

Presentation by Dr Venkataram

facelift

What is facelift?

- Face lift is a procedure to lift sagging skin

Why does skin sag?

- Skin sags due to several reasons which may be intrinsic or extrinsic. Intrinsic factors include:
 - 1. Ageing skin loses collagen fibres. These fibres are present in skin to give firmness and tensile strength.
 - 2. With ageing, skin becomes thin
 - 3. With ageing, muscles lose tone
 - 4. With ageing, there is loss of fat in the skin

Extrinsic factors for sagging

- gravity, stress, sunlight also add to the changes of ageing
- All these factors together cause wrinkles, sagging, depressions etc
- Each of these factors need to be corrected while treating ageing skin
- Hence different treatments may be needed for different people

Different ageing changes

- Wrinkles form around eyes on fore head, deep creases form between the nose and mouth (nasolabial fold).
- The jaw line grows slack and skin droops at the jaw line (jowls).
- Folds and fat deposits appear around the neck.

The aging brow changes include

- lowering of the eyebrows
- horizontal furrows and folds
- vertical lines between the eyebrows
- elevated hairline due to loss of hair.

The aging eyelid changes include

- folding of the upper eyelid that can make it difficult to keep the eyelid open
- weakening of support for the lower eyelid that can let the lid sag away -baggy eyes
- darkening of skin around eyes
- wrinkling of skin at the outer corners of the eyes - "crow's feet"

The aging face changes

- pigmentation of skin over cheeks
- descent of tissue from the cheekbones towards the cheeks resulting in less prominent cheeks
- deepening of the nasolabial folds (the lines between the nose and the corners of the mouth)
- extra tissue below the jaw line creating bulges called jowls
- sagging neck muscles that can tighten into bands with expression
- wrinkles at the angle of the mouth and folds at the angle of the mouth(called marionette lines)

Can these be prevented?

- There are no fool proof remedies to prevent these changes.
- Avoidance of sub exposure, use of sun screens, proper diet, avoidance of stress can help in delaying these changes
- Some drugs such as vitamin C, Vitamin E, retinol, antioxidants may be of benefit, but the effect of these drugs is difficult to quantify

What is face lift surgery?

- Till 1990s facelift was a major surgery under general anesthesia
- It needed extensive surgery of sagging, skin, fat, fascia and muscle
- needed hospital stay of several weeks
- Recovery time was also at least 4-6 weeks
- Side effects were significant
- Was expensive
- So it was not popular

What is new

- Since early 1990 a number of developments have helped to render this previously difficult procedure into an easy procedure and accessible to all

Important

- Since ageing of skin is due to several different components, one treatment will not be suitable for all changes
- A cocktail of treatments to be tailored for each patient

Ageing skin treatment- new options

- The first major development was chemical peels
- Lasers were introduced in early 90s
- Microdermabrasion was also introduced .
- Then came Botox and injections called fillers
- In 1998, came aptos thread to revolutionize the face lift procedure
- The latest is thermal lift.

What is botox?

- Botox is a chemical substance obtained from the bacteria botulinum
- It is toxic to muscles and leads to weakness- hence the name Botox
- This property is used to weaken muscles for beneficial purposes

Botox

- Wrinkles on the forehead, angle of eyes, mouth and neck are due to persistent contraction of muscles of expression (anger, sadness, happiness etc)
- In early ageing, these lines become prominent during their action (expressions) and are called dynamic wrinkles
- Later they become fixed even at rest and become permanent and are called fixed wrinkles

Botox

- Botox is useful for wrinkles caused by contraction of muscles of expression
- It is injected into these muscles in small doses to cause their weakening
- This leads to avoidance of wrinkles
- Benefit is seen in 1 week
- The effect lasts between 4 months to 8 months
- Hence repeat injections are needed

