SF Match is Violet at (801) 997-9999 or [violet.cffa@gmail.com](mailto:violet.cffa@gmail.com).

Deadline for applications is January 1st of the even year prior to the odd year the fellowship begins.

Application requirements and the application process are detailed on the SF Match website ([www.sfmach.org](http://www.sfmach.org)).



Of course I am thankful for my amazing family, that's a given. I'm also thankful for Botox and fillers and that I work for a man that knows how to use them better than anyone else

*Valeria, surgery coordinator*



I'm thankful for my healthy children

*Mario, aesthetician*



I'm most thankful for my family.

*Jen, aesthetician*

I am thankful for my job and the amazing people I work with as well as my family, friends and adventures too.

*Rachelle, prescriptive aesthetician specialist*





# What's Happening



The Women on the Move Luncheon for Multiple Sclerosis on February 22nd at the Grand America Hotel was a big success. Dr. McCann and his wife Rachel contributed as major sponsors, organizers and promoters of the event. Over 500 people attended the event and it raised more than \$150,000 for the cause.

**In 2014 Dr. McCann was voted by his peers to be listed as being in the Top 1% of his field.**  
(Castle Connolly Top Doctors list)

Dr. McCann was also honored to be an invited speaker at the Asian-Pacific Ophthalmic and Plastic Reconstructive Surgery Annual Meeting in Tokyo, Japan, earlier this year and to be a speaker and assist with organizing at the ASOPRS spring meeting held in Park City Utah.

*Pictured at right: Half a dozen tired eyelid specialists after climbing puke hill during a break at the Spring ASOPRS meeting held in Park City, Utah. From left to right, Raymond Douglas, MD, University of Michigan; John Holds, MD, Saint Louis University; John McCann, MD, Sandy, Utah; Robert Goldberg, MD, University of California Los Angeles; Thomas Bersani, MD, Syracuse, New York; Roger Dailey, MD, Oregon Health and Science University.*



Dr. McCann has participated in training fellows since 1996. He established an international training program for ophthalmic plastic and reconstructive surgeons at UCLA and has participated in training ASOPRS fellows since moving to Utah in 2005. He has been intimately involved in training more than 20 doctors from the United States and around the world.

As of July of 2015, Dr. McCann was honored as one of only 50 preceptors in the United States to be allowed to organize their own fellowship certified by the American Society of Ophthalmic Plastic Surgeons (ASOPRS).

Dr. McCann has already chosen his first fellow, Jonathan M. Pargament, MD, who comes to Utah via Cincinnati Eye and will be training under Dr. McCann during his 3 year fellowship. He is looking forward to carrying on the tradition of training fellows in Utah who become the national leaders in the field.



Dr. McCann had the opportunity to be keynote speaker at the European Society of Ophthalmic and Plastic Reconstructive Surgery (ESOPRS) Annual Meeting in Barcelona, Spain.

Dr. McCann is never prouder than when basking in the considerable success of his former fellows from the US and around the world. In this picture taken in Barcelona with three of his former fellows, to the left is Miguel Gonzalez Candial, a successful surgeon in Barcelona, Spain, and the current head of the European Society of Ophthalmic Plastic Surgery; to the right is Suat Ugurbaz a very successful surgeon and department head in Istanbul, Turkey; and to the far right, Chee Chew Yip, a very successful surgeon and department head in Singapore and the current head of the Asian Pacific Society of Ophthalmic Plastic Surgery.





## *doctors abroad:* **Meet Tomoyuki Kashima M.D, Ph.D**

Earlier this year, Dr. McCann was invited to speak at a meeting in Tokyo. In Tokyo he met a young ophthalmologist interested in learning more about eye plastics. Dr. McCann and his wife Rachel were impressed by the ophthalmologist so they invited the doctor and his wife to spend a month as a guest in their home and as a guest of the practice. The McCann's have done this many times in the past and, as is typical, the visit brought unique cultures, professions, and philosophies together with each learning from the other.

Meet Tomoyuki Kashima M.D, Ph.D, a board-certified specialist in ophthalmology, licensed in Japan after attending the Gunma University Graduate School of Medicine in Gunma, Japan. He is the head of his University department and is also an officer in the Asia Pacific Society of Ophthalmic Plastic and Reconstructive Surgery.

