



face

MARKINGS OF ACTUAL Z-SHAPED SKIN INCISION AROUND LOWER EAR

# ADVANCED Z-LIFT NEW LOWER FACE & NECK LIFT

## BENEFITS OF THE Z-LIFT

True walk-in walk-out procedure

Short incision strategically executed in front and behind the ear, expected to result in imperceptible scar.

Customised approach to lower face and neck.

SYDNEY COSMETIC SURGEON **DR LONGIN ZUREK** DISCUSSES HIS NEW Z-LIFT TECHNIQUE, DESIGNED TO IMPROVE THE AGEING LOWER FACE AND NECK. TARA CASEY REPORTS

In early 2000, Dr Zurek developed a lower face and neck lift which he called the "Z-Lift". The letter "Z" refers to the shape of the incision around the lower ear and coincides with his name initial. This procedure consists of platysmaplasty with an oblique vector.

Dr Zurek reported his procedure in Australia and at a number of international conferences.

After performing over 100 Z-Lift procedures, Dr Zurek retired this technique as he was convinced that a vertical vector of elevating the platysma/ SMAS was more effective.

Following the return, after many years, of patients very happy with the result from his Z-Lift and in the search for the least invasive and most effective method of improving the ageing lower face (including jowls) and neck, Dr Zurek revisited and reintroduced the Z-Lift concept, utilising the latest advances in face lifting (vertical suspension of the muscle of the neck, tightening the ligament in front of the ear, additional tightening of the lower SMAS and reducing the buccal fat pad if necessary).

His current Z-Lift is a procedure that is customised to the particular concerns and expectations of patients. **csbm**

## CASE STUDY 1



BEFORE



AFTER Z-Lift and syringe liposculpture of the neck and jowls by Dr Zurek

## Z-LIFT ESSENTIALS

"Z" shaped incision is a true "short incision/ scar" procedure – average incision length is 6cm.

The "Z" shaped incision provides adequate access to the lower SMAS and platysma as well as allowing excision of excess skin after manipulation of the underlying structures.

Vertical suspension/plication (piling up) of platysma with anchoring to a structure in front of the ear.

Additional tightening of a structure between the platysma muscle and tissue in front of the ear.

Tightening of the SMAS of the lower face to address excess skin in the jowl area.

Reduction of the fat in the lower cheek (buccal fat pad) – Dr Zurek is obtaining proof by CT scan that the buccal fat pad contributes to jowl formation.

Liposculpture of the neck and jowls.



face

CASE STUDY 2



BEFORE



AFTER Z-Lift by Dr Zurek

CASE STUDY 3



BEFORE



AFTER Z-Lift by Dr Zurek

# 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:

### ADVANCED Z-LIFT

State-of-the-art Micro Fat Grafting

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*

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