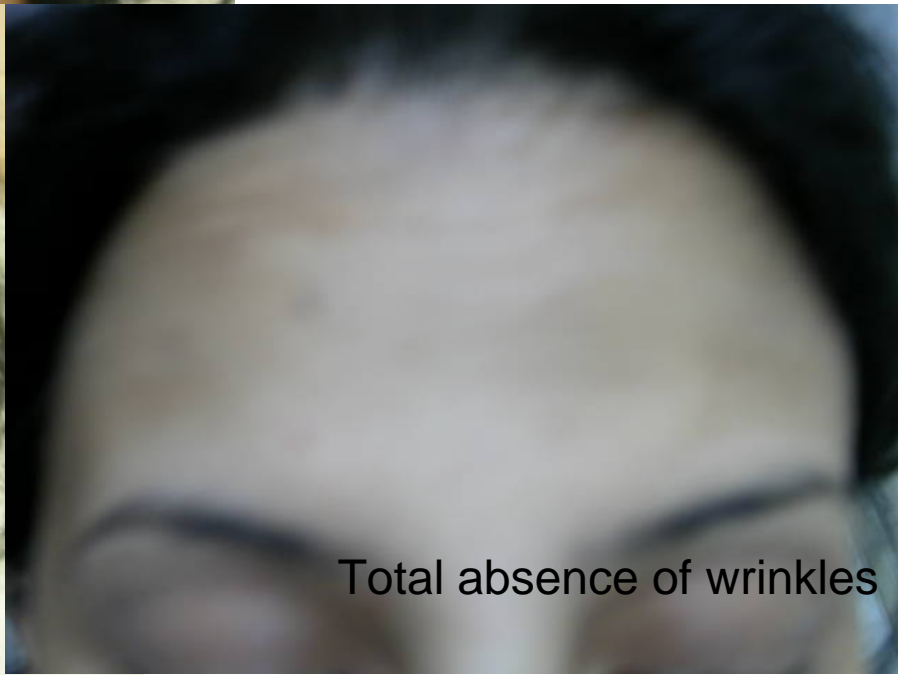
Botox

- It is more useful for early dynamic wrinkles than fixed wrinkles
- With repeat injections, duration of effect lasts longer and longer

Side effects

- Botox has been given for millions of patients
- It has been found to be free from side effects if given by a trained person and properly
- Mild redness and swelling may occur for a day

