



# mix & match

Sydney plastic surgeon **Dr Warwick Nettle** discusses with Christine Doggett the importance of 'matching' and customising procedures, both invasive and non-invasive, for the individual client to optimise results.

Many patients contemplating cosmetic surgery for the first time will naturally be apprehensive. Often new clients, especially younger ones, will ask for what they believe to be a less radical procedure, with the expectation that the changes will be less obvious. However, they can often be disappointed with the results.

"It is my own personal opinion, for example, that Aptos threads are generally much less effective than other procedures available," Dr Nettle suggests. "For the same expenditure, I believe better results can be achieved using different procedures. The 'S' lift is another example. It may give a modest improvement in the jawline for a limited number of patients, but does nothing for the mid-face or neck. Someone in her 30s may see an improvement for six months to a year, but there are procedures that give better

and longer-lasting results."

It is for these reasons that it is essential that the patient discusses the desired outcome at length with his or her surgeon, and that the surgeon be skilled and up-to-date with the latest techniques available.

As cosmetic procedures become more acceptable in the market place, and risks decrease with surgical expertise, 'younger' patients in their 30s and 40s are thinking about facelifts. However, they don't want any 'visible tip-offs'!

"The No Visible Incision Facelift is here," says Dr Nettle, "And it's just what 'younger' patients have been looking for. It's very effective for clients experiencing a dropping of the mid-face, and lifts the area from the lateral side of the eye to the jawline, and from the sides of the nose. It also

provides a lift at the temples if the patient wants it, smoothing out the forehead in a very natural way."

In this procedure the skilled surgeon performs the operation from inside the patient's mouth. An incision is made in the upper buccal sulcus, which is the where the gum of the upper teeth joins the fleshy part of the cheek, below the cheekbone. The muscles are lifted, including the muscles of the lower eyelid, and the tissues then anchored through a tiny incision in the hairline at the temple. This procedure can be varied to include the outer one to two centimetres at the eyebrow, in order to also lift and smooth the brow, if this is the look desired by the patient.

"This technique, where the tissues are 'pushed' from below, rather than 'pulled' from above, gives a very natural but effective result in the younger patient," Dr Nettle explains. "There are other advantages to this customised procedure, too. There are no visible incisions, which patients love, and recovery time is short. I suggest about two weeks off work. The procedure addresses the junction of the lower eyelid and the cheek, giving a smooth flow to the contours of the face. The patient also has the option of including a temple lift if desired."

This technique is not restricted to a younger age group. Both younger and also older patients will benefit from combining it with a procedure to improve the contours of a flabby neck and poorly defined jawline, such as a little liposuction, or a more traditional lower facelift. In the traditional L-lift, the platysma muscle is pulled up and back, and anchored with a tiny incision near the mastoid bone, behind the ear. Alternatively, the 'sling' method can be used to lift the neck area. By combining these two procedures, the mid face is lifted, the neck made smoother and the jaw redefined.

"Gone are the days when one operation suits all," says Dr Nettle. "These days, once the doctor understands what the patient wants to achieve, the experienced surgeon is able to 'filter' the options and communicate to the patient the

methods available to optimise the immediate results, and the expected durability of those results for money spent. Most importantly, the skilled surgeon can offer customised surgery, like the No Visible Incision Facelift, to deliver a very 'un-operated' looking result." **acsm**



BEFORE



AFTER L-lift facelift and upper eyelid surgery by Dr Nettle



BEFORE



AFTER No Visible Incision mid-face lift by Dr Nettle



BEFORE



AFTER No Visible Incision mid-face lift by Dr Nettle

Photo Pierre Bourrier