

# FULL FACE REJUVENATION

Milestone birthdays often motivate people to focus their attention on making positive changes to look their best. In this article, **Dr Joseph Hkeik** outlines his philosophy and techniques used when working with Jacqui de Giorgi, who contacted him on the eve of her 40th birthday.

**A**geing gracefully has been recently redefined. This process was much more accepted in the past due to the lack of technology and science to change what people desired to change. Nowadays, ageing gracefully refers mostly to letting go of any negative feeling and emotions whilst maintaining fitness and keeping a fresh appearance.

As we age, our skin begins to lose its tightness as it loses elasticity and the muscles and bones recede. While jowls and drooping eyes are part of the hanging flesh, the upper lip begins to thin, elongate and atrophy and we no longer see the upper teeth when we smile. Add to this a harsh solar climate and lack of education about protection from the sun, and ageing process is noted as early as the late 30s in our patients.

Although the “trout pout” is no longer popular, even in Hollywood,

it has served to educate our community of the development of the dermal filler technology and market. Rather than focusing solely on one feature on their faces, patients are starting to understand the importance of addressing full face rejuvenation at all different levels: skin, subcutaneous layer, muscle and bone.

In the initial consultation, Jacqui de Giorgi presented with the seven signs of ageing:

- Fine lines and wrinkles
- Rough skin texture
- Uneven skin tone
- Skin dullness
- Visible pores
- Blotches and aged spots
- Skin dryness

Jacqui attributed this to her carefree teenage years spent sunbaking and then working as an air hostess for a decade. Now her children were a bit older she felt it was time to take better care of herself, however made it very clear she wanted results to be subtle and natural-looking: “Being a jeans

and t-shirt person, I don’t want to look overdone,” she said.

It was important to address the skin first as it is the platform where all facial features present themselves. I chose Pearl Fusion treatment as it delivers results quickly and can address all issues (for example pigmentation, pore size, skin tone and texture) in a single treatment with approximately five days downtime.

Patient care and information following this treatment is essential: I advised Jacqui to sleep at a 45-degree angle to help reduce swelling on the first night after treatment. She also needed to apply a simple mix of sterile water and vinegar to her face every two hours during the days following treatment, to keep the skin moist and aid in recovery.

Claire O’Mara, a registered nurse who works with me at All Saints Cosmedical Clinic is also a trainer for Cutera so was able to provide an expert and empathetic level of reassuring contact with Jacqui.

One week after Pearl Fusion, Jacqui received a Jan Marini proteolytic enzyme facial to remove any excess dead skin cells and restore a healthy glow to her skin. After this facial, Jacqui could wear make-up and use her normal moisturiser again.

It’s normal for the skin to appear slightly pink for a few weeks post laser treatment, so Jacqui chose Synergy mineral makeup containing sunscreen to help protect her skin and present with an even complexion.

I’ve noticed that re-introducing simple daily skincare routines and the wearing of makeup at this stage following laser treatments impacts on my client’s self-confidence; they already can see the improvement and this instils confidence for the next stage of procedures.

My treatment approach is to firstly create a suitable ‘platform’ before treating the face on three different levels: subconscious, expressive and structural. These levels form part of my Triangles of

Before

After



Jacqui's cheek and chin results are part of a full face rejuvenation including several different procedures performed over a period of time.

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Beauty philosophy which I have written about previously.

With the skin visibly improved, I then began work on the structure of the face, starting with injecting Botox into the muscles causing dynamic wrinkles – frown line (20 units), crow's feet (20 units), and horizontal surprise lines on the forehead 10 units). To avoid the “frozen look”, and because I was aiming for subtle improvements, I under-treated these areas – “less is more” – when it comes to Botox.

I also wanted to address Jacqui's popply or dimply chin - as she was concerned about her jowls and neck, creating a more elongated and defined jaw-line and chin would help uplift and rejuvenate these related areas. I injected six units of Botox right in the centre of the dimple, creating a smoother looking chin.

Moving to the jaw-line, it was time for a Nefertiti Lift. This involved injecting a small amount of Botox on the platysma

muscle parallel to the jaw-line. I asked Jacqui to tighten her neck so I could locate the strongest points on it.

I then injected ten areas in total along a line 1-2cm below the jaw-line, with two units injected in each point quite superficially due to the skin in this area being thinner than on the face and the muscles being closer to the skin.

It's important to see a 'bleb' (looks like a mosquito bite) when you perform these intra-dermal injections effectively. No anaesthetic is necessary, though ice can be helpful to distract from the initial pin-prick sensation.

Next I asked Jacqui to lift her eyebrows so I could locate their highest point. I then injected a small amount of Botox (1-2 units) lateral to the peak and under the eyebrow.

Examining the Expressive Triangle of Beauty, the first area I treated was Jacqui's tear troughs. I used soft filler, Esthelis, injecting a half ml where the

shadow forms under each eye – deeply to reach the area just over the bone so that it can hydrate and swell from underneath.

The lips are also part of the Expressive Triangle; I injected Jacqui's perioral, or smoker's lines, with Esthelis, this time a very superficial treatment. The aim is to observe a blanching of the skin to ensure that the treatment will last longer and be effective.

In the Structural Triangle of Beauty, Jacqui desired higher cheeks and her mid-face was especially flat so I marked her face along the cheekbone as part of the precise mapping process.

Creating more volume in the cheeks and mid-face area helps address lines in the face, and also complements the Nefertiti Lift. I used Fortelis Extra for most of the structural work because of its elasticity and long-lasting effect. I used a simple fanning technique on the following areas: chin (to increase the protrusion and create more elegance), mid-face volume

enhancement, naso-labial folds and marionette lines

To finish the injecting work and referencing the Subconscious Triangle of Beauty, I used Esthelis for residual static lines in Jacqui's forehead and also in her nose where she had definite shadows.

With the injecting work completed, we used an Nd:YAG laser to remove the capillaries near Jacqui's nose.

To finish her treatment plan, Jacqui underwent a gentle microhydrabrasion and was prescribed Jan Marini active chemical skin care range and Nelly De Vuyst (Cellular-Matrix Cleansing Milk, Sensitive Skin Toner, Cellular-Matrix Oil, Cellular-Matrix Cream), a more healing range to support her skin after harsh procedures and sunny conditions. And, of course, no one would be serious after skin rejuvenation without finishing the treatment plan with the daily use of sunscreen to prevent further sun damage and to maintain the results for as long as nature intended. ♡