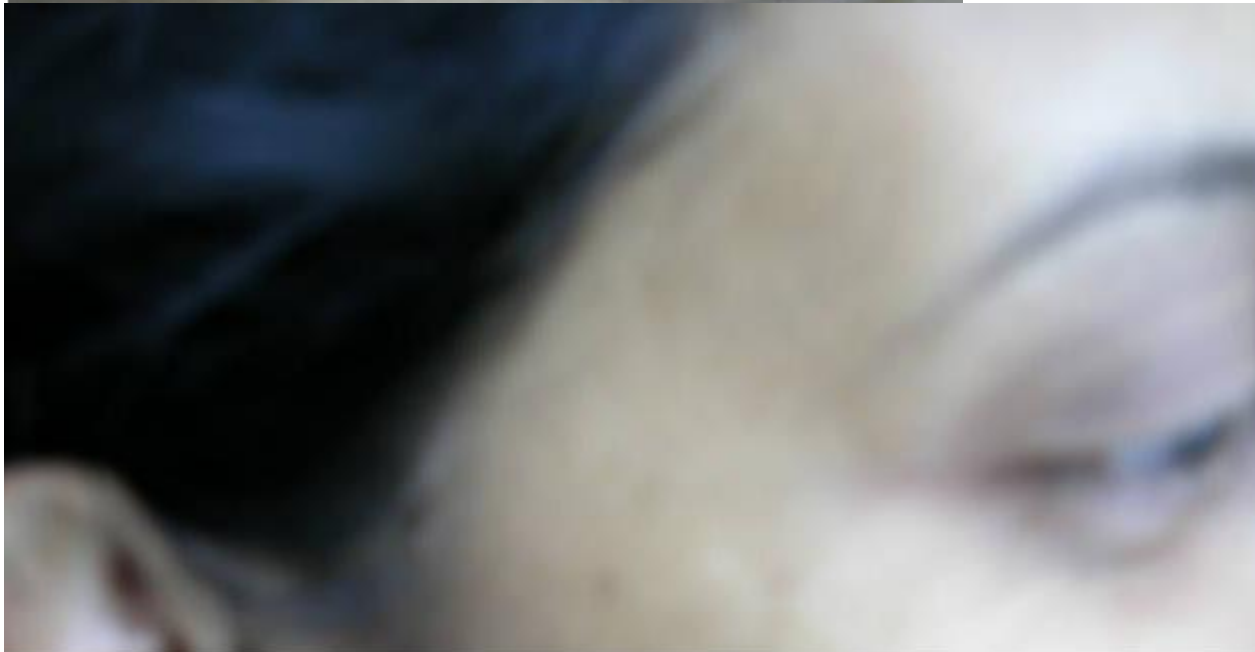
Botox brow lift



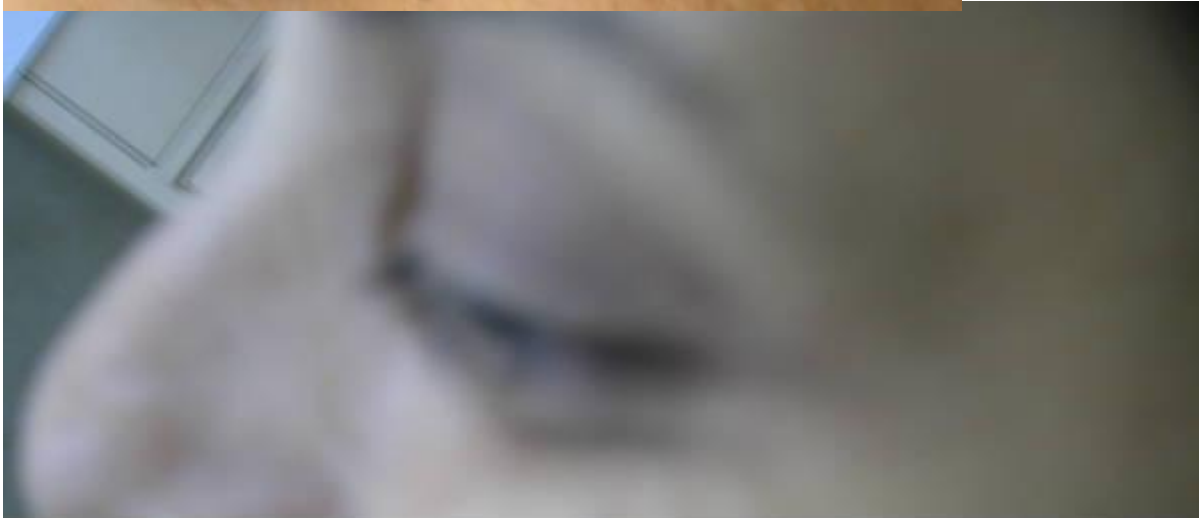
Total absence of wrinkles



Botox –crow feet



Botox-crow feet



What is chemical peel?

- Chemical peel is a procedure to rejuvenate skin by using acids
- These acids are organic acids such as alpha hydroxy acids derived from plants, salicylic acid.
- These cause superficial peels and are safe in Indian skin
- Others like trichloroacetic acid and rarely phenol is used, but not on Indian skin

Chemical peels

- Alpha hydroxy acid peels (Glycolic acid peels) are the commonest acid used
- Salicylic acid peel is also useful in Indian skin
- All peels cause mild redness of skin lasting for 1-2 days
- Results are seen after 3 -4 weeks and may need to be repeated 3-4 times once in 3-4 weeks

Chemical peels

- These are useful for fine wrinkles on face, pigmentation changes

Microdermabrasion



Microdermabrasion

- Microdermabrasion is a simple device which rubs the skin with aluminum oxide crystals under suction
- It resurfaces the skin in a phased manner serially, layer by layer
- It is a mild and very safe method of treatment with no side effects
- It is performed 6-8 times once a week
- It is useful for superficial blemishes , wrinkles

What is filler injection?

