

combination treatment

Newcastle cosmetic physician **Dr David Bullock** uses a variety of facial rejuvenation treatments to achieve effective results. Lauren Alexander reports.

The ageing process is a concern for many people and more and more are taking steps to halt the appearance of lines and wrinkles. As we age, the natural volume of the skin diminishes and lines and folds begin to form, resulting in an aged appearance. Previously, surgical procedures seemed to be the only option but with recent technological advancements, non-surgical procedures are becoming increasingly popular.

As Newcastle cosmetic physician Dr David Bullock explains, 'Using fillers to replace the volume loss that occurs as we age, especially in the mid-face region, is now commonplace.' Non-surgical procedures can offer significant benefits in terms of convenience, cost and disruption to normal life when compared to more invasive procedures. They can also be used to amend various problems. Dr Bullock says, 'Correcting the hollowing and dark circles under the eyes, increasing the prominence of the cheek bone areas and lifting the outside edges of the eyebrows are all part of the trend towards total facial rejuvenation.'

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 and rejuvenate the face.

For non-surgical rejuvenation, Dr Bullock generally uses Botox to treat the upper half of the face as it 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-turned 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.' Collagen, Restylane and Esthélis can all be used as fillers, but Dr Bullock prefers to use Juvéderm for a number of reasons. 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.

'Juvéderm is a new-generation hyaluronic acid injectable gel which temporarily adds volume to facial tissue,' he says. 'It is a softer gel, which enables me to create a finer edge to lips and to fill finer lines around the mouth and eyes. 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.'

Glycolic peels can also be used to improve facial lines, pore size and pigmentation. They remove damaged cells and stimulate cell division, resulting in plumper, healthier young cells. 'A glycolic peel is a 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.'

'The combination of Botox, fillers and other treatments that are available is an art form,' says Dr Bullock. 'With skill and in the correct hands, it can produce subtle natural-looking results which rejuvenate facial appearance and even postpone the need for surgery.' **acsm**



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