



DR LONGIN H ZUREK

FELLOW, AUSTRALASIAN COLLEGE OF COSMETIC SURGERY

DIP. INTERNATIONAL BOARD OF COSMETIC SURGERY

CERTIFIED COSMETIC SURGEON

SPECIALISING IN MINIMALLY INVASIVE FACE & BODY COSMETIC SURGERY

Procedures performed under local anaesthetic include:

Advanced S-Lift (Zurek's Technique)
S-Access Facial Elevation (SAFE)

Platysma Suspension
Neck and Lower Face Lift

Perioral Rejuvenation
Lip Lift

AGE Filaments™
Face Lift without Incision

Cosmetic Eyelid Surgery

Temporal Brow Lift

No-incision Ear Correction
Otoplasty

Cosmetic Surgery of the Asian Face

True Tumescant Liposculpture (all areas)

Fat Grafting to Face

Cosmetic Breast Surgery under Local Anaesthetic
- Breast Enlargement - Reduction - Lift

Female Intimate Surgery
Labioplasty

Injectable Wrinkle Treatment

Chemical Peeling and Dermabrasion

COSMETIC SURGICENTRE OF SYDNEY

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

COMBINED FACIAL REJUVENATION

SYDNEY COSMETIC SURGEON **DR LONGIN ZUREK** EXPLAINS HIS APPROACH TO REPLACING LOST FACIAL VOLUME TO RESTORE MORE YOUTHFUL CONTOURS. TARA CASEY REPORTS.

There have been major advances in the concept of facial rejuvenation in recent years. It became apparent that the main feature of facial ageing is due to loss of volume and change of shape.

This fact can be clearly demonstrated to patients interested in reducing the signs of ageing by comparing their current photographs with pictures of themselves some 20 years earlier.

Old techniques of facelifting involving extensive surgery, pulling, tightening, and removal of skin and fat, often resulted in an unnatural 'operated on' appearance.

'Less invasive methods of facelifts are becoming globally popular, benefitting both patients and surgeons,' says Sydney cosmetic surgeon Dr Longin Zurek. He introduced the concept of minimally invasive facelifting to Australia and performed the first S-Lift in 1998. He first published his results in *Australian Cosmetic Surgery Magazine* in 1999 and since then developed his own modification which he named S Access Facial Elevation (SAFE). To date Dr Zurek has performed more than 1,500 cases with a high satisfaction rate and without any significant complications.

He says facial volume replacement is the key factor in restoring more youthful facial contours.

'Various fillers and solid implants have been used for this purpose, however it has become clear that a logical and ideal way to replace lost volume is with the patient's own fat tissue,' he says. 'Fat grafting may be considered a missing link in total facial rejuvenation; it will not only replace volume but also improve the quality of skin due to the recently discovered regenerative properties of fat.'

Dr Zurek first started fat grafting 15 years ago but with the recent discoveries and improvements in techniques of fat transfer, he believes this procedure offers long-lasting restoration of facial appearance.

Fat grafting can be performed in isolation or in combination with surgical facelifting or non-surgical facelifting. **acsm**



BEFORE (Patient aged in her 60s - before combined facial rejuvenation)



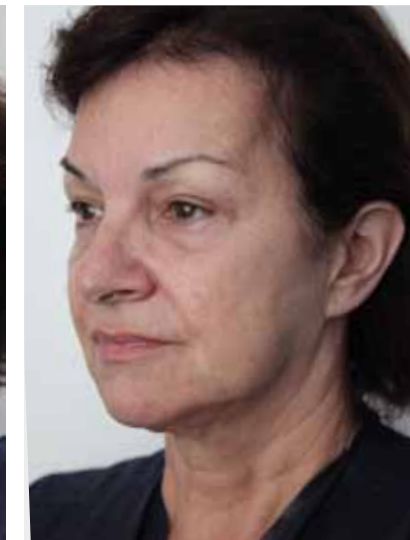
AFTER Lower eyelid lift (orbicularis suspension), SAFE Lift (Zurek modification of S-Lift facelift) and liposculpture of the neck. Note the improvement in lower lids, jawline and neck, however deficit in facial volume is evident.



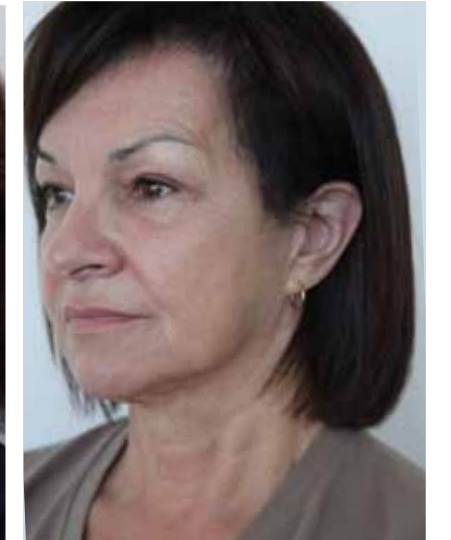
AFTER additional fat micrografting. Note the noticeable rejuvenating effect in volume replacement and improvement in skin quality.



BEFORE



AFTER combined facial rejuvenation as above by Dr Zurek



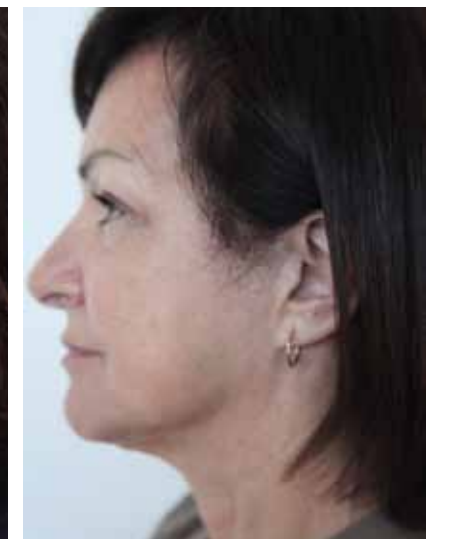
AFTER combined facial rejuvenation as above by Dr Zurek



BEFORE



AFTER combined facial rejuvenation as above by Dr Zurek



AFTER combined facial rejuvenation as above by Dr Zurek