



face

less is more facial rejuvenation

Sydney cosmetic surgeon **Dr Longin Zurek** outlines some minimally invasive procedures for facial rejuvenation. Tara Casey reports.



BEFORE



One and a half years AFTER AGE Filament Lift of the mid and lower face by Dr Zurek



BEFORE patient almost 80 years old with severe sun-damage



One week AFTER upper and lower blepharoplasty, liposculpture of the neck and a Z-Lift by Dr Zurek

and beautification

In recent years there has been a growing interest in cosmetic surgery. People are not only wanting to look 'younger' (rejuvenation) but are also looking at enhancing already attractive features (beautification).

Every surgical procedure carries certain inherent risks, however less intervention should reduce the risks and shorten downtime. Often more can be achieved by doing less.

Dr Zurek's contributions to minimally invasive facial rejuvenation surgery include the development of specific modification of the S-Lift, which he calls 'S-Access Facial Elevation' (SAFE), facelifting without incision using custom made self-anchoring threads (AGE Filaments) and, most recently, the modification of his Z-Lift (neck and lower facelift).

All procedures are performed under local anaesthetic and oral sedation on a 'walk-in, walk-out' basis. **acsm**

AGE Filament lift:

- This procedure is suitable for internally supporting and lifting mild-to-moderate sagging facial tissue. It is inappropriate for severe cases.
- AGE Filaments are custom made from biocompatible material, commonly used in surgery as a permanent suture.
- There is no skin incision, only needle punctures, leaving no sign of intervention.
- The filaments anchor themselves underneath the skin and intergrate with time, producing elevation and support of facial tissue.
- This procedure has a low risk of complications and short recovery time.

The Z-Lift:

- This procedure is suitable for lifting the neck and lower face by relatively minimal intervention.
- An access incision is made around the lower ear, resembling the letter Z or U. The skin of the lower face and neck is undermined.
- The neck muscle (Platysma) is lifted in a vertical direction and the structure of the lower face in a 45 degree vector.
- Redundant skin is removed and repaired without tension, leaving an imperceptible scar.

DR LONGIN H ZUREK

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Z/U-Lift

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Silhouette of actual patient before and after S-Lift performed by Dr Zurek