



# RESTORING BLOOM.

**FOR A NATURALLY YOUTHFUL LOOK, THINK SMALL CORRECTIONS. THE SMART TECHNIQUE TARGETS THE SUPPORT LAYER BENEATH THE SKIN, THUS AVOIDING THE "STRETCHED" LOOK THAT COMES FROM USING THE SKIN TO DEFY GRAVITY.**

The real news in cosmetic surgery, says plastic surgeon Dr Bryan Mendelson, is that "advanced techniques are providing subtle, totally natural-looking results — a lasting improvement. People are having procedures at a younger age and slowing the appearance of ageing, rather than waiting until ageing has occurred." The results are lasting but subtle.

**THE PROCEDURE** Not everyone requires a complete facelift — many people have one area of the face which ages disproportionately, and correction there often rejuvenates their entire facial appearance. The key to a natural result is the technique used — today's quality technique (Internal Fixation or SMAS technique) operates on the support layer beneath the skin — "this is where ageing actually occurs, it's not on the skin itself," explains Dr Mendelson. When the support layer, which essentially provides the face's 'shape' is returned to its more youthful position, the result is both natural looking and lasting. "The skin is never stretched or used to hold the result in place, so there is no look of 'pulling' or 'tightness' or need for later 'retightening' procedures," he says.

Three key areas that benefit from this technique are around the eyes. If there's slackness above the eye, an *upper-lid blepharoplasty* can restore pleasing contours: "it can provide a natural 'depth of shadow' for lively, youthful looking eyes," says Dr Mendelson. Age-related puffiness and sagging under the eye is addressed by a *mid-cheek lift*, which restores a smooth contour from the lower eyelid to the cheek. For ageing in the outer eye area, the *temporal lift* reduces the appearance of crow's feet and hooding at the outer lid, and lightens the look of tired, drooping eyes.

**THE TIMING** Recovery times vary according to the procedure, with the mid-cheek lift usually requiring a week, and a full facelift generally between three and four weeks. But there is a benefit in dealing with the longer recovery time in one instance, says Dr Mendelson: "The overall appearance of facial ageing is delayed into the future, without the need for repeat surgery to maintain the result," he explains.

**THE RESULTS** Used correctly, this facial surgery technique is undetectable, even to other plastic surgeons, says Dr Mendelson. "Because it restores the support layer of the face to its more youthful position, it never appears 'overdone' and because the restoration occurs at the actual site of ageing, the benefit continues into the future. This means that, even as people age, they always continue to look up to 10 years younger than their real age."

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