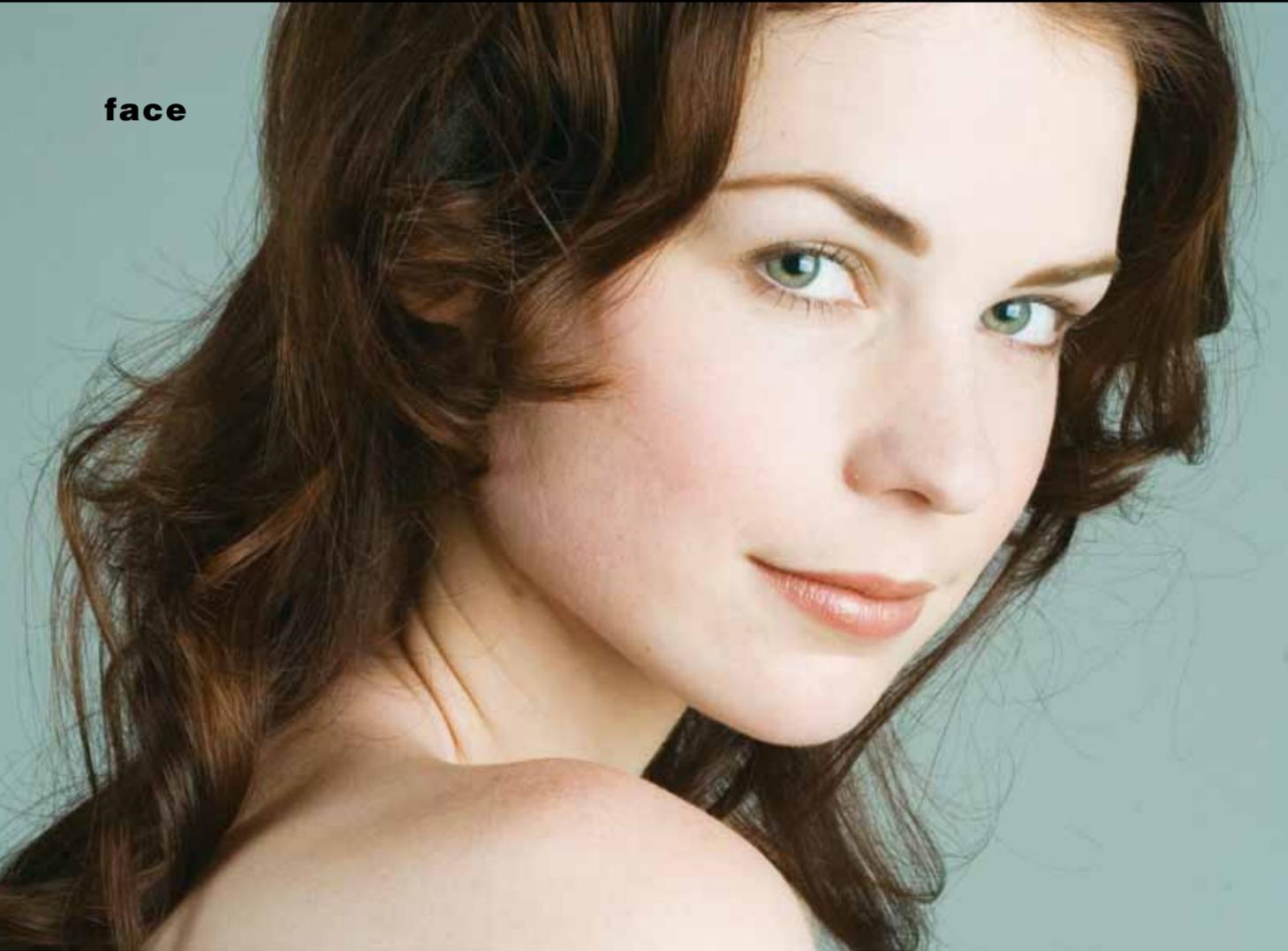




face



looking fresh faced

Sydney facial plastic surgeon
Dr Michael Zacharia explains various
treatment options for facial rejuvenation.
Caroline Selwyn reports.

