



YOUR FACE

IT'S ALL ABOUT REFINEMENT OF TECHNIQUES AND IMPROVED RESULTS WHEN IT COMES TO FACE TREATMENTS

In terms of new procedures, leaders in facial surgery are focused on refining already successful techniques, thereby delivering improved results with less invasive surgery. Surgeons are constantly honing their skills, delivering better outcomes tailored to individual needs, with less downtime and reduced chance of risk.

“These days, all procedures are customised, so almost no two people get the same operation,” says plastic, reconstructive and aesthetic surgeon Dr Warwick Nettle from Silkwood Medical, Sydney. “It’s very much about fitting the operation to the person. Where some people might require lifting to the jowls only, others may require work to just the neck, and others, a full facelift.”

Sydney cosmetic and plastic surgeon Dr Mark Kohout says, “It is about minimally invasive facelifting – the techniques of shorter incisions, smaller tissue undermining and better concealment of scars. For instance, the classic facelift incision extends from the temple to in front of the ear and behind the ear. The newer facelifts dispense with the incision behind the ear. Now, a technique exists where there is no incision in front of the ear, only on the

temple and behind the ear. We now have more choices to offer to our patients – the emphasis is certainly shifting to less invasive surgery with minimal downtimes,” says Kohout.

Deep plane face and neck lift

This technique is now preferred by many surgeons, as it helps to overcome some of the telltale signs of traditional facelifts, like delayed swelling, skin tension, stretched scars and a ‘pulled’ look. “Traditional facelifts such as SMAS and S-Lifts are rather limited,” says Sydney facial plastic surgeon Dr George Marcells. “They require wide undermining of the skin, which is then separated from the underlying lymphatics, and they tend to have delayed swelling. The SMAS layer is not freed from the deeper tissues and can only be tightened by a minimal degree. The power of the lift is restricted and there is more tension on the skin. This causes problems with wound healing and can lead to stretched scars, which are often lumpy and red. The lift does not last long and often needs revision early. Very little improvement is gained in the mid-face, which can lead to

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a mismatch of healing. In turn, this often causes a ‘pulled’ look.”

This can be the case even in the best hands. Although some surgeons have become skilled at minimising these problems, their results are limited by the surgical technique.

“The deep plane face and neck lift involves limited dissection under the skin, preserving the lymphatics and minimising swelling,” says Marcells. “The surgeon then dissects below the ▶





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SMAS layer, releasing it completely from the underlying muscles. Even the mid-face fat is freed up by dividing the cheek ligaments which tether it to the cheekbones beneath. The face can then be lifted more naturally. The now mobile SMAS layer can then be very solidly re-anchored at a higher level."

This procedure offers superior results in that "the lift is more powerful, creating long-lasting improvement of the jawline, neckline and cheekbones," says Marcell. "There is no 'pulled' appearance since the whole face is evenly lifted and the look is natural. Also, there is no tension on the skin, therefore, the incisions heal very quickly and unsightly scarring is extremely unlikely."

Expect to pay \$20,000 to \$30,000 and to be able to resume normal activities after two weeks. The natural healing process continues over several months.

Still popular...

CHEMICAL BROW LIFT

Muscle relaxants are injected into the muscles around the brow to create a lifted arch. They are administered to the muscles that keep the brow low, allowing the muscles responsible for

Fat transfers

Fat transfers are becoming increasingly popular due to refinement of techniques and improved results. Fat is taken from the tummy, thighs or buttocks and injected into the areas under the eyes, the cheeks, nasolabial folds and marionette lines. "This is usually performed at the same time as a facelift procedure," says Nettle.

"However, some patients opt to have it done as a standalone procedure, in which case, local anaesthetic would be applied to the area from which the fat is being taken." The fat is removed using a needle and syringe. "We refine it, get rid of oil and dead skin cells, and re-inject it."

A more youthful appearance is achieved, the results of which last up to five years.

Expect to pay approximately \$3000 to \$4000, depending on the area being treated.



raising the brow to rise. The brows take on a more arched look, the forehead is smoothed and the eyes appear less drooped. There is no downtime and results last up to four months.

