

GOSMETIC

SURGERY & BEAUTY

RRP \$14.95 (incl. GST) (NZ \$15.95 incl. GST)
ISSUE 56 • MAY - JULY 2012

**MINERAL
MAKEUP**

Fad or fab?

**BODY
CONTOURING**

**THE NO-SWEAT WAY
TO GET IN SHAPE**

**4 IDEALS FOR A
BEAUTIFUL BREAST**

**PRIMAL
INSTINCT**

**Why you're
always attracted
to the same type**

**IT'S A
MAN'S
WORLD**

**Inside the world of the
MALE MAKEOVER**

ISSN 1834-383X



9 771833 383011

men

discover NEW DEPTHS

BY MANIPULATING THE DEEPER TISSUES OF THE FACE, A DEEP PLANE FACELIFT CAN ACHIEVE NATURAL-LOOKING, LONG-LASTING RESULTS, SAYS SYDNEY FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS**. LIZZY WOOD REPORTS.

The aim of any facelift is to achieve a long-lasting, youthful appearance whilst maintaining and enhancing natural features.

Whilst many techniques are successful in achieving an overall lift, Sydney facial plastic surgeon Dr George Marcells believes it is necessary to target the deeper, underlying muscles of the face in order to achieve the longest-lasting, most natural-looking results.

During a traditional facelift, the superficial musculo-aponeurotic (SMAS) layer beneath the skin is tightened. However, Dr Marcells believes that techniques such as the SMAS and S-lift are limited in what they can achieve.

'These techniques require wide undermining of the skin, which is then separated from the underlying lymphatics and thus tend to result in delayed swelling,' says Dr Marcells. 'The SMAS layer is also not freed from the deeper tissues, and therefore can only be tightened to a minimal degree.'

Dr Marcells believes traditional techniques such as the SMAS- and S-lift can leave a patient looking 'stretched' and 'overdone'.

'There is often more tension on the skin, and because little improvement is gained in the mid-face, traditional facelifts can lead to a mismatch in healing,' he says. 'This in turn can often lead to a "pulled", unnatural-looking appearance.'

Unlike other facelifting techniques, the deep plane facelift targets the tissues beneath the SMAS. 'The deep plane technique allows for a more powerful lift because you undermine the SMAS, and actually lift the whole cheek fat pad,' explains Dr Marcells. 'The results are more dramatic, in that a more significant lift is achieved, but they're also more natural-looking, so you don't get this stretched appearance that you can get with other lifts.'

'This is because the tissues can be lifted more evenly rather than just pull on some areas rather than other areas,' he adds. 'For instance, the deep plane lift addresses the mid-face much better. Because you can lift the mid-face in

line with the jawline and the neck together you don't get the effect of one area looking pulled and another not so much.'

By addressing the mid-face, any volume that might have been lost with age is less likely to need replacing with adjunct therapies such as fat transfer.

'The deep plane lift elevates the soft tissue back up to the cheek area. Often, it also greatly improves the appearance of nasolabial folds, especially in women,' says Dr Marcells.

An added benefit of the technique is that less tension is placed on the skin than with a traditional lift. 'Because of this, the surgical incisions made during the surgery tend to heal faster,' Dr Marcells notes.

Recently, Dr Marcells has experienced an increase in the number of men seeking facelift surgery. 'Men have different concerns to women,' he says. 'They are more concerned about their jawline and neckline than the brow area.'

Another benefit of the deep plane facelift is that swelling is minimised. 'With any facelift there will be a certain amount of swelling,' explains Dr Marcells. 'However with the deep plane facelift, the lymphatics are still attached to the skin, and a lot of them are left in tact, so swelling tends to go down faster.'

Before proceeding with a deep plane facelift, Dr Marcells holds a series of consultations with each patient to ensure their motivation for surgery is both realistic and well-informed. 'Facelift surgery is about the rejuvenation of an individual's appearance, not their transformation into someone else. Most people are realistic and simply want to look younger and fresher. It is a warning sign when someone comes in for a consultation with a photo of a famous superstar who is years younger and exhibits no similar facial characteristics to the patient.'

During a series of detailed consultations, Dr Marcells will learn about the prospective patient's concerns and desires and then assess and communicate what is realistically achievable. He uses a hand-held mirror to help pinpoint

AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



specific areas of the face that can be addressed with surgery, and helps the patient visualise what they will look like after surgery with computer generated imagery.

The deep plane technique requires special expertise. In 2011, Dr Marcells spent time learning from leading US facial plastic surgeon Dr Neil Gordon, who has been performing deep plane lift since 1996 and is considered one of North America's leading revision facelift experts.

'Deep plane face and neck lift surgery is technically more difficult to perform and some surgeons may lack the expertise,' says Dr Marcells. Therefore, it is important patients seek out a qualified surgeon.

As an ENT and head and neck surgeon, Dr Marcells says that he has the training and experience as well as the intricate knowledge of the anatomy of the face that is required to perform such surgery. **cbsm**

Case study

Deep Plane Facelift

Having undergone a successful rhinoplasty with Dr Marcells several years ago, Ted decided it was time to address the changes that had taken place in his jaw and neckline over time. 'Dr Marcells reassured me straight away that a deep plane facelift would achieve the most natural-looking results and that there wasn't going to be anything "pulled" about my appearance,' says Ted. Three weeks after the surgery, Ted was able to resume his normal activities. 'The surgery has tightened everything up a bit. I still look like me, but a little bit better. I look like I did 15 years ago,' he says.



AFTER deep plane facelift by Dr Marcells

AFTER deep plane facelift by Dr Marcells

AFTER deep plane facelift by Dr Marcells