



HOUSE CALLS: THE DOCTOR IS IN

B MAGAZINE INVITES GTA'S MOST PROMINENT PHYSICIANS AND DENTISTS TO ANSWER YOUR QUESTIONS AND CONCERNS



Q: I HAVE HEARD THAT A MINI FACELIFT CAN BE ACHIEVED BY THE USE OF INJECTIONS. IS THIS TRUE AND IF SO, HOW IS IT DONE?

A: Trevor M. Born MD
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The Surgical Facelift
and Nirvana of the
'Maxi-injectable Lift'!

Let me start with an explanation of the changes of the face with aging and this will help with understanding the ways that the facial features can be improved to give a more youthful and rested appearance.

The changes occur on several levels with aging; (1) the skin loses collagen and becomes thinner with changes from sun damage, lifestyle (smoking, drinking, lack of sleep, stress) and genetic inheritance, (2) there is a loss of volume of the tissues under the skin (fat and connective tissue), (3) and there is loss of bone volume – particularly around the teeth with decreasing gum volume as well.

The result is that the facial skin deflates like a balloon and the folds deepen, superficial and deep lines develop, the lips shrink and the jaw line loses its nice smooth contour with the thinning of the skin at the front and the back and the formation of the 'jowl'.

One of the keys to restoring the youthful appearance is to add or restore the volume to the facial tissues and as well modify the muscle movement to soften the lines and folds so that one appears rested and not altered. The facelift goals are to tighten the deep layer of tissues (including the neck), restore the volume loss of the face (typically this is around the eyes, nose, and the front and back of the jaw line) and to re-drape and tighten the skin. In the past the volume restoration of the face was not done. This is done with every facelift that I perform and

is accomplished by performing Micro-fat transfer or fat grafting (the fat is taken from one part of your body and placed in the hollows with a small needle to add shape on a permanent basis). The facelift can take 5 hours and the results last 7 to 10 years. The patients look more youthful, rested and aesthetically well proportioned. Other details which we attend to are; the earlobes, the nasal folds, the chin shape, the nasal shape and the quality of the skin – all of which may be improved at that time.

There are differences between the youthful restoration of the face with injections (fillers and Botox) and the surgical facelift. The injections are not permanent, do not address the neck skin, require repeat visits to achieve best results and they do not tighten the skin. The injections can be done with other procedures such as Thermage, Broad Band Light Therapy (Sciton) and Chemical Peels.

Botox is an essential component of the facial rejuvenation with the injections. Botox softens the lines around the eyes and forehead, lift the eyebrows, helps lift the corners of the mouth, soften the lip lines, softens the dimpling of the chin and helps relax the muscles in the neck and give a lifted appearance.

The 'mini-facelift' with injections may not be the correct name but is it catchy! Restoring the youthful volume is very important and can give dramatic results. 'The Non-Surgical Eyelift' was described by my wife, Dr. Lisa Airan and me and this involves the correction of the hollows around the eyes using Restylane injected on the deep layer. This gives a youthful, rested and lifted appearance of the eyes, eliminating the hollow appearance that makes someone look tired. The hollow under the eyes can be the result of genetics, stress, weight loss or aging and the colour of the skin under the eye can make this look worse. This procedure alone can change how someone feels in such a dramatic way that it is hard for them to describe.

Restylane can also be used to soften the Naso-labial folds (at the sides of the nose), lift the eyebrows (in conjunction with Botox), shape the nose, eliminate the jowls and strengthen the jaw line. The technique for each

area varies and if skillfully performed can give an amazing result immediately and last for 8 months to a year and a half. The key is that the correct amount of filler is placed so that the patient does not look overdone – this is especially true for the lips and the naso-labial folds which can look odd at rest or when a patient is smiling or talking.

A new filler to Canada which can be combined with Restylane is called Sculptra. It works differently than most fillers in that it is a dissolving particle that causes the skin to make more collagen – thus the thinning of the skin, as one becomes older, is reversed. The basis of Sculptra is a material that is used in dissolving surgical sutures which I have used for 15 years and it is a very safe product when used in the correct fashion. Sculptra is more of a 'volumizer' and when combined with Restylane and Botox can give the most dramatic changes in the facial shape – the person appears to have had a facelift! A change that may look more than a 'mini' but a 'maxi-injectable' lift! The Restylane will give some very nice immediate changes along with the Botox and Sculptra will give gradual changes so that over 3 months an individual can look 5 to 10 years younger. This result can last 2 to 3 years with an occasional touch up and maintenance of the Botox. These procedures can be combined with other non-surgical procedures to optimize the shape of the face, the appearance of the skin and produce longer lasting results. There is no other non-surgical procedure available that can achieve these results.

If a person decides to have a surgical facelift at a time in the future then these injections will only enhance the results of the surgical facelift. These injections are Medical procedures and must be done or supervised by a qualified and licensed medical doctor. The Medical Doctor should be trained in Aesthetic Dermatology or Aesthetic Plastic Surgery and be a member of Specialty Societies such as the Canadian Society of Aesthetic Plastic Surgery and the Canadian Dermatology Society.