Expect to pay upwards of \$400.

MECHANICAL BROW LIFT

Temporary hyaluronic acid fillers are injected into the brow to create subtle elevation and a sculpted effect. The filler is injected into the hair-bearing part of the brow, in line with its natural arch. The brow is immediately lifted upwards, which also creates a more open-eye effect. There is no downtime and only occasional moderate bruising. Results last up to six months, depending on the person's metabolism – a person with a faster metabolism may need a second treatment within four or five months.

Expect to pay upwards of \$300.

NEFERTITI LIFT

Muscle relaxants are injected into the neck to alleviate sagging and horizontal lines. The injections firstly target the vertical lines running from the chin down the neck by injecting the platysma muscle every few centimetres along the length of its edge.

This relaxes it, making it less conspicuous. Next, a further series of injections treat the horizontal lines. They are administered to the muscle underneath the lines, with the aim of reducing the extent to which they are pinned to the muscle, thereby softening their appearance. Typically, patients can expect the neck to remain smooth and slimmer looking for up to five months.

Expect to pay upwards of \$900.

STANDALONE NECKLIFT

“A necklift can be performed as standalone surgery, as well as in combination with other facial cosmetic procedures,” says facial plastic and reconstructive surgeon Dr Paul Gerarchi from The Face Institute in Sydney. “It is very common to feel that your neck has aged out of proportion with the rest of

your face. People are often bothered by a pouch or sagging that develops under the chin, while the rest of their face appears relatively young. A necklift is an excellent procedure for removing this fatty deposit and loose skin and creating a more defined neck-to-chin angle.”

A small incision is made in the crease under the chin and behind the ear. Liposuction removes excess fat and the platysma bands are tightened. Excess skin is then removed. The neck appears more slender, with results lasting up to 10 years, as long as the patient has a healthy lifestyle, maintains a constant weight and stays out of the sun.

Expect to pay approximately \$10,000.



LOWER BLEPHAROPLASTY

This surgery removes the excess fatty deposits that have collected under the eye, causing a bulge and creating shadows. It's performed under general anaesthetic and a CO2 laser or scalpel incision is used to roll the eyelid forward and create a slit. The fat bag pops out, which corrects the structure and shape of the eyelid. Some practitioners will then use an erbium laser to make the skin smoother and tighter.

UPPER BLEPHAROPLASTY

This surgical procedure corrects a drooping upper eyelid. It typically involves cutting away the excess skin in the upper eyelid canopy to reveal a more open, younger-looking eye. Traditionally, it's performed under general anaesthetic, using a scalpel to cut away excess skin, although many surgeons find they achieve a more precise result using a CO2 laser to make the incision. Healing time is approximately 10 days.

Expect to pay approximately \$3000, plus theatre and hospital costs. If drooping lids are affecting vision, the patient may be eligible for a Medicare rebate.

There is no need for stitches, as excess skin is not being removed. Best results will be visible after three to four weeks and typically will last 10 years or more. Bruising is minimal and normal activity can be resumed within three days.

Expect to pay approximately \$7500, including hospital and theatre costs.

ENDOSCOPIC BROW LIFT

This mildly invasive procedure lifts a drooping brow. “Small incisions are made in the hair-bearing part of the scalp,” says Dr Gazi Hussain from Macquarie Cosmetic and Plastic Surgery. “A telescope is then placed under the skin through the incisions, which provides access so the brow can be lifted and internal stitches placed.”

It is not a painful procedure, and can be performed as day surgery. “General anaesthetic is administered, but we also use a local anaesthetic. Post-operative pain can be managed with mild painkillers, and patients should count on two to three weeks' downtime.” This creates a more youthful look.

Expect to pay \$5000 to \$8000, depending on your practitioner and hospital costs.

More info thefaceinstitute.com.au | silkwoodmedical.com.au | drmarcells.com.au | mcps.com.au (Macquarie Cosmetic & Plastic Surgery) | drmarkkohout.com.au ☺



YOUR NOSE

NEW AND IMPROVED TECHNIQUES CAN DELIVER THE NOSE YOU'VE ALWAYS DREAMED OF

The evolution of rhinoplasty has been on fast forward for the past few years, with innovative alternatives offering solutions to treat a wider range of issues. Doctors' methods have improved, while patients have become more knowledgeable. As a result, people are requesting and receiving more tailored looks.

