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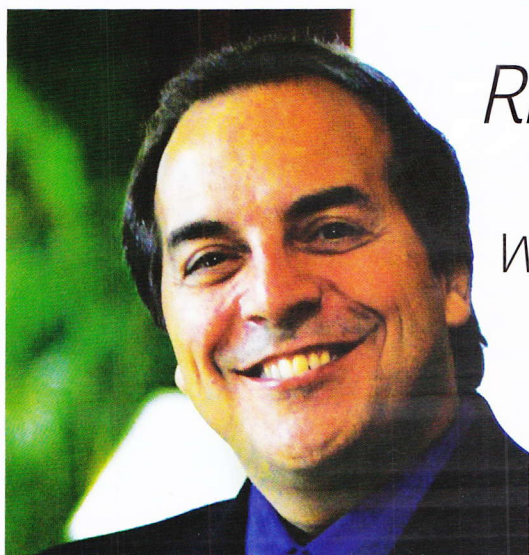
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ASK THE **PLASTIC SURGEON**: DR MARCO FARIA CORREA



REVERSING SIGNS OF **AGEING** WITH FACIAL REJUVENATION

By Dr Marco Faria Correa,
Consultant Plastic Surgeon

PROBLEM Expression lines like crow's feet and forehead lines, fine lines and wrinkles

SOLUTION: Liquid Facelift with the use of Fillers & Botox

WHAT IT MEANS

Liquid Facelift uses various kinds of liquid products like fillers to refill cheek bones, deep smile lines, and chin augmentation or nose augmentation. Dermal fillers are a natural "volumiser" to be injected under a wrinkle, to lift and smoothen it out.

Botox, another kind of liquid product, is a protein derived from botulism toxin that is administered via a few tiny injections directly into the muscles in order to minimise or smooth out lines and wrinkles on the face. The treatment is usually done in about 15 to 30 minutes, and no recovery time is needed. The effect can last up to four months.

Such methods are less invasive and less expensive than a facelift and the results are immediate. However, for those with hanging and excess skin, these methods cannot replace or substitute a facelift.

PROBLEM Sagging facial skin, double chin, loose skin, redundant fold of skin and hanging tissue
SOLUTION: 3-D(Dimensional) Facelift

WHAT IT MEANS

Facelift is a surgical procedure that tightens the skin of the face and removes large creases and wrinkles that have formed around the nose and mouth, resulting in a more youthful appearance. The face and neck are usually treated at the same time, and this procedure is sometimes called a face-and-neck lift.

The facelift procedure helps redefine the cervico-mandibular angle (sharpen the angle where the neck meets the jaw), redefine the jaw line, and elevates the cheeks to a more youthful position. Face lift surgery can last from two to five hours, depending on how many problems the patients want to solve. Some will opt for a full facelift, including their upper eyelids and lower eye bags, while others will request for some fat injections to their smile lines, cheeks and lips.

The total recovery time usually takes about one to two weeks depending on the individual. The stitches are usually removed on day three and by day eight, most of the bruising and swelling will almost be gone. Most people do return to work on the second week and can already socialise with some light make up.

PROBLEM General ageing appearance, premature lines, wrinkles and drooping caused by excessively strong and active frown muscles

SOLUTION: Minimally Invasive Endoscopic Brow Lift or Forehead Lift

WHAT IT MEANS

A brow lift or forehead lift procedure is a cosmetic surgery procedure performed to overcome the adverse effects of ageing, repetitive muscle activity and sun exposure on the forehead, brow and upper eyelid area. This procedure is to correct a drooping brow and upper eyelid, improve horizontal brow lines and smooth out the forehead and any furrows from above the bridge of the nose.

The surgery can be performed in two ways - using either a traditional incision technique or through the latest technique Minimally Invasive Surgery (MIS), which is also commonly referred to as "Keyhole Surgery" or Endoscopy Surgery.

Minimally Invasive Surgery (MIS) is performed with the aid of an endoscope (a slim viewing instrument) that will allow the procedure to be performed through "keyhole" incisions. This method is especially suited for men and women with a thin or receding hairline, as the likelihood of visible scarring after surgery is greatly reduced.

With the use of a brow lift surgery or an Endoscopy brow lift surgery, the surgery time takes approximately one to one-and-a-half hours and it is done as a day surgery procedure that usually does not require hospital stay. One can return to work in about three days' time, and the total recovery time is approximately five days.

PROBLEM Hollowing out of the temples and cheeks, thinning of the lips, loss of jaw strength and chin definition

SOLUTION: Liquid Facelift with Micro lipo-filling facial rejuvenation

WHAT IT MEANS

Lipo-filling uses one's own fat to re-contour your face to provide definition to your cheeks and chin. It is a safe, natural, non-allergenic procedure that is designed for depressed areas or dimples mainly in the inner and outer thighs or even hips. Any areas caused by trauma can also be solved by fat injections.

This technique helps restore facial fat that is lost with ageing. It can be used to fill out the lines around the mouth and between the brows, to restore fullness of the upper and lower lips and help eliminate lip lines; to fill in cheeks and build up cheek bones; to strengthen the jaw line and chin, to fill in temple hollowness and re-contour and position the eyebrows as well as support the lower eyelids.

One can expect to be up and about almost immediately following fat injections. Total recovery time from the bruising and swelling is about one week and any discomfort following the procedure can be controlled with medication. The initial injection should last up to six months.

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