



face

Options in facelifting

SYDNEY FACIAL SURGEON **DR PAUL GERARCHI** EXPLAINS THE MOST POPULAR TYPES OF FACELIFTS – BOTH SURGICAL AND NON-SURGICAL. CAITLIN BISHOP REPORTS.

The development and refinement of face lifting surgery has stemmed from a growing understanding of the ageing process. Sydney facial surgeon Dr Paul Gerarchi has built his practice upon the modern day facelift and addressing all elements – from skin laxity to volume loss – that contribute to an aged appearance.

'Today, face lifting surgery manipulates the supportive soft tissue underneath the skin to reverse the effect of ageing,' Dr Gerarchi explains. 'This should be achieved without putting unnatural tension on the skin itself, to avoid that "over-tightened" look.'

A facelift is often touted to be the gold standard in improving a tired or aged facial appearance. It helps smooth the skin, removing folds and wrinkles, and re-establish more youthful-looking facial contours and definition along the neck and jaw line.

'It is a myth that there is a "right" age to have a facelift,' Dr Gerarchi explains. 'Facelifts are suitable for most patients, men or women, young or old. If you feel that your facial features are heavy or sagging, particularly in the jaw line, a face lifting procedure will help refresh and brighten the appearance.'

Dr Gerarchi offers a wide spectrum of face lifting procedures, from minimally invasive options to surgical intervention. Volumisation and short scar procedures afford an effective option for those who aren't able to commit to the downtime involved in surgery.

Alternatively, more extensive surgical lifts can achieve significant and long-lasting anti-ageing results. Dr Gerarchi will always tailor his approach according to the patient's desires, expectations, anatomy and degree of ageing.

COMPREHENSIVE FACELIFT

A traditional facelift procedure lifts and remodels the underlying facial soft tissue, before re-draping the skin over these newly defined contours. The superficial muscular aponeurotic system (SMAS), which is the underlying

musculature of the face, is lifted and re-tightened during facelift surgery.

In addition to the SMAS technique, other types of comprehensive face lifting procedures include the sub SMAS and Deep Plane procedures. They all involve an incision that runs from the hairline above the ear, around and behind the ear, and into the hair behind the ear. The length of incision allows the surgeon to operate more comprehensively on the muscles and ligaments beneath the skin, affording greater visibility. It also assists in addressing and reshaping the neck skin and soft-tissue.

Face lifting surgery typically requires an overnight stay in hospital, and a minimum of two weeks off work. During recovery, a facial compression garment is worn, and pain medication is sometimes required in the days following the procedure.

'The traditional facelift can be very effective for elevating more advanced facial drooping and sagging,' Dr Gerarchi explains. 'Like other kinds of facelifts, they can be combined with complementary procedures such as a neck lift, brow lift or eyelid surgery.'

SHORT-SCAR FACELIFTS

A short-scar facelift is best for those patients who notice that their face is beginning to droop, or their jowls are sagging, but who are not yet ready for the more comprehensive facelift procedure.

During a short-scar facelift, an incision is made in the crease in front of the ear. This enables the surgeon to manipulate the underlying soft tissue to reverse moderate heaviness in the jowl and lower face. Because the incision and tissue adjustment is relatively minimal, patients can usually go home the same day of surgery, and one to two weeks of recovery time is required.

'I often combine short-scar facelifts with liposuction below the chin. This helps enhance the jaw line and contributes to a more harmonious result,' Dr Gerarchi

explains. 'Sometimes patients will need more volume in their upper cheeks and mid-face to accompany the lift. For these patients, I use a fat transfer procedure to improve the final rejuvenation result.'

VOLUMETRIC FACELIFT

Volume loss is one of the most noticeable hallmarks of ageing. As the face ages, and gravity takes its toll, volume drops from the cheeks and mid-face. This contributes to a thin, gaunt and hollow appearance, and often leads to heaviness in the jowl area.

A volumetric facelift solely addresses volume loss. It rejuvenates the face, restores fullness and recreates more youthful facial contours and angles.

During this procedure, fat is taken from the abdomen or the inside of the knees and reinjected into the cheeks, chin, temples and mid-face. Although synthetic fillers are sometimes used to achieve a similar result, Dr Gerarchi believes the patient's own fat delivers a long-term rejuvenation with minimal complications.

'Using your own fatty tissue minimises the complications associated with the insertion of foreign materials into the body,' he explains. 'Any excess oil or fluid is extracted from the fat before insertion, and the purified fat is reinjected

into the face. This replaces lost facial volume for a long-term result, though sometimes "top up" treatments are necessary to achieve maximum effect.'

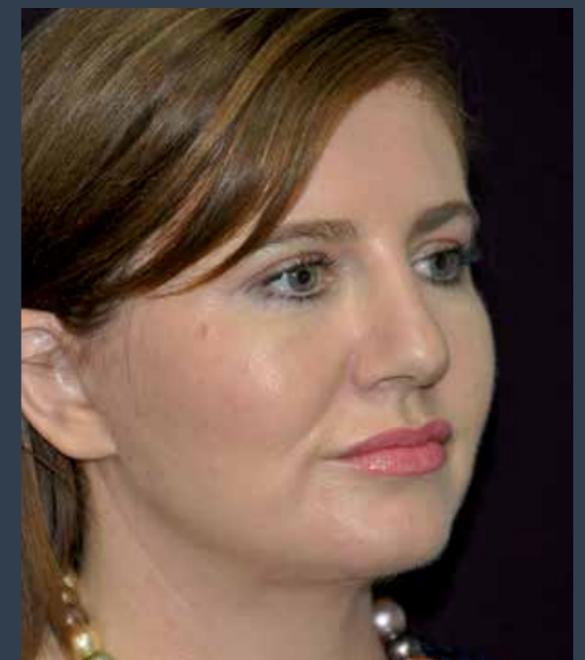
The fat transfer procedure has a good safety profile and involves minimal down time. It is an attractive option for patients who do not want or need a surgical facelift, but who are looking to reverse or waylay the most noticeable signs of ageing.