"New techniques are evolving constantly," says Sydney facial cosmetic surgeon Dr William Mooney. What's more, a new, more appealing profile can now be achieved in doctors' rooms in as little as one hour.

Filling time

In 2010, the injectable nose job was big news, with temporary or permanent fillers used to reshape and refine the nose. Small amounts of dermal filler are injected into the nose to rebalance irregularities. Asymmetry of the nasal cartilages and minor tip abnormalities can be corrected, and a noticeable nasal bridge hump can also be disguised. "The fillers camouflage the irregularities," says Mooney.

The procedure begins with a saline injection, which fills the area for 20 minutes. It gives the patient the

option to 'try before they buy'. They can inspect the changes, touch, feel and take photos and go home and decide if this is the result they want.

"During a second appointment, we inject the actual fillers to target specific areas of irregularity on the surface of the nose, or the nasolabial angle (the mid-line under the nose that leads down to the Cupid's bow), which alleviates drooping," says Mooney. "We can also team the procedure with fillers to the cheeks and nasolabial folds to create a more youthful and fresh visage."

In terms of downtime, most patients are able to return to work straight away. There may be slight bruising, but this can be easily camouflaged with concealer.

Expect to pay from \$500 to \$1500 depending on the filler, how much is used and your practitioner.

Scarless alar base reduction

Mooney is pioneering this new procedure in his Sydney practice. "It's a technique we have developed in our clinic that reduces the broadness of the base of the nostrils without external scarring," says Mooney. "We developed it specifically for people with broader

nostrils, as we were dissatisfied with current techniques. We use an incision on the inside of the nostril to reduce the broad/flared nostril. This can also be used to correct asymmetry of the nostrils or ptosed nostrils (nostrils that hang too low)."

The procedure is performed under a local anaesthetic and takes approximately one hour. "We begin, as always, with history and examination. Photos are taken and imaging is done in order to discuss the patient's aim and ideal nose shape. We also discuss ideal shape and what can be achieved with this procedure. Measurements are made and a local anaesthetic is used to numb the area. An incision is made in the 'sill' of the nostril, according to the shape we want to achieve. Dissolving sutures are used and the patient goes home with a course of antibiotics."

There is only slight discomfort after the operation, and this can be relieved with paracetamol. It can be done in an afternoon with essentially little to no downtime. "Results are exceptional in the right patient," says Mooney. "This procedure can also be used in conjunction with normal rhinoplasty to improve nostril contour."

Expect to pay approximately \$1000.



Tried and tested

OPEN STRUCTURE RHINOPLASTY

More frequently, rhinoplasty surgery is being performed using the open structure technique. While it takes longer, it does deliver the best results. "Traditional techniques don't allow the direct observation of an open structure approach, and often the cartilage frameworks are left weaker. As such, the nose can deform over time and not have a pleasing aesthetic result long-term," says Sydney facial plastic and ear, nose and throat surgeon Dr George Marcells. "Open structure rhinoplasty offers the most predictable and long-lasting results."

During the operation, a small incision is made across the skin between the nostrils. Using the patient's own cartilage, the nose is then reshaped. "These techniques help to ensure the basic foundation of the nasal structure is kept strong," says Marcells. "In turn, this ensures a more predictable shape to the nose after surgery that will resist collapse and improve breathing."

The procedure itself is performed under general anaesthetic. Patients need to have two weeks off work and will experience some bruising and swelling during that time. A cast is worn over the nose, and there may be a blocked-nose sensation, which usually goes away within two weeks. Once the cast is removed, patients will have an idea of what their new nose will look like, but the best results will be seen within six months after the swelling subsides.

Expect to pay approximately \$10,000 to \$20,000, including surgical, hospital, theatre and anaesthetist's costs.

If functional work is performed, the patient may be eligible for a Medicare rebate. Private health insurance will also lower the cost further.

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