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Sydney ENT and facial plastic surgeon **Dr George Marcells** says there are three essential elements to consider for optimal facial rejuvenation. Jessica Rule reports.

For people seeking a more refreshed and youthful-looking appearance there is an array of surgical and non-surgical options available. Sydney ENT and facial plastic surgeon Dr George Marcells says many of these can be combined to achieve optimal facial rejuvenation results.

'Often the desired results can best be achieved through combining several procedures,' he says. 'I believe assessing the three layers of the face – the skin, soft tissue and facial skeleton – is essential to determine the most appropriate course of treatment for rejuvenation.'

Skin

As the outermost layer, the skin is prone to displaying the signs of ageing and sun damage. 'Wrinkles in the upper face usually respond well to muscle relaxants such as Botox, whereas static wrinkles and creases elsewhere can be treated with fillers such as Restylane. More permanent fillers, such as Aquamid, can be ideal for deeper grooves,' says Dr Marcells.

Soft tissue

This area incorporates the layers of muscle and fat below the skin's surface. Movement here can be a great contributor to the signs of ageing, including drooping brows, eyelids and jowls.

Facial rejuvenation case study



BEFORE

AFTER facial rejuvenation by Dr Marcells



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Rhinoplasty case studies



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AFTER rhinoplasty by Dr Marcells



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Dr Marcells says an endoscopic brow lift, which uses tiny telescopes to elevate the brows with precision, works by altering the deep layer of soft tissue. 'It can restore the brows to a more youthful position and achieve a more alert look,' he says.

Ageing in the soft tissue of the lower face and neck often results in jowling, for which Dr Marcells often recommends a combined face and neck lift for suitable candidates. 'The soft tissue is tightened and redraped, and excess skin is excised by means of small, discreet incisions,' he explains. 'By working with the deeper layers of facial tissue, I believe a more natural looking and longer lasting result can be achieved.'

To improve the appearance of tired-looking eyes, eyelid surgery, or blepharoplasty, can offer an effective solution. 'It is a relatively straightforward procedure to address excess skin and fat around the eyelids to restore a more refreshed appearance to the face,' says Dr Marcells. 'Recovery time is usually around one week, although bruising may last around two weeks.'

Facial skeleton

The facial skeleton can be compared to the underlying framework of a building in that it provides the intrinsic shape and contours. Common patient concerns include flattened cheekbones or a receding chin, which can be corrected with facial implants to build up the bone foundation and achieve more elegant or pleasing features.

For patients wanting to improve the appearance and/or function of their nose, Dr Marcells says a rhinoplasty procedure can address these concerns. 'Abnormalities of the nose tend to detract attention from other facial features such as the eyes or cheeks, he says. 'Rhinoplasty surgery can be a life-altering event; it can enhance a patient's confidence and self-esteem, and often improves breathing and sinus problems as well.'

The emphasis today is on an elegant, natural-looking nose in harmony and balance with the rest of the face. To attain a natural-looking result, Dr Marcells uses techniques based on 'open structure' rhinoplasty. These techniques are more demanding on the surgeon, however Dr Marcells believes they help to ensure the basic foundation of the nasal structure is kept strong. In turn, this helps to ensure a predictable shape to the nose after surgery that will resist collapse, maintain a natural shape and also improve breathing.

Many patients fear post-surgical results will make them look artificial or 'operated on'. Dr Marcells believes that with meticulous planning and assessment, advanced techniques, and a 'natural philosophy', these fears can be allayed. **acsm**