- Fillers are artificial substance which when deposited in skin occupy space and lift skin
- They are derived from either collagen, hyaluronic acid or synthetic substances
- They are useful for nasolabial furrow, lip lines and all fixed wrinkles on face, cheeks, acne scars etc

fillers

- The effect is immediate and may last from 6 months to 5 years depending on the filler used
- They are safe and do not cause serious adverse reactions
- However the claims about permanent results needs to be proven

Fillers

- Their advantages include instantaneous effects and easy procedure
- They are expensive: from 15000-25000 Rs
- They can also be used to reshape nose, chin, cheeks, lips, breasts



The effect is instantaneous

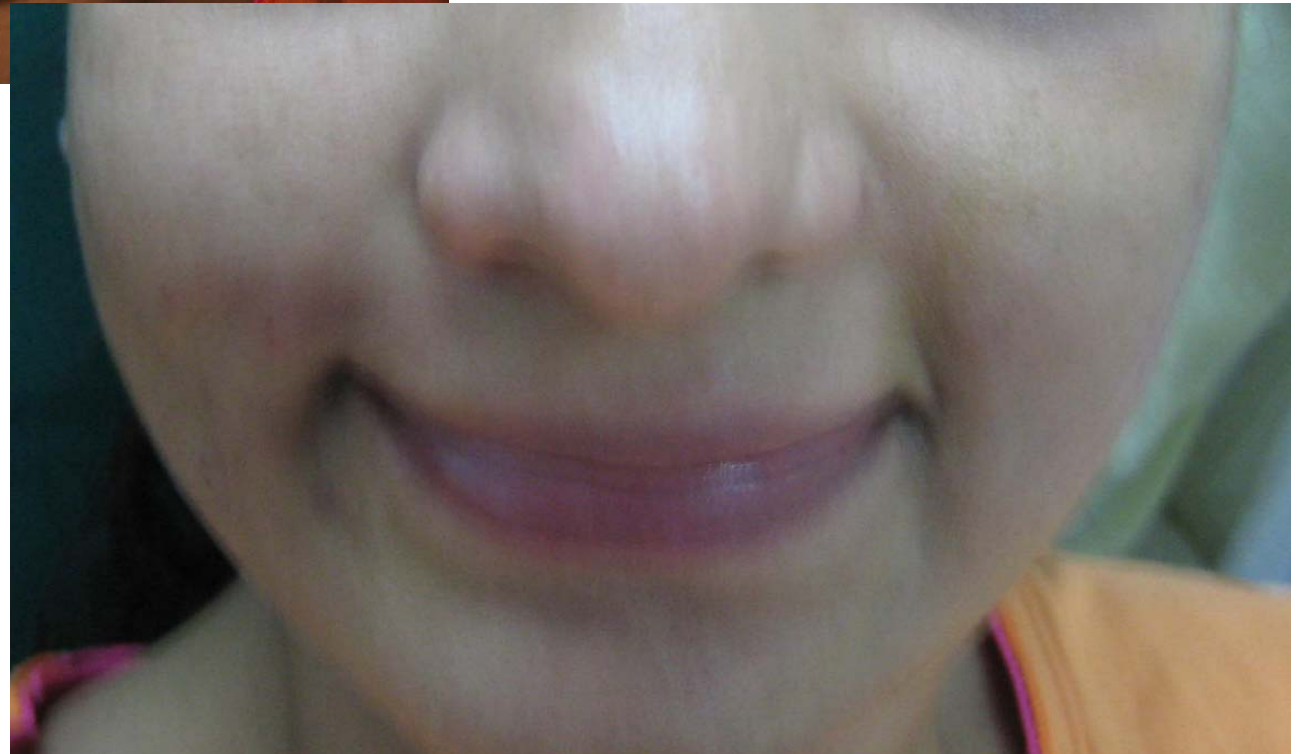
Lip augmentation



Cheek augmentation



Note the triangular face



Note the rounded face

What is laser rejuvenation?

