

# When Less

Gold Coast cosmetic doctor **DR JOHN FLYNN** explains to Jodi Thiessen the 'less is more' approach to cosmetic surgery.

**M**ore patients are asking for advice on how to achieve the best cosmetic outcomes with the least amount of surgery. Advances in both technology and techniques are helping us in this area. Current thinking by cosmetic surgery practitioners is moving towards the philosophy of 'less is more'. Procedures such as facelifts and laser resurfacing are becoming less invasive with quicker recovery times.

Combinations of procedures can achieve some fairly spectacular results. These include small facelifts (minilift, s-lift etc) with neck lifts, brow lifts, eyelid surgery, photorejuvenation, cheek implants, skin peels, facial fat transfers, facial liposculpture, dermal fillers and botulinum toxin injections.

Patients should be careful that when they consult with their medical practitioner they are offered a range of options. I encourage patients to take their time when deciding on cosmetic surgery. Often it is better to have a series of smaller procedures over a period of months or even years.

# is More

By taking cosmetic surgery gradually a patient is more likely to be very satisfied with the outcomes.

## SMALL FACELIFTS

Short incisions are used to gain access to the underlying tissue that gives support to the skin. This is elevated and tightened and then the skin is redraped. The result is a smoothing of the naso labial folds and more dramatic tightening of the jowls.

## NECK LIFT

A small incision hidden behind the ear allows access to the neck's supporting tissues, which are elevated and the skin redraped.

## BROWLIFT & EYELID SURGERY

A range of 'mini' procedures is available to rejuvenate this area. Tiny incisions are all that is needed to rejuvenate the brow as a small telescope can be inserted under the skin to give access to the soft tissues that need tightening.

## CHEEK IMPLANTS

Lifting the cheeks with cheek implants is a minimally invasive way of giving the face a more youthful appearance. Cheek implants can be inserted through incisions placed in the mouth so there are no external scars and the results are subtle yet effective.

## FAT TRANSFER

Taking fat from where it isn't wanted on the body and replacing it where it is makes sense. Only tiny amounts are needed to plump up facial volume loss and replace gaunt with glamour.

## SKIN PEELS

Often peels are underrated by patients yet the results can give the skin a glow and lift. Topical exfoliating creams like the fruit acids or Vitamin A or C derivatives can give a rejuvenating effect. They are also helpful in evening out skin tone and pigmentation blemishes.

Chemical peels while effective, can require more lengthy recovery periods. At our clinic we have developed a way to achieve the excellent results of the medical strength peels but without the down-time. This requires determining a combination of treatment modalities, including at-home skincare.

## PHOTOREJUVENATION & LASER

Vascular lasers reduce broken capillaries and other vascular blemishes. Pigmentation lasers deal with uneven pigmentation and intense pulsed light will rejuvenate the face without burning the skin or requiring any down time.

## FACIAL LIPOSCUPTURE

Using a microcannula, which only requires 2mm incisions that become imperceptible with time, the fat underneath the chin causing a "double chin" can be removed and the neckline smoothed.

## DERMAL FILLERS

Collagen is a non-permanent injectable filler that is particularly beneficial for smoothing finer wrinkles because it can be injected close to the skin surface. Aquamid is a polyacrylamide gel that has a natural feel and appearance under the skin. It is a more long lasting filler that is injected in a deeper plane so is more advantageous for deeper furrows and folds.

Isolgen is a new cellular skin and tissue rejuvenation that uses a patient's own cells to treat frown lines, wrinkles and scarring caused by acne, chicken pox or injury. From a small skin sample, millions of collagen-producing fibroblast cells are grown in a laboratory over 6-8 weeks. Once injected, the fibroblasts stimulate long-term rejuvenation of the treated areas and, unlike Collagen or autologous fat, Isolgen remains effective for years.

## BOTULINUM TOXIN

A wrinkle treatment that relaxes the muscles causing the wrinkle to occur. This simple injection is useful for dynamic lines, those created by facial movement but in turn also smoothes the static lines that become etched into the skin over time.

We don't age all at once so trying to rejuvenate all at once can be quite dramatic and not necessarily a good thing. Like most things in life, in cosmetic medicine there is rarely a single process to fix a range of problems and the best answer usually lies in combinations of the most appropriate procedures and treatments. The best combination for each individual is out there but requires a thorough assessment from the doctor of the patient's face and complaints. Beware of surgeons that have one approach for all patients. As everyone is different so is everyone's ideal treatment plan. **ACSM**