



ourface

With countless options available for facial rejuvenation, you can turn back time and regain your youthful looks.

A little less than 15 years ago, the only way to restore a youthful face was to undergo a full facelift. Today, there are many and varied procedures available, each designed to tailor facial rejuvenation to the individual to ensure the best possible result.

CUSTOMISED TREATMENT
"These days all procedures are incredibly customised, so almost no two people get the same operation."

says plastic surgeon Dr Warwick Nettle from Silkwood Medical in Bondi Junction, Sydney.

"It's difficult to talk about straight procedures any longer, as it's very much about fitting the operation to the person.

"While some people might require lifting to the jowls only, others may require work to the neck, and others may require a full facelift, which may or may not be accompanied by dermal fillers, eye procedures or fat transfers."

surgical options

FULL SMAS FACELIFT

What is it? A surgical operation performed under general anaesthetic that tightens the underlying tissue of the skin (the Superficial Musculoaponeurotic

System or SMAS). The face, jowls and neck are lifted in one procedure.

What is involved? Incisions are made around the temple and the ears, in line with the natural creasing of the area.

"The skin is then lifted up and we tighten the SMAS - which is the tissue layer directly under the skin that sits on the muscle - and stitch it into its new position," says Dr Nettle.

"After the SMAS is elevated and tightened, the platysma muscle in the neck is pulled laterally, tightened and secured. The excess skin is removed and put back down in place around the ears."

Results: "By tightening at a level deep within the skin, we create a result that is not stretched or tight-looking," says Dr Nettle.

Down time: "There will be swelling and bruising and a degree of numbness around the ears," says Dr Nettle. "The patient will need to wear drains for a day or two, and perhaps a headdress for the first night."

Most patients can be back at work within two weeks, however, "if they choose to add another procedure on, such as blepharoplasty or a brow lift, this can add another week for recovery," says Dr Nettle.

COST: Approximately \$18,000 to \$20,000.

THE RESULTS



A full SMAS facelift produces a fresh, natural look with no stretching or tightness.

MINI FACELIFT

What is it? A more gentle surgical procedure that improves the appearance of sagging. "It is ideal for people aged between 30 and 40 who don't need a lot of improvement in the neck area," explains Dr Nettle.

What is involved? Anterior incisions are made in the temple and the creases of the ears and then the

procedure is very similar to that of a facelift.

"We manipulate the SMAS layer by either stitching so it is tighter, or lifting it and then stitching it into its new position," says Dr Nettle.

"We then remove excess skin and stitch it back into place around the ears."

Results: Jowling is lessened and the face refreshed.

Down time: Patients can be back at work within 10 days.

THE RESULTS



Mini facelifts are best for those in their late 30s