- Initially, ablative lasers(CO2 laser, Erbiyum Yag laser) were introduced to resurface skin and rejuvenate skin. However, these used ot burn or destroy the outer layer of skin and hence had a prolonged healing time .

Nonablative laser resurfacing

- Now new Nonablative lasers are available for such rejuvenation(erbium glass laser, Long pulse Nd Yag laser). Another technology called Intense pulse light is also used for nonablative or dermal rejuvenation.

Nonablative laser resurfacing

- These machines are useful for fine wrinkles, pigmentation changes

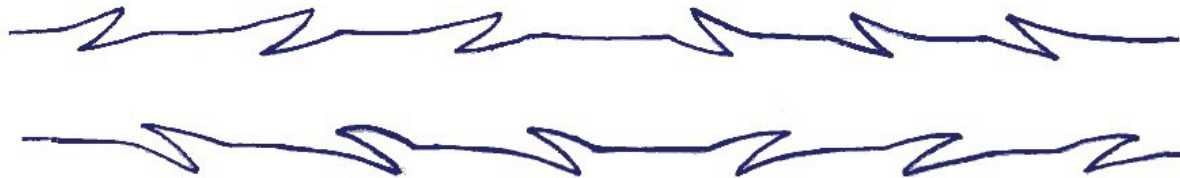
Aptos

- Dr Venkataram, underwent training for this procedure under Dr Marlen Sulmanidze of Russia, who is the original inventor of these threads

What is aptos?

- Aptos thread is a polypropylene sutures, hitherto used to suture skin and internal organs in various operations
- The material is not new- and has been used in cardiac surgeries for years

Aptos fibres are special fibres with cogs



**Diagram of the longitudinal section
of the "APTOS" thread with bilateral
(converging) direction of the cogs.**

Cogs or barbs on aptos threads



aptos

- special threads called aptos threads are introduced in to deeper layer of skin, through small holes in skin.
- These threads have barbs or cogs or serrations on the surface and hence stay in the same place.
- After introduced, they are pulled and anchored so that skin gets lifted, to give the desired appearance.
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The threads can be used for sagging eyebrows, sagging cheeks, drooping of the mid and lower face and neck.

