



face

REFINING FACIAL TECHNIQUES

SYDNEY COSMETIC SURGEON **DR LONGIN ZUREK** EXPLAINS HIS 'LESS IS MORE' APPROACH TO FACIAL REJUVENATION. TARA CASEY REPORTS.

The current trend in facial rejuvenation is to favour minimally invasive approaches, says Sydney cosmetic surgeon Dr Longin Zurek. 'Today, traditional procedures are often replaced by less invasive techniques. Current thinking emphasises volume replacement rather than traction on the skin and a vertical vector rather than oblique or horizontal as used in traditional facelifts, to produce natural-looking improvements,' he explains.

Dr Zurek has been pioneering minimally invasive rejuvenation procedures since 1998 and has been at the forefront of the 'less is more' concept ever since. Currently he offers the following specific procedures, which he has developed and refined over the last decade.

SAFE Lift (S-Access Facial Elevation)

'The currently favoured concept of facelifting with a vertical vector of elevation began with the S-Lift procedure,' says Dr Zurek. He learned this technique from its originator Dr Parvis Ansari in 1998 and went on to perform the first S-Lift in Australia the same year. He later developed the S-Lift concept into an advanced specific technique, which he named S-Access Facial Elevation (SAFE).

He widely reported his technique in journals and a textbook, and Dr Zurek continues to be a sought-after speaker around the world on this subject. To date, he has performed over 2,000 cases, with a high patient satisfaction rate and no significant complications.

KEY FEATURES

- Natural-looking result with no stigma of a facelift (wind tunnel look, pixie ears, visible scarring, hair loss)
- S-shaped incision hidden in temporal hair and following the natural curvature of the ear
- Limited undermining and 'unit lifting' of underlying structure (SMAS and platysma) in a vertical direction, with skin attached to it
- Wound repaired without tension and imperceptible scar
- Performed under local anaesthetic

AGE Filament

In early 2000 Dr Zurek developed custom-made barbed threads for facelifting without incisions, which he trademarked Anti-Gravity/Elevation (AGE) Filaments. To date, he has performed over 2,000 AGE Filament facelift procedures. Dr Zurek has reported his technique at a number of conferences and has written a chapter on the subject in a textbook on facial rejuvenation, published in 2008.

KEY FEATURES

- AGE Filaments are handcrafted from biocompatible permanent suture material
- AGE Filaments anchor themselves underneath the skin and integrate with time, resulting in long-lasting support of facial tissue.
- No skin incision is required, only a needle puncture
- Performed under local anaesthetic
- Low risk of complications, brief recovery time
- Suitable for internally supporting (reinforcing) and repositioning mild to moderately sagging facial tissue
- Relatively short recovery time.

Microfat grafting for replacing lost volume

Dr Zurek believes the most important modality to restore a more youthful appearance to the face is to replace lost volume.

'The best material for this is the patient's own fat tissue, which will not only replenish volume but also improve the skin quality due to the presence of stem cells and growth factors,' he says.

KEY FEATURES

- Patient's own body tissue is used – no risk of allergic reaction or rejection
- Permanent restoration/enhancement of volume
- No risk of lumpiness with microfat grafting technique
- Improvement of skin quality (skin texture, subtleness and colour)
- Improvement of existing scar quality
- Economical, no additional cost of artificial fillers (which could be very substantial for large volume replacement)
- Relatively short downtime, with no bruising in the majority of cases.

ZIP (Zurek Instant Posterior) Neck Tightening

In response to frequent patient requests, Dr Zurek developed a technique of neck tightening through an incision at the back of the neck.

KEY FEATURES

- Tightening by an average of 6cm, using a vertical incision at the back of the neck
- The resulting scar is almost completely covered by hair and there are no scars around the ears or underneath the chin
- The results of the procedure are in most cases instant, improving the appearance of vertical wrinkles and crepey skin.
- The procedure narrows the neck and has a slight lifting effect on the skin at the junction of the neck and upper chest
- The procedure has no significant effect on loose skin under the chin. This can be addressed by platysma suspension or platysmaplasty. **csbm**

DR LONGIN H ZUREK

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DIP. INTERNATIONAL BOARD OF COSMETIC SURGERY
CERTIFIED COSMETIC SURGEON

SPECIALISING IN MINIMALLY INVASIVE COSMETIC SURGERY SINCE 1998

Procedures performed under local anaesthetic include:

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

AGE Filaments™ - Face Lift without Incision

ZIP (Zurek Instant Posterior) Neck Tightening

Cosmetic Eyelid Surgery

No-incision Ear Correction

Perioral Rejuvenation - Lip Lift

Cosmetic Surgery of the Asian Face

Temporal Brow Lift

True Tumescent Liposculpture (all areas)

Fleur de Lys - Mini Abdominoplasty

Arm Lift - Brachioplasty

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



face

CASE STUDY 1



BEFORE (woman approaching 60 years old)



AFTER full face fat grafting and AGE Filament lift to lower face by Dr Zurek



BEFORE



AFTER full face fat grafting and AGE Filament lift to lower face by Dr Zurek

CASE STUDY 2



BEFORE (woman in her mid 50s)



Full face fat grafting and SAFE procedure by Dr Zurek



BEFORE



Full face fat grafting and SAFE procedure by Dr Zurek