



face

Reshaping the ageing face

SYDNEY COSMETIC SURGEON **DR LONGIN ZUREK** EXPLAINS HIS APPROACH TO RESTORING YOUTHFUL VOLUME TO THE AGEING FACE.

The face is a three dimensional structure and the ageing process therefore takes place in all three dimensions.

Facelift techniques are designed to elevate and reposition soft tissue in two dimensions, as the face flattens and sags with age.

The third dimension of facial ageing involves shrinkage of bony structures and soft tissue, particularly of the fat layer. I believe that this lost volume is best restored by autologous fat transplantation, which involves grafting a patient's own fat tissue to the treatment area.

The current trend in cosmetic surgery, and particularly facial rejuvenation, is towards less invasive procedures, often combining different interventions to achieve a natural-looking improvement. Less intervention may also reduce the risk of complications and have a shorter recovery time.

To restore lost volume and improve skin quality I use a 'state of the art' Autologous Micro Fat Transplantation

technique. Every step of the procedure is based on current scientific evidence and is constantly adjusted to incorporate refinements.

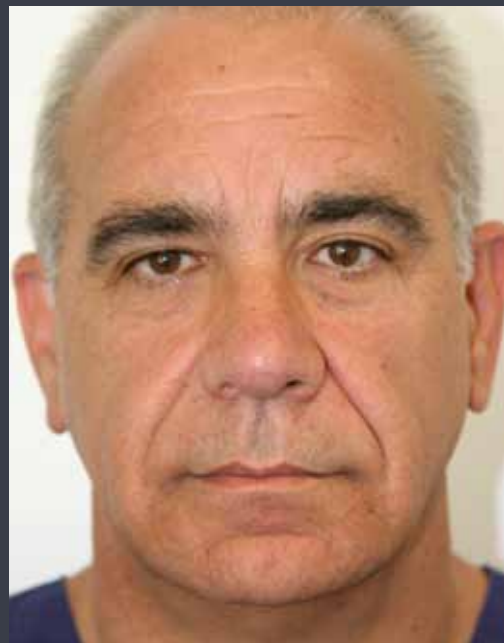
Nearly all of my patients who present for facial rejuvenation have evidence of volume loss in the mid face, grooves around their eyes, flattening of the cheeks (tear trough), often in the temples and around the mouth and jaw line. Each of these patients would benefit from volume restoration using their own fat tissue.

If there is only lost volume without significant sagging and looseness of soft tissue 'laxity', fat grafting can be performed in isolation.

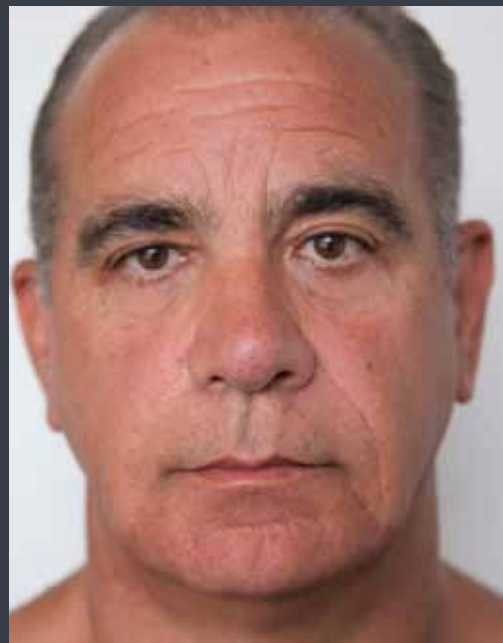
In cases of minor sagging of the lower face, fat grafting can be combined with AGE Filament support.

If there is significant looseness and sagging, fat graft can be combined with a minimally invasive facelift such as my modified S lift.

Case study 1



BEFORE



AFTER Micro Fat Grafting AGE Filaments and direct excision of nasio labial folds only by Dr Zurek.

Case study 2



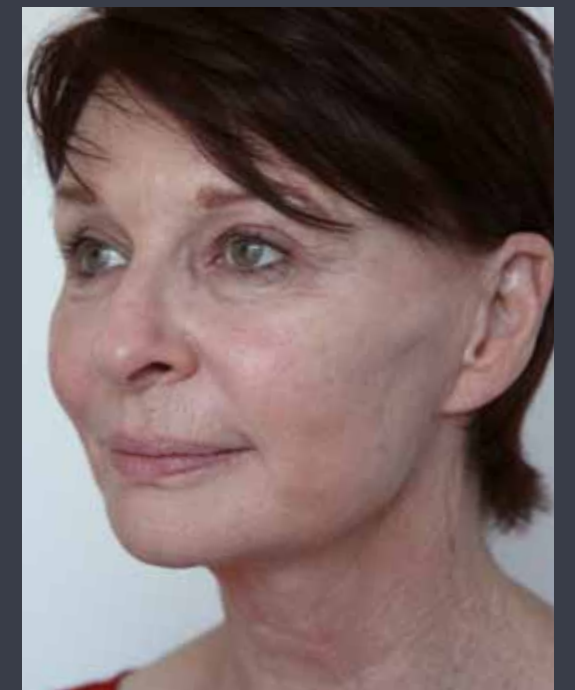
BEFORE



AFTER Micro Fat Grafting, S-Lift and Upper Eyelid Reduction only by Dr Zurek



BEFORE



AFTER Micro Fat Grafting, S-Lift and Upper Eyelid Reduction only by Dr Zurek



face

Case study 3



BEFORE



AFTER Micro Fat Grafting and Upper Eyelid Reduction only by Dr Zurek



BEFORE



AFTER Micro Fat Grafting and Upper Eyelid Reduction only by Dr Zurek

Micro Fat Grafting

Key features

- Patient's own body tissue is used – no risk of allergic reaction or rejection
- Permanent restoration/enhancement of volume
- Practically no risk of lumpiness with microfat grafting technique
- Improvement of skin quality (skin texture, suppleness and colour)
- Improvement of the quality of existing scars
- 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

Micro Fat Grafting and AGE Filaments

Key features

- AGE Filaments are hand crafted 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
- Suitable for internally supporting (reinforcing) and repositioning mild to moderately sagging facial tissue
- Relatively short recovery time.

Micro Fat Grafting and Dr Zurek's Modified S lift

Key features

- Natural-looking result without the problems associated with traditional facelift for example 'wind-tunnel' look, pixie ears, stretched scar etc.
- 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

DR LONGIN 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:

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