

combination treatments

Newcastle cosmetic physician **Dr David Bullock** explains how a number of combined non-surgical treatments can help achieve younger-looking skin. Lauren Alexander reports.

Recent advancements in product technology have made non-surgical procedures a viable alternative to surgery when it comes to tackling signs of ageing such as lines and wrinkles. Newcastle cosmetic physician Dr David Bullock says that non-surgical procedures can offer significant benefits in terms of convenience, cost, discretion and disruption to normal life when compared to more invasive procedures.

As we age, the natural volume of the skin diminishes and lines, wrinkles and folds begin to form, resulting in an aged appearance. 'We all have something that we dislike about our faces,' says Dr Bullock, 'whether it's the start of cranky frown lines and lines around the mouth, or thinning of the lips.'

Temporary treatments can often be just as effective as surgery in reducing the appearance of lines, and

Dr Bullock says he uses a combination of treatments to correct the key signs of facial ageing. 'For non-surgical rejuvenation, in general I use Botox to treat the upper half of the face,' he says. Botox can soften existing lines and prevent the formation of new ones. It can also be used to weaken the muscles around the corners of a down-tuned mouth, creating a happier expression and more youthful-looking face.

'Used correctly, the transformation is subtle and effective,' says Dr Bullock. 'The glabellar lines, or frown lines between the brows, are commonly treated and the 'angry' look is removed. Wrinkles on the forehead can be treated, as can crow's feet. Now, more frequently other areas on the face are being treated too. The bunny lines across the bridge of the nose and the vertical lines above

the upper lip are softened by inhibiting the repeated muscle contractions that cause them.'

Collagen, Restylane and Esthélis can all be used as fillers, but Dr Bullock prefers to use Juvéderm for a number of reasons. 'It is a new-generation hyaluronic acid injectable gel which temporarily adds volume to facial tissue,' he says. 'Juvéderm is a softer gel, which enables me to create a finer edge to lips and to fill finer lines around the mouth and eyes.' The product has a chemical structure resistant to dispersing in water, according to Dr Bullock, and this makes it less likely to break down when injected into the skin, creating a beading or cording effect. The consistency allows him to use the filler with greater precision in the eye and lip area. 'Shaping the lips is an art form, and patients are seeking a more natural-looking appearance,' he says. 'The lips are a focal point of the face, and Juvéderm allows me to create a finer edge. It produces a nicer result with less swelling and less risk of lumpiness.'

Glycolic peels can also be used to improve facial lines, pore size and pigmentation. They work by removing damaged cells and stimulating cell division, which results in plumper, healthier young cells. 'A glycolic peel is a safe, painless process which removes a micro-thin top layer of skin,' says Dr Bullock. 'It is a form of resurfacing or exfoliating which smooths and softens the skin, diminishes fine lines, evens out colouration, lightens hyperpigmented

areas and also decreases acne outbreaks.'

With so many products and treatments now available, non-surgical procedures can provide an attractive and affordable alternative to surgery, allowing almost anyone to have a revitalised appearance and younger-looking skin. **acsm**



BEFORE

AFTER Juvéderm treatment by Dr Bullock for plumping lips and fine lines



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BEFORE

AFTER Juvéderm treatment by Dr Bullock to correct lines around the mouth

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