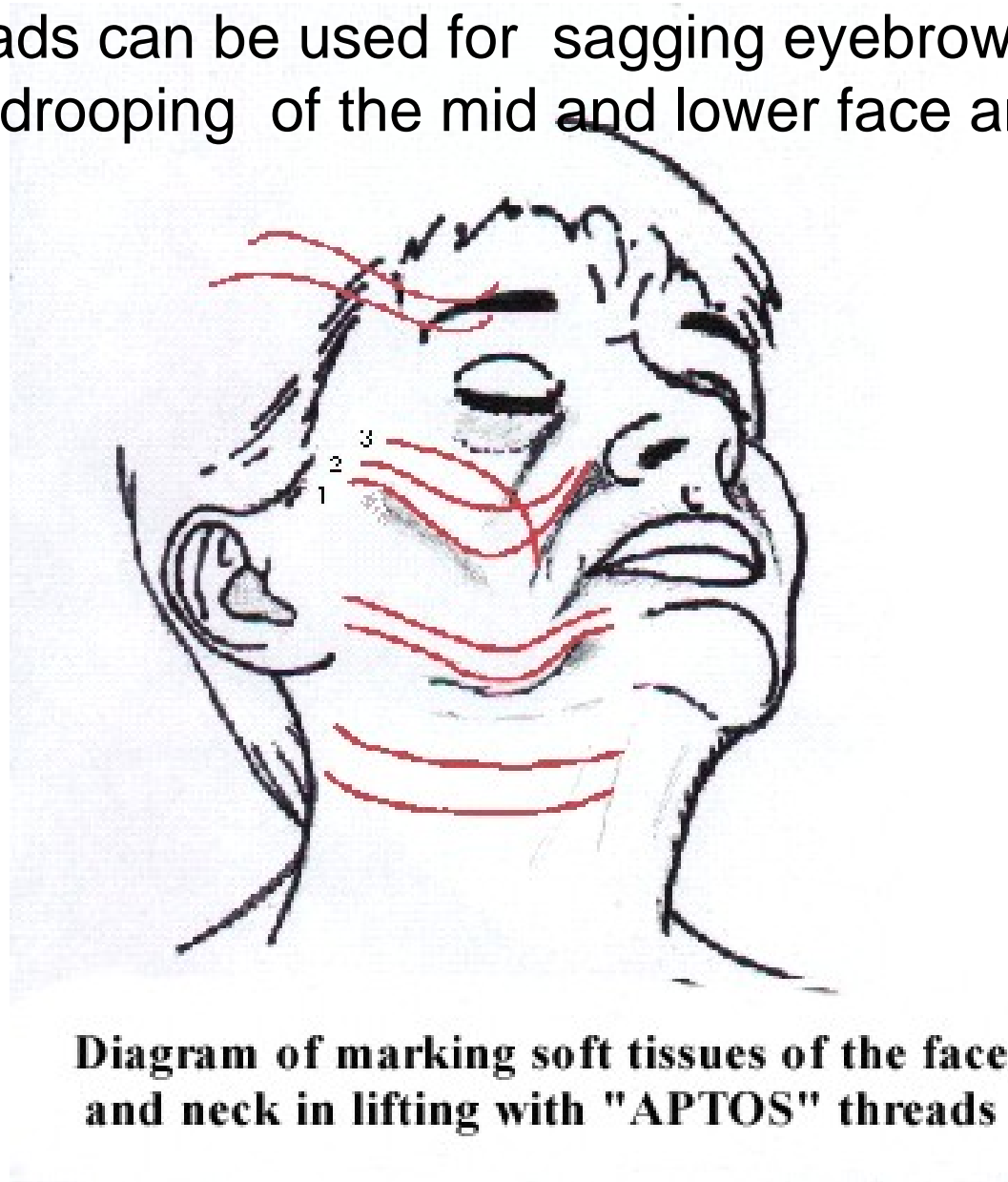
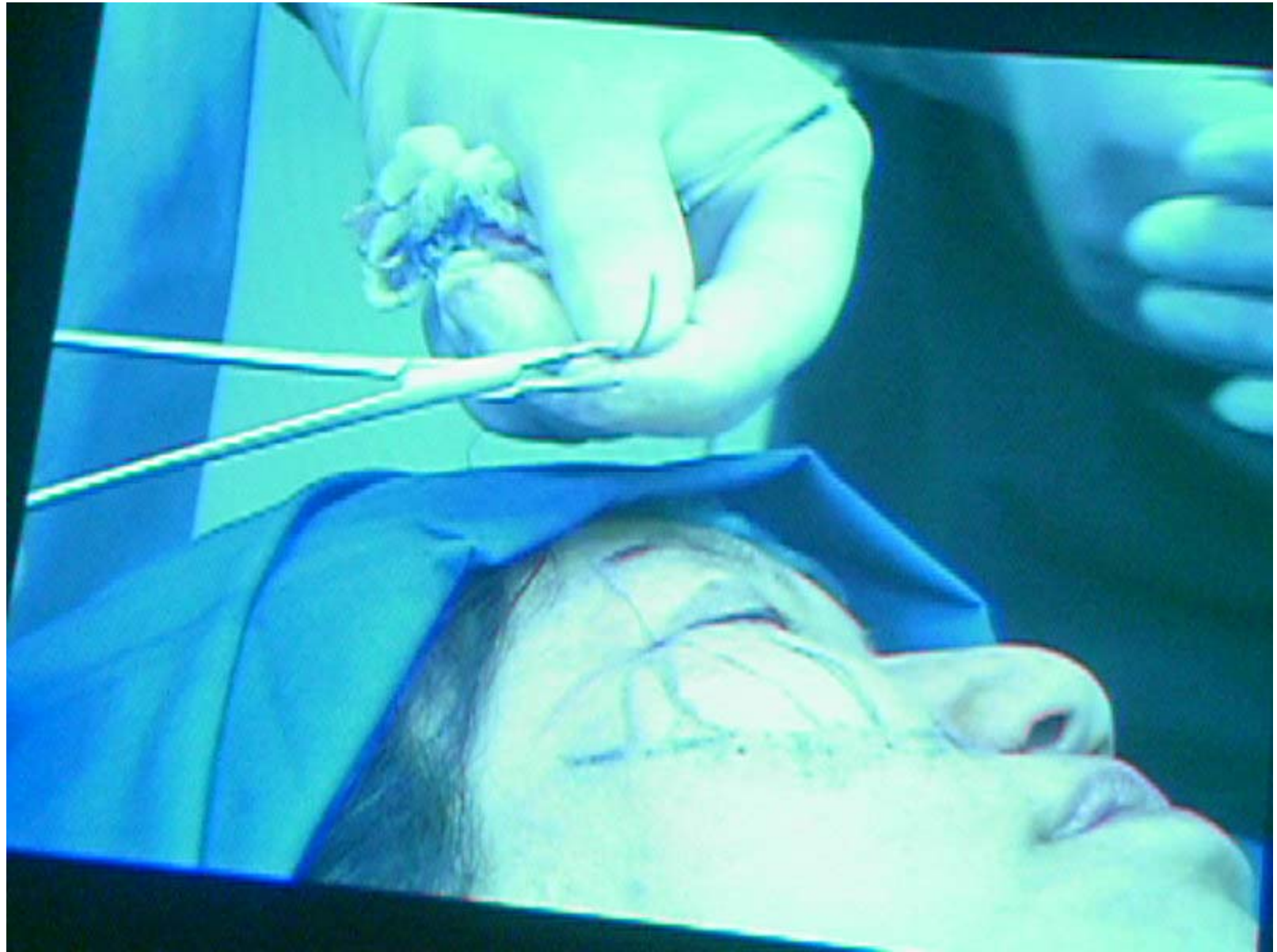


