

Soft Serve

Gold Coast
cosmetic medicine
doctor **DR JOHN FLYNN**
outlines the options available for
facial rejuvenation without surgery.

Often we hear the terms ‘cutting edge’, ‘hard choices’ and ‘harsh reality’ used to describe innovations or new technologies or to make us sit up and take notice of something. We may indeed need to face up to the ‘harsh reality’ that life, and especially the sun, in Australia presents us with a ‘hard choice’ to make amends for mistakes with our skin and decide to ‘have something done’ – but this does not necessarily mean the ‘cutting edge’ of surgery.

There is no doubt that for sagging features, too much skin, or reversing gravity, surgery is often the best option. But there is a lot that can be done before we get that far.

Yes, the ‘soft options’. It makes a lot of sense to take care of our skin. Consider tone, complexion, and skin quality as essential elements for a fresher, clearer look, and surgery doesn’t address these issues very well. Most times when I have a patient for a facelift or eyelid surgery I try to take care in talking about these soft options. Because it is not good enough to just lift and tighten, you must also



Sharpen the outlook

have the skin in top condition. This will aid the healing process with any surgery and in many cases, improving skin tone and quality may avoid or at least reduce the need for or extent of surgery.

Skin tone and quality are best addressed by a care programme: the Soft Skin Programme. Used correctly, microdermabrasions and peels can rescue tone, quality and minor pigment blemishes and unevenness are improved. Patients often think of medical strength peels as causing discolouration and crusting that obliges hiding away for a week to heal. In the Soft Skin Programme, peel formulations are altered to find an efficient blend and applied as part of a course, weekly. Using microdermabrasion to enhance the effectiveness of the peel and having repeated episodes of treatment, usually over 6-10 weeks, we can achieve a superior result with little or no down-time and a steady improvement that your friends will not see too radical a change all at once.

Skin tone and pigment blemishes are not the only things to contend with. Often we will see vascular blemishes such as ‘broken’ capillaries or dilated and prominent veins. Some skin conditions like rosacea, are more common than often realised and give a lot of ‘high colour’ to the cheeks. Peels and microdermabrasion will not help this much and so the laser is useful in the Photo Facial programme.

In the photofacial, we do not use the burning laser (erbium or CO₂). These are for resurfacing and can do a great job with those skin quality issues. A non-burning laser is used to target the vessels and remove them without damaging the skin. The right type of photofacial laser can also treat pigmentation problems as well. Again, little or no down time.

The Photofacial and Soft Skin Programmes are often used together to achieve the best results and these programmes are flexible enough to cope with most facial skin problems.

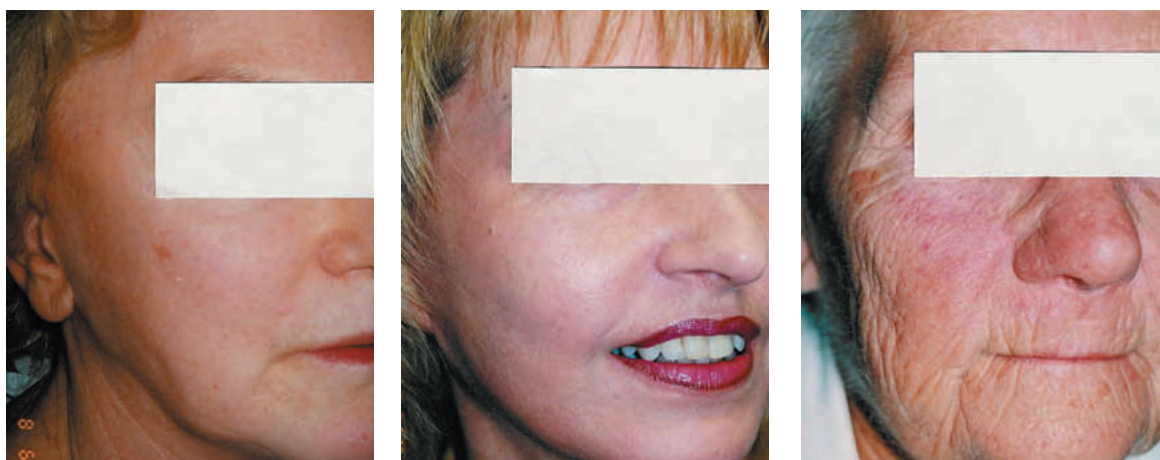


Skin problems present with a range of severity and remember that at one end of this scale is skin cancer.

Facial volume changes with the years and gravity sends it south so the curves change as well. Those youthful high cheeks are now the jowls! There have been exciting new products this year to help replace the lost volume and recreate the right curves. Permanent replacement with Aquamid or the long term Newfill offers new options, they do not replace the other dermal fillers that still have an important role for lines and wrinkles, but a permanent, more deeply placed volume replacement means that high cheeks, for example, can be better contoured and deeper furrows softened.

Facial liposculpture can refine the contour especially in the jowl area, neck and jaw line definition. Properly done using micro cannulas, and careful manipulation, this minimally invasive procedure can sharpen the outlook in the lower face.

By looking to the right procedures, targeted to the patient's specific concern, a soft serve could very well be the best option. **ACSM**



The main thing separating these people is age and exposure to the Australian sun. Volume and curves change, as do skin tone and complexion.