*Why did you choose to visit Dr. McCann?*

"His excellent reputation. I had an opportunity to meet him at prior Conferences at which he was speaker and I wanted to learn as much as I can by observing him in surgeries and clinics."

*What did you learn about America during your visit?*

"That USA is not like it is portrayed on news. I thought there would be a lot of violence everywhere and was a little afraid to come. I learned how open and peaceful it is. Also, I learned how you treat your patients is important and that the environment you have in your office is important, as well as many things in surgery."

*How have you applied this to your own practice?*

"I will now have coffee or tea and water for my patients while they are waiting. I am considering doing more cosmetics in my practice; that I have not done before."

*Why did you choose Utah over the other cities in the United States?*

"My choice was to study with Dr. McCann, so the city was not important. After arriving, I learned how beautiful Utah is and how friendly the people of Utah are."

*What kinds of things did you do while you were in Utah?*

"Most of my time was spent working, but we did get to go to the Leonardo Museum which was very

interesting. We also got to visit beautiful southern Utah with its many colors and visit mountains and hike. We also got to drive to visit Yellowstone, Yosemite and San Francisco on our way back to Japan. The U.S. is beautiful. Did not expect so much open land.

*Since your visit, have your plans changed?*

"I realized I can learn much from the doctors in the United States about my field and take this unique perspective back to Japan. If accepted, I will take a sabbatical and spend a year training at the international fellowship program established by Dr. McCann at UCLA."

By Violet McCleery





I am most thankful for my son and the support my family gives me. I am also thankful for the joy I get from working at a fun, exciting job. I love my coworkers.  
*Sandy, surgical technician*



Thankful for my good looks - courtesy of Dr. McCann, and for my family and our health.  
*Vivian, receptionist*



I'm thankful for my family, friends, coffee, and Google.  
*Justine, front desk coordinator*



# Sandy Office





# Remodel

By Violet McCleery

Dr. McCann has had an office in Sandy Utah for 9 years. Initially this was a shared satellite office, used by Dr. McCann only half a day per week. However, the Sandy office became Dr. McCann's primary place of business over two years ago. A remodel of the facility began around the same time and was completed in 2014.

The Center for Facial Appearances is in the business of both helping people see better and helping them look better. Patients whom are interested in looking better often say they want a natural improvement in appearances. Dr. McCann wanted the office space to echo the patient's interest in natural beauty.

Many plastic surgery offices are decorated with man-made beauty such as Greek statues, paintings of beautiful people, and ornate furniture. Dr. McCann felt his patients may feel this to be a bit too ostentatious. In addition, Dr. McCann has always felt that the greatest artistic achievements of man are small when compared to the beauty of nature, and that natural beauty promotes a soothing, healing environment.

So in addition to the functional aspects of the remodel, which included a special room for taking before and after photographs, three exam rooms, two aesthetician treatment

rooms, a conference room, and the addition of a surgical suite, Dr. McCann chose to remodel the office with natural beauty as the theme.

A wall mounted water feature over the patient refreshment area creates the sounds of nature. A 400-gallon salt-water aquarium brings relaxation and beauty to the patient waiting area. The floors and furniture are made of wood imported from Africa and Brazil. The walls are decorated with mountain west nature photographs acquired from some very talented locals. The of-

fice is located on the fourth floor of the Jordan Commons Office Tower with expansive views of the Wasatch Front. This natural beauty is brought into the office by the views east to the top of the lifts at Snowbird to the entry into Parleys Canyon.

I asked Dr. McCann if he achieved what he hoped with the remodel and he said, "I never thought I would have such a beautiful space in which to practice medicine and think the remodel was well worth the time and treasure put into it."



**"I never thought I would have such a beautiful space in which to practice medicine..."**  
**Dr. McCann**



# THE EVOLUTION OF Lower Eyelid Rejuvenation



## BEFORE AND AFTER:

a surgical procedure to transpose the patient's eyelid fat pads beneath the dark circle/depression of the lower eyelid.

