

quality, lines and volume

Newcastle cosmetic physician **Dr David Bullock** discusses a combination of non-surgical treatments to correct the three key signs of facial ageing. Christine Doggett reports.

Not too many years ago, the only way the signs of ageing could be successfully treated was with expensive surgery. However, recent advances in product technology have made non-surgical procedures a viable alternative to surgery when it comes to tackling signs of ageing such as lines, wrinkles and volume loss.

'We must look at all three main components of facial ageing to successfully rejuvenate and refresh the face,' says Dr Bullock. 'They are the quality and texture of the skin, the wrinkles and folds and the replacement of volume.'

Then a combination of treatments is required to correct the key signs of facial ageing.'

According to Dr Bullock, skin quality can be improved by light-based treatments such as laser and intense pulsed light, the correct use of skincare products and facial peels. Facial 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 youthful-looking skin.

'A peel is a predictable, painless process which removes a micro-thin top layer of skin,' explains 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. Because peels improve the appearance of sun-damaged skin and acne scarring, the overall quality of the skin is improved and refreshed.'

Facial peels vary for different skin conditions and include glycolic and trichloroacetic acid (TCA) peels, brand names such as Jessner's and packages such as the Timeless Peel. 'The most appropriate peel will be chosen according to a patient's skin type, problems and desired outcome,' says Dr Bullock.

The Timeless Peel package is a medium-depth peel resulting in a smoother, denser, well hydrated skin. Used for treating the appearance of acne, sun damage, fine lines and wrinkles, the package includes a preparation and recovery kit to help promote the benefits gained.

Jessner's Peel is a superficial peel for those who wish to freshen their complexion, restore lustre, reduce pigmentation, improve acne blemishes, blackheads and open pores. To maximise treatment benefits, it is recommended that the skin be prepared by using a product containing glycolic acid for two weeks prior to Jessner's and TCA peels. This preparation of the skin removes the first layers of dead skin cells, thus enabling the peel solution to penetrate more effectively, and is particularly important for patients with pigmentation problems.

Wrinkles and folds can be treated using Botox to relax facial muscles and combined with a dermal filler such as

Juvéderm. A dermal filler coupled with the use of Botox can rejuvenate most faces at significantly less cost than surgical procedures, across all ages, Dr Bullock says. Using Botox and fillers is an art, and with skill they can produce subtle and natural-looking results which can even postpone the need for surgery.

'Using fillers is an art, and with skill they can produce subtle and natural-looking results'

Dr Bullock explains the glabellar lines, or frown lines between the brows, are commonly treated with Botox and the 'angry' look can be removed. Wrinkles on the forehead can be treated, as can crow's feet. Now, other areas on the face are more frequently 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.

'I find Juvéderm is softer than other dermal fillers, and this enables me to create a finer edge to lips and to fill finer lines around the lips and eyes,' Dr Bullock says. 'Shaping the lips is an art form, and patients are seeking a more natural-looking appearance. The lips are a focal point of the face, and Juvéderm produces a nicer result with less swelling and less risk of lumpiness. It allows me to create a more natural-looking lip that looks appropriate for the patient's facial features and age.'

With time, the natural volume of the middle of the face diminishes and lines, wrinkles and folds begin to form, resulting in an aged appearance. Dermal fillers are used to correct volume loss by re-creating fuller, more youthful cheek prominences and filling hollows under eyes. 'Used correctly,' he says, 'the transformation is subtle and effective.'

A further benefit to these rejuvenating treatments is that they are usually office-based procedures that can be performed during a lunch hour, with minimal discomfort and little or no down time. 'In terms of convenience, cost, discretion and disruption to normal life,' Dr Bullock concludes, 'non-surgical procedures offer significant benefits compared to more invasive procedures.' **acsm**



BEFORE

AFTER facial rejuvenation treatment.
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BEFORE

AFTER facial rejuvenation treatment.
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