



Q & A with Dr. Richard Rival

Dr. Richard Rival's practice is devoted to facial plastic surgery. His expertise in rhinoplasty and other procedures has been recognized academically and in the media. He sees patients in Newmarket and his two Toronto offices. Dr. Rival is on the teaching faculty at the University of Toronto Department of Otolaryngology-Head and Neck Surgery in the division of Facial Plastic Surgery. For more information please visit rivalcosmeticsurgery.com or rhinoplastytoronto.ca or email your questions to askanexpert@revivemagazine.ca

Q: It's been two months since my chin implant and I think it is too large, my profile isn't bad but from the front my face is longer and my smile is different. My bottom teeth used to show when I smiled and now they barely do, it's lopsided and both my top and bottom lips are still tight. I am concerned; I didn't think my smile would change. If I have it removed will my smile return.

A: When a chin implant is placed the surgeon must separate and then repair certain muscles to gain access to the jaw bone. This creates swelling and stiffness of these muscles that can last for months after the procedure. The placement and shape of the implant can of course also affect the result. It's important to return to your surgeon to make sure the implant has not shifted or changed position. Overall though I would suggest waiting 2-3 months to allow all the swelling and muscle stiffness to go away. If you are still not happy then you may want to consider having the implant removed and possibly repositioned or replaced. Your

smile is likely to return to normal either way with time.

Q: How do I know if I need neck liposuction or a facelift or both?

A: Excess tissue in the neck is usually a combination of loosening of the main muscle of the neck known as the platysma, excess fat and sagging skin. Neck liposuction is ideal for those patients that have mostly excess fatty deposits in the neck but also have relatively tight skin and muscle. In this situation when the fat is removed the skin will usually contract down and leave a nice smooth surface. This is typically seen in younger patients (40s- early 50s). In patients that have significant sagging skin or visible bands at the front of the neck a more formal face or neck lift is appropriate. Liposuction alone in these patients may in fact make the sagging skin look worse. Ultimately it would be important to seek the help of a surgeon who specializes in Facial Plastic Surgery to sort out together which procedure is right for you.

INTERESTING FACTS

- 1 tonne of fruit yields between 600-675 litres of wine or 800-867 bottles of wine
- There are 140 tonnes of grapes in the 60 acres of The Grange.
- It takes 6-36 months for PEC grapes on vines to become bottles of wine for sale on LCBO shelves, depending on the grape, style of wine, and vintage year. Quite a difference from the 5 weeks it takes for the bottle your own wine at VinBon!

The Grange Wines have won the following awards to date:

SILVER METALS

Trumpour's Mill 2007 Pinot Noir VQA
and
Trumpour's Mill 2007 Cabernet Franc VQA

BRONZE METALS

Trumpour's Mill 2007 Chardonnay VQA,
Trumpour's Mill 2007 Pinot Gris VQA
and
Trumpour's Mill 2007 Gamay Noir VQA