



face

facial rejuvenation philosophy

Sydney ENT and facial plastic surgeon **Dr George Marcellis** explains some procedures to help rejuvenate an ageing face. Lauren Alexander reports.

Rejuvenation of the upper face can restore a fresher and more youthful appearance to an ageing face. 'Drooping eyebrows, excess skin and fat in the upper eyelids as well as bags under the eyes are signs of upper face ageing,' says Sydney ear, nose and throat and facial plastic surgeon Dr George Marcellis. 'A person with these telltale signs may be told by friends, relatives or even work colleagues that they look tired, cranky or sad when in fact they feel happy and fully rested.'

Brow lift surgery can be performed to restore the eyebrows to their natural and more youthful position. The female eyebrow usually sits just above the bony upper rim of the eye whereas the male eyebrow usually sits on the rim. This surgery can also help remove hooding over the upper eyelids. Dr Marcellis predominantly uses the endoscopic (through a small incision) brow lift technique, although he may use other techniques in particular cases.

Eyelid surgery is performed to remove excess skin and fat in the upper lids and correct bags and sagging under the eyes. 'Small incisions around the eyelids or behind the lower eyelids tend to heal very well,' he says.

Eyelid surgery may be performed alone but is often performed with a brow lift. These procedures can be carried out in conjunction with other facial rejuvenation procedures such as face and neck lift surgery. Recovery time after eyelid surgery is usually one to two weeks.

In addition, the skin of the upper face can be rejuvenated using various non-surgical treatments such as laser and light treatments, micropeels, microdermabrasion, soft tissue fillers and muscle relaxants.

'Upper face rejuvenation procedures can improve a person's appearance by five to 10 years,' says Dr Marcellis. 'Looking fresher, younger and less tired can also give a boost to a patient's confidence and self-esteem.' **acsm.**

Case study 1

'In the before photo, note the droopy left eyebrow and the marked hooding over the left eyelid. There is also excess skin on the right upper lid. These give the patient a tired and stern appearance,' Dr Marcellis says.

He performed an endoscopic left brow lift as well as eyelid surgery to both upper lids to remove excess skin and fat.

'The result is a very refreshed and open appearance which is natural-looking,' he says.



BEFORE

AFTER brow lift and eyelid surgery by Dr Marcellis

Case study 2

'Note the heavy drooping of both eyebrows and marked hooding of both upper eyelids in the before photo. There is also some notching of the right eyebrow due to previous removal of a skin cancer,' Dr Marcellis says. 'Note also the large fatty bags of the lower eyelids and droopy lower eyelid rims and loose muscle. These give the patient a tired, sad and aged appearance.'

Dr Marcellis performed endoscopic brow lift surgery to lift both brows and eyelid surgery for both upper lids to remove excess skin and fat. The lower eyelids have been re-supported, the muscle tightened and the excess fat and skin removed.

'The result is a very refreshed and more youthful appearance which is also natural-looking,' he says.



BEFORE

AFTER brow lift and eyelid surgery by Dr Marcellis