



face

deeper benefits

THE DEEP PLANE FACELIFT OFFERS EXCEPTIONALLY NATURAL-LOOKING AND LONG-LASTING RESULTS, SAYS SYDNEY FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS**. GEMMA GARKUT REPORTS.

According to facial plastic surgeon Dr George Marcells, there are a number of reasons patients choose to undergo facelift surgery, but there are also a number of reasons they don't. 'In the 1990s and early 2000s, facelifts were typically done in the superficial plane of the face, which meant the results could easily appear less than satisfactory,' he explains. 'We're experiencing a shift in the way facelift surgery is performed, namely the deep plane facelift, which focuses on lifting the deeper layer of the SMAS and platysma muscle so that the results look more natural and last much longer.'

One of the most pertinent misconceptions patients come across, according to Dr Marcells, is the idea of a 'liquid facelift' where the results of a facelift are aligned with what can be achieved with volumising facial injectables. 'There is far too much emphasis placed on ageing as volume loss,' he says. 'This is a part of the process, and dermal fillers certainly have their place in rejuvenation, but ageing

is also a combination of many other processes – laxity of ligaments, drooping of soft tissues, and loss of collagen and elastin in the skin. For volumisation to look effective, the laxity of ligaments and muscle structures need to be supported first for the best result.'

Dr Marcells explains that while many facelift techniques only address the SMAS – the Superficial Muscular Aponeurotic System – the deep plane facelift offers a more comprehensive result.

'A true deep plane facelift will free up the SMAS on the platysma (protruding neck bands) as well as the mid face, and reposition the facial ligaments to create lift, restore volume by moving the SMAS to a more lifted position and address the neck, jowls and mid face all at once – something which a "minimally invasive" facelift will not achieve,' he says.

Addressing the deeper muscle layers also allows for a more uniform result, preventing a 'warped' effect of skin pulling in different directions. 'The effect of tension and skin pulling is almost completely eliminated because the skin and SMAS are not separated from each other; they are moved together vertically into a higher position and anchored securely,' he continues. 'Separating the skin from the SMAS means more chance of a pulled look, and the tension from this means the lift won't last as long.'

One of the other main benefits of leaving the skin and SMAS unseparated is the effect it has on the recovery process: 'There is a misnomer that a deep plane facelift causes much more swelling and bruising post procedure;

this isn't so,' says Dr Marcells. 'Most of the swelling associated with any kind of facelift is to do with detaching the skin from the SMAS. We detach the skin much less, if ever, during a deep plane facelift, which makes for faster healing and lymphatic drainage. There is typically two weeks of recovery time after a deep plane facelift, with reports of not too much pain but a tight feeling.'

Areas that also benefit from a deep plane facelift are the hollowed out areas under the eyes. 'During the procedure, fat pads under the eyes are repositioned to restore deflation in the area, as well as the fat pads in the cheeks,' Dr Marcells explains. Because of these results, a deep plane facelift is well suited to those looking for overall rejuvenation incorporating brow lift and eyelid surgery.

'As we're restoring three areas of the face – the neck, mid face and upper area of the face – we can create an all-over, natural-looking improvement,' he says.

And because the procedure involves lifting vertically, as opposed to diagonally, Dr Marcells explains there is less tension placed on the incision areas, and therefore the scarring is minimal.

'Of course, scarring is inevitable with any kind of surgery but the deep plane facelift allows the scars not to be warped or stretched, which is often the reason for scars being obvious,' he says. 'The hairline remains unchanged and we restitch the skin in such a way that the hair is able to grow through the scar instead of around it, which makes for a very natural-looking result.' **csbm**



BEFORE



AFTER deep plane facelift by Dr Marcells



nose

profilers

SYDNEY ENT AND FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS** SAYS RHINOPLASTY CAN BE A LIFE-SHAPING EVENT FOR PATIENTS. AIMÉE SURTENICH REPORTS.

When people have a nose they don't feel comfortable with or have injured their nose at sport or through an accident or trauma, cosmetic and functional rhinoplasty can create facial balance and harmony, improve breathing difficulties and, importantly, boost self-esteem and confidence, says Dr George Marcells.

As the central feature of the face, any abnormalities of the nose tend to be particularly noticeable and can affect the aesthetic of the entire face. 'Rhinoplasty can therefore be a life-changing event – physically, functionally and psychologically,' he says.

A successful rhinoplasty is a matter of balance and proportion so that the final result is in harmony with the rest of the face and complements the patient's overall appearance and ethnicity.

Excessive features such as a large bump, a bulbous or droopy tip, a crooked nose or too much view into the nostrils can detract from other more attractive features of the face such as the eyes, cheeks and lips. Correcting these excessive or unsightly features can de-accentuate the nose and restore harmony to the face.

A thorough assessment of the nose, both internally and externally, is conducted during the initial consultation. 'A fibre-optic telescope is used to look inside the nose for any deviation of the septum or other blockages,' explains Dr Marcells. 'The outside of the nose is also carefully examined and the quality of the skin and any abnormalities are documented.'

In addition to creating a more attractive and balanced face, Dr Marcells says nose surgery can correct functional breathing problems. He uses techniques based on open-structure rhinoplasty, which he says are more demanding on the surgeon but help to ensure a predictable shape to the nose post-surgery that will resist collapse, maintain a natural-looking shape and also improve the patient's breathing. **csbm**



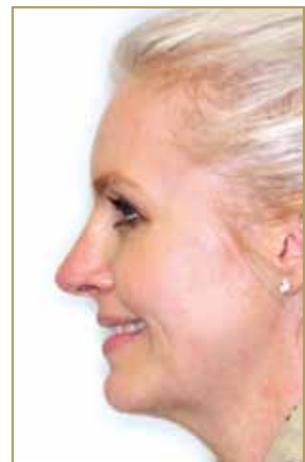
BEFORE



AFTER rhinoplasty by Dr Marcells



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