

# keysto facial rejuvenation

Gold Coast cosmetic doctor **Dr John Flynn** believes more can be achieved with facial rejuvenation when patients don't focus on only one procedure. **By Lise Petersen.**

There is no one procedure that will solve all of a patient's problems says Gold Coast cosmetic doctor Dr John Flynn. 'Time, age and environment have multiple effects on the skin so it is not possible for one procedure to fix all these elements,' he explains. 'Quite often patients have a preconceived idea of the procedure they would like performed. They may have debated with themselves whether they need laser treatment or a facelift or something else. I say rather than focus on one particular procedure they need instead to consider the problems they want to address and

then look at the best way to deal with them.'

Dr Flynn breaks up the possible options for solving a patient's issues into three key categories: skin elasticity, skin condition and facial volume.

'If there is an issue of skin elasticity, that is too much skin or sagging skin because of the effects of gravity, we need to consider a lift of some sort,' he says. With lifts there are a number of considerations: whether it is better to opt for a facelift or one of the many varieties of minilifts, or whether one of the newer less invasive filament lifts is a better alternative.

Next, because the lifting procedures that will fix

sagging skin won't necessarily improve the texture and tone of the skin, the patient's skin condition needs to be addressed. 'Procedures typically include laser treatment, peels and perhaps microdermabrasion,' he says. 'Laser treatment can be either non-ablative, in other words photorejuvenation, or the more aggressive laser resurfacing.'

Dr Flynn explains that with photorejuvenation the idea is to use the laser to help stimulate collagen production deeper in the skin to allow collagen remodelling to occur. 'It takes a number of treatments to get a result and this occurs over a longer period of time than with laser resurfacing but photorejuvenation is advantageous because it is non-invasive. This means there are no burns or wounds to heal and so no downtime (therefore patients don't need to hide themselves away while they recover). The disadvantage is that while photorejuvenation will give collagen remodelling it does so less dramatically than that of the more invasive laser response and it takes time to show.

Laser resurfacing is much more aggressive but there is a dramatic improvement in fine lines, wrinkles and skin texture because the collagen remodelling is more intensive. The downside is that because the process is completed quickly it leaves a wound that requires more time to heal. There are also a variety of peeling agents that can be used to improve the skin's condition but some of them are also very aggressive, requiring downtime as they make the skin shed and turn dark.

A non-invasive rejuvenating treatment Dr Flynn has developed for effectively enhancing the skin's condition is the Soft Skin Program. 'I do lots of surgery as well as nonsurgical procedures and consider skincare every bit as important as any procedure,' he emphasises. The Soft Skin Program utilises both microdermabrasion and peels, which can then be followed up with photorejuvenation if necessary.

Forty-minute treatments are performed once a week or fortnight over a period of some weeks. 'This allows us to avoid the problems of shedding skin and darkening skin associated with peels,' he explains. 'Because the treatment is non-invasive the results occur gradually and by the end of the course patients will notice a significant improvement in their skin texture and complexion. There is also no downtime because no healing needs to occur.'

The third category that needs to be considered is facial volume. 'As we age not only does our skin become looser, but we also lose the bulk, or fat, in our face as it naturally atrophies,' Dr Flynn says. 'In addition, the bones of our face tend to shrink to some extent – although this has a more subtle effect. The end result is that we lose the youthful balance and curves of our face. Our cheeks tend to flatten, and because of the excess of skin and gravity more jowling and squaring off of the face develops along the jawline.'

There are a number of methods available to improve facial volume. 'To enhance large areas such as the temples

and cheeks we can transfer some of the patient's own fat from their tummy,' he explains. 'We can also use a variety of injectable agents such as Collagen, Aquamid and Newfill to fill other areas of the face.'

Dr Flynn concludes that when patients consider facial rejuvenation they need to be aware that focusing on fixing problems that are of concern is a much more effective approach than simply, say, a patient reading about a particular procedure in a magazine and deciding to have it done: 'Analysing a patient's features – their skin elasticity, skin condition and facial volume – is an essential part of my job and I can then tailor make the treatment solution for each individual.' **acsm**



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