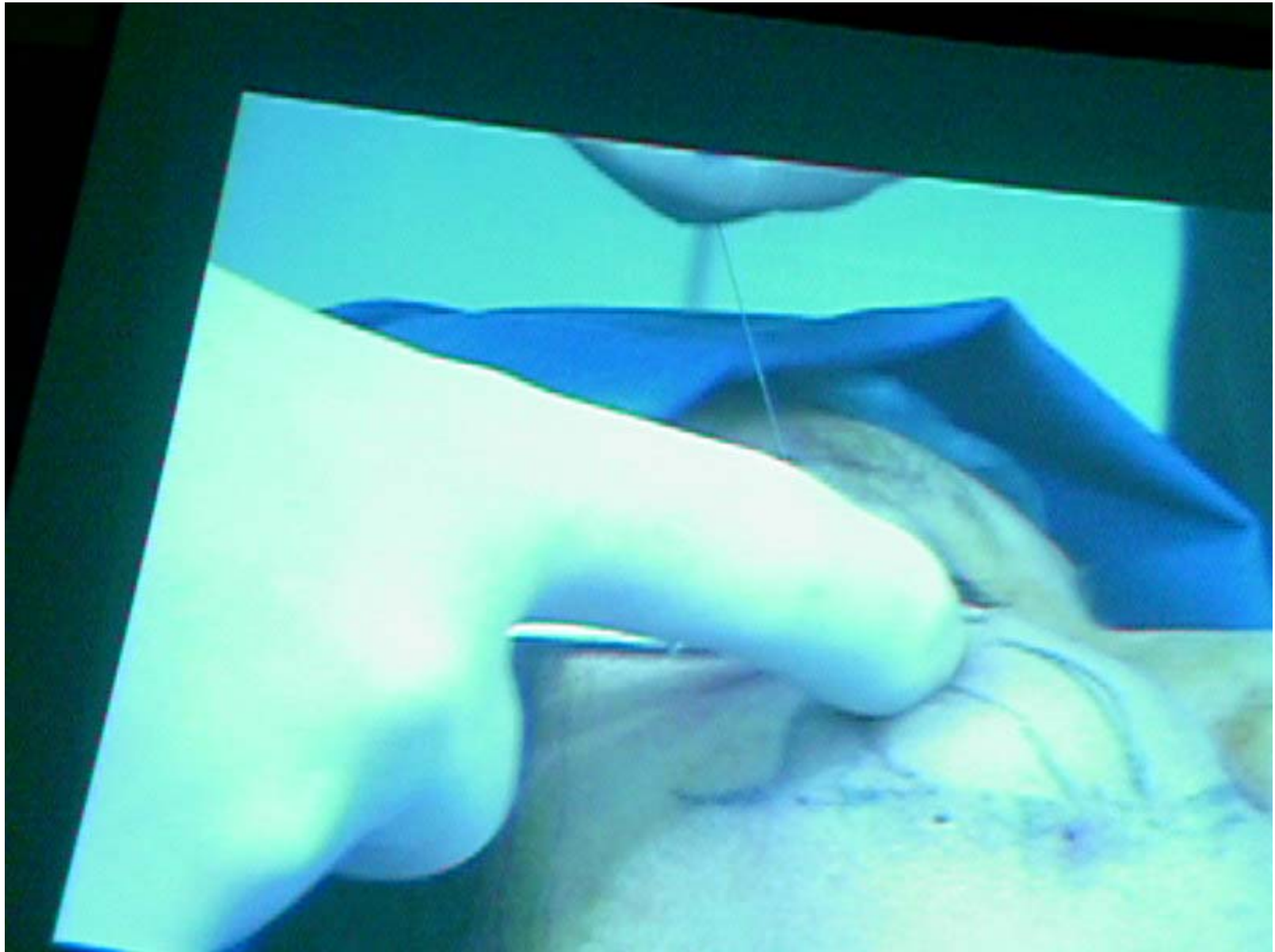
Diagram of marking soft tissues of the face and neck in lifting with "APTOS" threads

