DEEPER BENEFITS

T he aim of all facelift procedures is to leave patients with a fresher, younger-looking appearance. Tightening the superficial musculoaponeurotic system (SMAS) – a thin, underlying layer of connective tissue and muscle – is the key to all facelift procedures, according to Sydney facial plastic surgeon Dr George Marcells. But, he says, traditional facelifts such as SMAS lifts and, more recently, S-lifts are limited in what they can achieve.

While able to make tired-looking and ageing faces appear fresher and more youthful, traditional facelifts achieve little improvement in the mid-face area. This can lead to unnatural-looking results.

Another limitation of traditional facelift techniques is that they can achieve only a small degree of tightening. “The SMAS layer is not freed from the deeper tissues and can only be tightened by a minimal degree,” Dr Marcells explains.

Dr Marcells prefers the deep plane facelift for facial rejuvenation. He firmly believes that this technique offers the best solution to many of these problems.

A deep plane facelift is designed to reshape the entire face, including the upper and lower eyelids, the brow and the neck, by lifting facial tissues, fat, muscle and skin in one continuous section.

Sue’s experience

“Seeing myself in photos with my granddaughter made me feel really old and tired, and that’s what made me want to do something about it,” says Sue. “Before the surgery I had two chins – my lower face had really dropped.”

Sue met Dr Marcells to discuss the possibility of a face and neck lift. “Dr Marcells made me feel really comfortable and confident in the first consultation, so I didn’t want to hesitate in getting it done. You go through a lot of emotions thinking, should I or shouldn’t I, and second guessing yourself, but after having the surgery I don’t regret it. I feel really good and I still look like myself. I just look like I used to look when I was younger.”

Dr Marcells believes that by using this technique to restore the neck, jawline and mid-face in harmony, a deep plane facelift can achieve natural-looking results, says Sydney facial plastic surgeon Dr George Marcells.

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The deep plane technique requires special expertise. In 2011, Dr Marcells devoted time to furthering his expertise by observing leading US facial plastic surgeons. He also conducted his own deep plane facelift on patients in Australia. "I am excited by the results I have been able to achieve with the deep plane lift on my patients in Australia," Dr Marcells adds. "After surgery, I find the recovery is quicker and more comfortable than with a traditional facelift. There is less swelling and bruising as the skin has not been separated from the SMAS. The incision lines have also healed much faster."

Before proceeding with a deep plane facelift, Dr Marcells will conduct a thorough consultation with each patient, ensuring that 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. "I am excited by the results I have been able to achieve with the deep plane lift on my patients in Australia," Dr Marcells adds. "After surgery, I find the recovery is quicker and more comfortable than with a traditional facelift. There is less swelling and bruising as the skin has not been separated from the SMAS. The incision lines have also healed much faster."

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Dr George Marcells completed his advanced training in Ear, Nose and Throat (ENT), and Head and Neck Surgery in Sydney in 1996. He specialised in Facial Plastic Surgery at Toronto University in 1997-1998 and successfully completed the American Board Exams in Facial Plastic Surgery in 1998. Dr Marcells has been accepted for formal fellowship training with The American Academy of Facial Plastic and Reconstructive Surgery (AAFPS), and the Australian Society of Otolaryngology, Head and Neck Surgery (ASOHNS). He is also the Facility Director at Bondi Junction Private Hospital.

Kristal's experience
Kristal had suffered from breathing difficulties since her early teens and sought rhinoplasty in order to improve the functioning of her nose. Having been referred to Dr Marcells by an Ear, Nose and Throat specialist, she decided to proceed with rhinoplasty in order to correct her deviated septum and improve the appearance of her nose.

'At my consultation Dr Marcells gave me this little apparatus that had an oxygen mask. I breathed in and it only reached 140 on the spectrum, which is very low. My reading is now up to 220, so it's greatly improved since the surgery,' says Kristal. 'Dr Marcells is a very welcoming, professional person. Every time I went to see him he was very willing to help, had all the answers to all my questions and made me feel comfortable before the surgery.'

Edward's experience
Having suffered a number of injuries, the function of Edward’s nose was compromised. As the situation continued to worsen he decided to seek help.

‘Dr Marcells was the third doctor I saw,’ he says. ‘Whereas the other doctors I had seen didn't give me any assurance, Dr Marcells made me feel comfortable and provided reassurance as to what the new nose might look like.’

Following the surgery, the functioning of Edward’s nose has greatly improved. ‘I can breathe a lot better now, and I sleep much better too,’ he says. The cosmetic improvement of Edward’s nose has also increased his confidence. ‘I’m a lot more outspoken now,’ he says. ‘Dr Marcells is a master at what he does.’

About Dr Marcells
MBBS FRACS
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