☞ If you feel that your facial features are heavy or sagging, a face lifting procedure will help freshen the appearance ☞

'Volumetric face lifting is an effective procedure which can achieve significant anti-ageing results,' says Dr Gerarchi. 'However, the procedure is not suitable for patients with excessive loose skin and jowling. In these cases, volume addition should be combined with a surgical facelift to achieve the desired result. Optimal facial rejuvenation results are achieved when the face is both lifted and filled.' **csbm**



BEFORE



AFTER face, mid-face and neck lift by Dr Gerarchi



face

2



BEFORE



AFTER facelift and volumetric fat transfer by Dr Gerarchi

3



BEFORE



AFTER facelift, neck lift and rhinoplasty by Dr Gerarchi

4

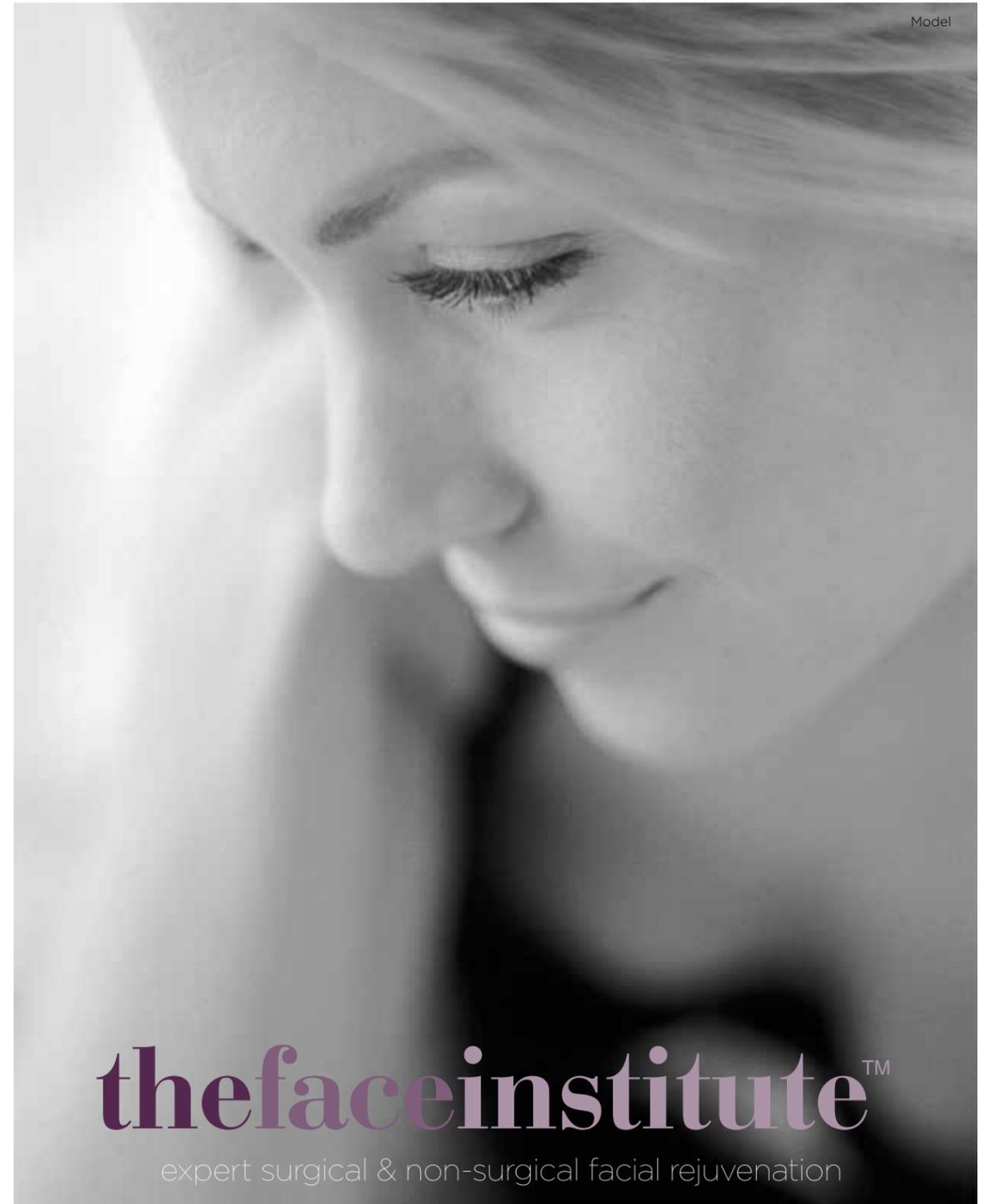


BEFORE



AFTER facelift, neck lift, blepharoplasty and rhinoplasty by Dr Gerarchi

DR PAUL GERARCHI
Rhinoplasty and Facelift Specialist



thefaceinstitute™
expert surgical & non-surgical facial rejuvenation

The Face Institute and Dr Paul Gerarchi, Suite 4, 12-14 Malvern Avenue, Chatswood, NSW.
For more information, visit www.thefaceinstitute.com.au or call (02) 9412 4599.

