



DR LONGIN H ZUREK

FELLOW, AUSTRALASIAN COLLEGE OF COSMETIC SURGERY

DIP. INTERNATIONAL BOARD OF COSMETIC SURGERY
CERTIFIED COSMETIC SURGEON

SPECIALISING IN MINIMALLY INVASIVE COSMETIC SURGERY SINCE 1998

Procedures performed under local anaesthetic include:

The breakthrough ZIP (Zurek Instant Posterior) Neck Tightening

State-of-the-art Fat Grafting to the face, neck, hands and breasts

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

Cosmetic Surgery of the Asian Face

True Tumescent Liposculpture (all areas)

Fleur de Lys - Mini Abdominoplasty

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

Female Intimate Surgery - Labioplasty

Injectable Wrinkle Treatment

Chemical Peeling and Dermabrasion

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

LESS INVASIVE FACELIFTING

FACELIFTING CONTINUES TO EVOLVE AS MORE PATIENTS SEEK LESS INVASIVE PROCEDURES WITH A SHORTER RECOVERY, REDUCED RISK OF COMPLICATIONS AND MINIMAL SIGNS OF INTERVENTION, SAYS SYDNEY COSMETIC SURGEON **DR LONGIN ZUREK**. TARA CASEY REPORTS.

In the 20th century facelifting was evolving from simple skin lifting to complex, radical procedures. A turning point was an identical twin study, in 1995. Four different surgeons operated on two sets of identical twins, each surgeon using different techniques, including less invasive approaches. Follow-up examination at 1, 6 and 10 years later demonstrated no significant difference in results and longevity.

'The fact that deeply invasive, radical techniques do not necessarily produce better outcomes and that patients prefer simpler techniques has resulted in a current generation of minimally invasive procedures,' says Sydney cosmetic surgeon Dr Longin Zurek.

Dr Zurek has been pioneering a minimally invasive approach since 1998 and has been at the forefront of the 'less is more' concept ever since. He performed the first S-Lift in Australia in 1998 and later developed it into an advanced specific technique, which he called S-Access



BEFORE (2001) - age 61 years AFTER SAFE lift procedure only (2002)

CASE STUDY SAFE lift follow-up photo series

This patient shown on the bottom left had a SAFE lift performed in 2001. She revisited Dr Zurek in 2011, requesting further facial rejuvenation some 11 years after (age 71 years).

Shown on the right, Dr Zurek recently performed a SAFE lift, as well as liposculpture of the neck and jowls.



BEFORE



AFTER SAFE lift and liposculpture of the neck and jowls



BEFORE



AFTER SAFE lift and liposculpture of the neck and jowls

Facial Elevation (SAFE). He has widely reported his technique around the world and continues to be a sought-after speaker. Dr Zurek conducted a live surgery teaching course on his SAFE technique in June 2011 in Seoul, Korea, by invitation of the Korean Academy of Cosmetic Surgery. He has been invited, as international faculty, to conduct a live surgery demonstration at the Conference of the Ho Chi Minh Society of Plastic and Cosmetic surgery in August 2011. **acsm**

Benefits of SAFE (S-Access Facial Elevation) include

- A natural-looking result
- Refreshed appearance
- No stigma of facelifting, eg no 'wind tunnel' look, 'pixie' ears, visible scarring or hair loss
- Low downtime
- Low risk of complications