



facelifts plus

Sydney plastic surgeon **Dr Warwick Nettle** discusses with Gillian Canning how complementary skin procedures can give your facelift that extra 'wow' factor.

Thinking about having a facelift? Many people are not aware there are a number of complementary treatments available nowadays that, when utilised along with a facelift, can leave you with even more beautiful-looking skin.

Sydney plastic surgeon Dr Warwick Nettle, who specialises in facial surgery, always explains to patients the range of treatments offered at his clinic that may be performed before, after or concurrently with a facelift.

'If a patient comes to see me and says 'I want a facelift', I say 'let's look at everything, including your wrinkles.'

'Surgery pulls the skin into a good position but it's not always good at specific wrinkles. If it's appropriate, we might recommend Botox for the lower eyelid and crow's feet areas. This is usually performed two weeks before surgery. People who consistently use Botox two or three times a year tend to develop far fewer wrinkles.'

Skin resurfacing is something Dr Nettle also discusses with his facelift patients at the time. This includes such

procedures as dermabrasion, laser treatments, chemical peels and coblation.

'These days, we're more selective with the use of 'aggressive' skin treatments, like dermabrasion, laser and the stronger chemical peels,' he explains.

'These treatments have potentially more problems, such as hypo or de-pigmentation, which is when the pigment is taken out, leaving the skin lighter, sometimes permanently.

'Another issue is that the really aggressive modalities of skin resurfacing can destroy the dermal papillae. This can lead to skin that is overly smooth and shiny, and this is also potentially permanent.

'Personally, I feel that dermabrasion, laser and the more aggressive chemical peels are best in the areas where there are wrinkles too difficult for any other method of treatment. For example, around the mouth and around the eyes. I still use them frequently in these areas.

'But coblation – or cold ablation – is quite effective for use on the entire face and has a limited downtime because

Photo APL

it's less aggressive. During coblation, I drip salt water on to the face and physically abrade the face by using a wand with an electrical current. This removes part of the outside layer of the skin.'

Dermabrasion, laser, peels and coblation can all be done at the same time as surgery so there is only one anaesthetic and one recovery time.

After a facelift and skin resurfacing, Dr Nettle advises clients will need up to two and half weeks downtime.

Around 80% of Dr Nettle's patients also choose to have Intense Pulsed Light (IPL) treatment after their facelift surgery.

'We find we are doing more and more IPL now, usually about a month after surgery for red and brown spots. It makes a huge difference to the skin.

'The way IPL works is it shines light at a certain wavelength on the skin and causes the red and brown spots to disappear. Plus, by drawing heat to the area, it can tighten the skin. It's like a fine-tuning of the facelift and there is no downtime.

'We also talk to our patients about how to look after their skin long-term. After a facelift, I usually recommend three or four microdermabrasion treatments every six to nine months, as well as Vitamin A and C based products. Microdermabrasion allows the Vitamin A and C based products to penetrate better.'

Despite the proliferation of 'makeover' shows on TV now, Dr Nettle finds most programs don't explain the importance of skincare to the appearance, preferring instead to focus on surgical procedures.

'They neglect skincare because skin treatments are more complex and take longer and the results are not so dramatic and therefore don't make good viewing.

'Despite that, we are still getting people to look at the big picture. Women generally use some product on their skin and there is a lot of confusion out there about what should be used. We generally recommend Environ or Ultraceuticals products; they are both moderately priced and effective.

'Our outlook is holistic. It's not just about having surgery. We try to teach good skincare as well. Facelifting alone is fine but the marriage of skincare and surgery is a quantum leap above that.' **acsm**



BEFORE



AFTER facelift, temple lift, upper eyelid surgery, full face coblation resurfacing and temporalis fascia transfer to glabella by Dr Nettle



BEFORE



AFTER facelift, temple lift, upper eyelid surgery, full face coblation resurfacing and temporalis fascia transfer to glabella by Dr Nettle



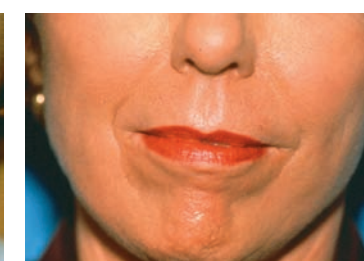
1 day AFTER



6 weeks AFTER



BEFORE



AFTER mini facelift and full face resurfacing by Dr Nettle