



face

it's all about skin!

Sydney cosmetic physician
Dr Joseph Hkeik uses a
combination of treatments to
achieve facial rejuvenation
results intended to mirror
youthful good health.
Gillian Samuel reports.

Sydney cosmetic physician Dr Joseph Hkeik focuses on giving a natural beauty to his patients. 'Beauty is always natural, it is never overdone'. He believes a face should radiate peace and harmony. 'No worry or angry lines and no out of proportion features,' he says.

'A common characteristic of attractive faces, regardless of the gender or the race, is the harmony between their facial features. It is also important that people don't look as though they have had "something done". The purpose of cosmetic medicine is to harmonise the way we look with the way we feel.'

Dr Hkeik starts by focusing on the complexion, and then addresses specific problem areas. 'There is no doubt of the positive feeling we get from having healthy skin. To understand the point I am making, think of the opposite. We have all had a pimple at some stage of our lives and we can all understand how distracting and self-conscious it made us feel.'

'At my clinic, we use a combination of skin photorejuvenation procedures aimed to achieve that healthy skin. It is our primary concern for our patients. We use medical lasers such as Fraxel and Limelight and chemical peels to refresh and refine facial skin. We use Nd:YAG laser to treat broken capillaries. We also rely on botulinum toxin and dermal fillers to improve the appearance of lines and loss of volume. We tailor a treatment program to suit each individual person according to their unique concerns,' he says. 'The aim is to improve the appearance of the whole face'.

'We have noted a change in the way our patients approach cosmetic medicine today' explains Dr Hkeik. 'No longer is the concern on wrinkles or freckles like we used to see few years ago. Patients want a holistic approach that starts by maintaining and/or rejuvenating their skin then addresses secondary ageing issues. Most patients would love to have a flawless and radiant skin.'

Secondary concerns differ between women and men and between patients of different age groups. Some people in their 30s may already have pigmentation, broken capillaries, enlarged pores and wrinkles. They may also have acne scarring (maltreated or untreated) or chicken pox scarring.

Dr Hkeik says he would typically recommend two to four photorejuvenation treatments and/or chemical peels. Alternatively and depending on the severity of the problem, he might recommend Fraxel to resurface his patients' skins. 'Fraxel 1550 enables me to expose the lovely skin we all have underneath our aged skin, with very little risk and down time' Dr Hkeik says.

For those with active wrinkles such as frown lines, crow's feet or horizontal lines on the forehead, he can rejuvenate the face with Botox injections.

'It is also essential to establish how a cosmedical concern like a crooked smile affects my patients' Dr Hkeik says. While most of us smile spontaneously and naturally, some patients will hesitate to smile if their smile is asymmetrical. It concerns me to see this in my patients. A crooked smile can interfere with the freedom of being who

we are. The good news is that asymmetrical smile can be successfully treated with a combination of Botox and dermal filler.'

'For other patients, there may be the added problem of volume loss from their face,' he says. 'We usually need to use dermal fillers to address these issues, especially with areas such as the nasolabial folds, marionette lines and loss of volume in the lips.'

'I often treat the cheek area to give the appearance of a higher cheekbone and I can fill the cheeks themselves. Replacing lost tissue with a dermal filler give my patients an instant result.'

The effects of these treatments are to create a brighter, more youthful-looking complexion. He says his patients often report that friends have told them they look healthier, rather than guessing they have undergone a procedure.

He is also an advocate of cosmeceuticals both for treatments and at-home care. He uses the Cosmedix range for the chemical peels because of the overwhelmingly positive feedback he has received from patients. 'They give great results and they're not harsh on the skin so there is little down time,' he says. He says that patients are given a self-care plan to follow before and after treatment.

'We recommend high-quality cosmeceutical products such as the Complex CU3 range and the Neova range. Both are based on copper which is not only healing to the skin but also a great antioxidant.'

He says that proof of the success of the facial rejuvenation treatments is borne out by the female patients who return wearing 'less and less makeup because they are more comfortable with their natural look'. **acsm**



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