



face

the soft facelift

Forget the 'nip and tuck'. Sydney cosmetic surgeon **Dr Longin Zurek** discusses the benefits of facelifting with AGE Filaments.

Facelifting using special filaments, or 'threads', is becoming popular around the world for patients interested in rejuvenation and beautification without resorting to surgery – the 'nip and tuck'.

The idea of lifting the sagging face with tiny gold wires has been used for over 20 years. Moscow cosmetic surgeon Dr M Sulamanidze further developed the concept of self-anchoring threads, made from suture material, introduced underneath the skin by a special needle. After several weeks, a fibrous envelope forms around the thread, which

'Studies show that results are expected to be long lasting'

becomes integrated in the soft tissue of the face and neck, resulting in lifting. He patented his device as Aptos (anti-ptosis) threads in 1999. In the US, facelifting using the Aptos threads has been trademarked as the 'feather lift'.

Sydney cosmetic surgeon Dr Longin Zurek has been exploring this concept since it was first presented in International meet-



BEFORE Patient in her 40s. Facial sagging gives the impression of a tired appearance



AFTER AGE Filament facelift by Dr Zurek. Note the refreshed appearance



BEFORE Patient in her 50s



AFTER AGE Filament facelift as well as upper eyelid blepharoplasty and lip augmentation by Dr Zurek

The advantages of AGE Filament facelifting

The AGE Filament facelift provides effective elevation, restores youthful volume (to the cheeks) as well as supporting sagging tissue of the face and neck against gravity. The advantages of the AGE Filament facelift include:

- No incisions (only skin punctures) and therefore no sign of intervention
- Local anaesthesia only with sedation as required
- Extremely low risk of complication
- Procedure reversible within several weeks
- Minimal downtime
- Results comparable and often superior to aggressive surgery (for example full facelifts, endoscopic browlifts or facial implants)
- To date, studies show that results are expected to be long lasting.

ings. Following discussion with world-renowned cosmetic surgeon Dr Pierre Fournier in Rome in 2001 and influenced by his enthusiasm, Dr Zurek decided to introduce facelifting using these special threads to Australia as this fitted in within his speciality of minimally invasive facial rejuvenation.

Since Aptos threads were not approved for use in Australia at the time, Dr Zurek developed his own custom-made threads using an approved suture material. He called them AGE (Anti Gravity/Elevation) Filaments.

Dr Zurek found it helpful to already have had experience in over 2000 facial surgeries including approximately 1000 facelifts. To date, he has performed over 400 facelifts using his AGE Filaments. As commercial Aptos threads have recently become available, he also offers the use of them at an additional cost.

Dr Zurek conducted a study of 100 consecutive facelifts with AGE Filaments, which he presented at the 2003 Congress of the Australasian College of Cosmetic Surgery. The study has helped to improve patient selection and technique. **acsm**