When I first started performing eyelid surgery some 20 years ago, I realized that it was quite rare that a patient has an excess of skin in the lower eyelids. This is why attempts to rejuvenate the lower lids by removing skin did not generally produce a good cosmetic or functional result. In fact, removal of skin from the lower lids when there is no excess of skin results in retracted lower eyelids, dry eyes, and an unnatural appearance. While working in Los Angeles, more than a third of my practice was devoted to correcting the complications caused by others who remove too much skin from the lower lids during cosmetic surgery.

Twenty years ago my attention was directed at the eyelid fat pads, which were felt to be in excess in nearly all patients with bags or dark circles in the lower lids. With further research we discovered that only a few patients whom typically have a history of bags in the lower eyelids from a very young age actually have an excess of fat in the lower lids. In this small group of patients removing fat from the lower eyelids rejuvenates the lids. However, this only works well for the minority of patients while in the majority of patients removing fat from the lower lid results in a hollow aged appearance.

The majority of patients who develop bags in the lower eyelids in their forties and fifties do not actually have an excess of fat in the lower lids. What they do have is a separation of cheek fat and eyelid fat caused by downward migration of the cheek. This separation of fat leaves a depression or dark circle at the intersection of the cheek and lower lids. With this new understanding I currently focus my attention on two primary treatments for lower eyelid bags, one that is a minimally invasive injection and the other a surgical procedure.

The minimally invasive procedure involves injecting filler such as Restylane in the lower lids to elevate the depression or dark

circle at the intersection of the lower lid and cheek (below). This procedure works best on those with thicker skin and with some pigmentation as this helps conceal the filler beneath the skin. This is a minimally invasive procedure resulting in only minor bruising, but the procedure needs to be repeated about every 18 months to maintain the result. For properly selected patients the result can be as good as surgery.

Many patients either are not a good candidate for the injections or opt for a more permanent surgical result. The surgical procedure involves making an incision on the back of the lid to create a pocket beneath the dark circle. The eyelid fat is then transposed into the pocket and secured with sutures. By moving the fat of the eyelid beneath the depression or dark circle, the dark circle is elevated while the bulge in the lower eyelid is flattened. The depression, which causes the dark circle, is filled with the patient's own fat. The fat remains attached to its natural blood supply so that the result is long lasting (top left).

It is great to be able to offer my patients a minimally invasive and a surgical procedure for rejuvenation of the lower eyelids.

By John McCann, MD, PhD



## BEFORE AND AFTER:

injection of Restylane filler beneath the dark circle or depression at the intersection of the lower eyelid and cheek fat pads.





## Innovation ...continued from front cover

This observation led me to consider inventing a device that would allow patients to safely apply pressure dressings to both eyes like is done with an eye patch but in a way that the dressing can be removed and then replaced as needed to facilitate vision. Given that we are in the snow powder capital of the world, it is not surprising that the idea came to me while on the slopes one day. On returning from skiing that day I modified my own ski goggles by adding several layers of medical grade foam so that they apply an even gentle pressure to the lids and periocular region. Many revisions of this initial prototype followed.

I have used the modified ski goggles on over 250 patients with impressive success. The graduating ASOPRS fellow in 2014, Michael Worley, did a study on the effectiveness of the goggles. The study compared use of the modified goggles to the traditional treatment of ice compresses. This important study has demonstrated that the goggles result in a 300%-600% reduction in bruising.

This innovation is a substantial improvement in the most bothersome aspect of the post-operative experience of my patients. I am happy to be able to offer the goggles to appropriate patients and pleased to observe how much this has eased their recovery. I have moved on to thinking about the next innovation for 2015.



I am thankful for a loving and supportive family and the opportunity I have to work with an amazing doctor and people who work together to achieve amazing results.

*Vicki, administrative coordinator*



I would maintain that  
**THANKS**  
are the highest form  
of thought, and that  
**GRATITUDE**  
*is happiness*  
DOUBLED BY WONDER.

Gibson R. C. Leadership

I am most grateful for my family and for all of the love and support they have shown to me. I am grateful for every opportunity I have been given.

*Moira, medical coding and billing*



I am most thankful for good health, and grandkids!  
Can't wait to meet  
#13 & 14 in 2015!

*Donell, medical coding and billing*



9350 SOUTH 150 EAST • SUITE 400 • SANDY, UT 84070  
p 801.997.9999 • f 801.561.0076  
www.centerforfacialappearances.com