An increasing number of people are seeking aesthetic procedures to treat fine lines and wrinkles and to tighten lax skin. According to Sydney facial plastic surgeon Dr Michael Zacharia, 'Most patients want results, but without scars or their skin looking too stretched.'

To meet this demand Dr Zacharia has developed the vertical lift, a minimally invasive procedure that can achieve noticeable results.

An incision is made from the very top of the ear (in front of the ear) and up into the temple region. The skin as well as some tissue is then pulled up towards the ear and temple. 'This gives a significant lift and tightens the skin,' says Dr Zacharia.

Most of Dr Zacharia's patients who undergo the vertical lift procedure are in their late 30s to early 50s. They present with early signs of ageing, such as the development of jowls as well as reduced skin elasticity in the eye area, forehead and nasolabial regions of the face. 'These patients may not be ready for a full facelift,' he says. 'A vertical lift can address similar concerns and result in less scars.'

The procedure is performed under local anaesthetic administered in front of the ear and in the temple region. Dr Zacharia explains that the vertical lift takes about 30 minutes each side to perform. Patients usually experience some mild swelling and down time is normally minimal. 'The scars are in the temple region, so my patients do not feel

self-conscious about having this type of surgery, considering the scar is hidden' he says. 'The good thing about this technique is that it achieves a nice subtle result.'

For older patients with more severe facial sagging, Dr Zacharia may suggest a conventional facelift procedure. Exactly which procedure he adopts depends on the area of the face showing the most pronounced signs of ageing.

A facelift is a surgical procedure that tightens muscles beneath the skin and the skin itself as well as removing fat. 'The consultation and assessment process is extremely important and cannot be rushed,' says Dr Zacharia. 'All elements – the brow, lower and mid-face and the neck – of the patient's face as well as their skin condition must be assessed. The available options and expected outcomes are then explained and discussed.'

In order to achieve optimal results, Dr Zacharia says he considers the full range of rejuvenation options for each of his patients.

'When performing lifting procedures, it's one thing to tighten the skin and lift the jowls but it's another to make the skin appear more fresh and rejuvenated,' he says. 'I

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use a new chemical peel from the United States, the NuLift Vitality Peel, which in my experience has effectiveness within a week,' he says.

The NuLift Vitality Peel is an acid peel with a combination of different ingredients, including trichloroacetic acid (TCA), glycolic acid and retinoic acid. 'It's my first step for skin rejuvenation,' says Dr Zacharia.

The peel uses the synergy of various acids to produce many positive effects. It targets skin problems at the cellular level rather than just taking layers of skin off. Acids and vitamins help erase fine lines and wrinkles, shrink enlarged pores and build collagen and elastin, which tighten skin. Dr Zacharia says it can also help patients with pigmentation, acne and sun-damaged skin.

Patients do not normally experience any discomfort and everyday activities can usually be resumed straightaway.

According to Dr Zacharia, on days one and two the skin will feel tighter and look slightly tan. On around day three, the patient begins to peel. The first signs of peeling usually begin around the mouth area, but with the use of moisturiser and makeup patients can normally maintain their usual daily routine.

'After four days, when the patient has finished peeling, the final effects are usually seen and the results can be dramatic,' says Dr Zacharia. 'The texture and condition of the skin is improved with an overall more youthful and healthy appearance.'



BEFORE



AFTER vertical lift, NuLift Vitality Peel, Thermage and Botox treatment by Dr Zacharia



BEFORE



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According to Dr Zacharia, the skin on the neck also responds well to the peel. It can improve texture and quality, with gradual softening of fine lines and wrinkles and some tightening effects.

To further improve the quality of the skin, Dr Zacharia says treatments such as Thermage can be performed before or after this type of peel. 'The Thermage treatments produce healthier, smoother skin by stimulating collagen production which reduces the appearance of wrinkles and tightens the tissues,' he says.

'Optimising the condition of the skin prior to the selected surgery means the best possible outcomes can be achieved for the patient, with a reduced recovery time and longer lasting results,' he adds. **acsm**