



AS SEEN IN AUSTRALIAN COSMETIC SURGERY MAGAZINE

refreshing combination

Sydney cosmetic dermatologist **Dr Adrian Lim** explains the techniques available to refresh the face and rejuvenate ageing hands. Christine Doggett reports.

In Australia, with our love of the sun and outdoor activities, signs of ageing can appear all too quickly. Depending upon the level of sun exposure, skin damage will be reflected in our faces in lines and wrinkles, a mottled surface complexion and loss of volume.

'Traditionally, the facelift was considered the solution in targeting lines and wrinkles, sometimes resulting in an unnatural, stretched appearance,' Dr Lim says. 'But these days, people are putting off surgery until much later, and the trend is towards restoring a more youthful appearance through less invasive procedures and non-surgical rejuvenation.'

The emphasis is on a combination of treatments. 'The aim is to restore the youthful contours; to relax, refill,

refine and re-drape the facial tissues to refresh and rejuvenate the face,' Dr Lim says. 'Botulinum toxin (Dysport or Botox) is used to relax the lines and to prevent further wrinkles occurring, primarily around the eyes and between the brows. It can also be used to counteract the down turning of the mouth. Various injectable fillers can be used to plump tissues and refill creases and lines, while Restylane and Juvéderm are popularly used for the lips and in the peri-orbital lines. Both these fillers contain hyaluronic acid and the procedure needs to be repeated every six to 12 months. For larger areas, such as the cheeks, where volume loss is particularly noticeable, Radiesse and Sculptra are longer lasting fillers — up to 18 months — that also give natural-looking results.

'Both are stimulating fillers, which means they stimulate the deposition of collagen over time. Radiesse contains calcium hydroxylapatite which immediately fills the treated area and persists and occupies the space immediately, with collagen gradually replacing it over time. Sculptra contains poly-L-lactic acid; initially the results are not immediately visible but, over time, the volume is augmented as collagen production is stimulated and deposited.'

To refine the surface of the skin, a combination of lasers

can be used. According to Dr Lim non-ablative Intense Pulsed Light (IPL) treatments will remove discolouration from pigmentation and blood vessels, but for fine wrinkles, stubborn irregular pigmentation and acne scars, the ablative fractional laser produces good results. He says the skin is best resurfaced by using a combination of lasers, which requires a skilled and experienced operator.

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A smooth, youthful facial complexion can often be betrayed by aged, sun-damaged hands. 'Thin, crepey skin on sinewy and veiny hands can be a dead give away,' Dr Lim says. 'The same techniques can be used to restore youth and volume to aged hands. IPL will remove brown 'liver' spots, while Sculptra or Juvéderm replaces volume. Fractional laser resurfacing will remove fine wrinkles, and knotted and dilated veins are eliminated with injections of sclerosants resulting in youthful hands – a natural-looking extension of a rejuvenated face.' **acsm**

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