special threads called aptos threads are introduced in to deeper layer of skin, through small holes in skin.









Advantages of aptos thread lift

- it is done under local anesthesia, patient is fully aware and conscious,
- Patient and goes home soon after surgery with out any hospital admission
- hence is much cheaper than conventional surgical face lift.
- The procedure lasts for only 15-20 minutes.

Are there any side effects?

- Patient may have mild swelling after the procedure, but this subsides in two days.
- Pain is minimal .
- Ice compresses are applied for the swelling

When are the results seen?

- Results are seen with in 2-3 days.
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How long does the results last?

- Threads do not get dissolved and hence the results last for many years..

When can patient go to work?

- Patient will be able to return to work in 2-4 days.

Can it be combined with other treatments?

- The treatment can also be combined with other procedures such as Botox, laser, fillers, peels and thermal lift for other wrinkles and folds.

Facelift made simple

- Thus even facelift has now been made a lunch time outpatient procedure



note lifting of cheeks, chin, jowls







Before

1,2 years after



Thermal lift or skin tightening

- this procedure is a thermal procedure that uses radio frequency waves to reconstruct the deep tissue layers beneath the skin.
- In this technique, radio frequency waves are delivered using a probe, which is pressed against the skin.
- These radio waves get past the outer skin layers and selectively deliver heat energy to the deeper layer of skin, fat and muscles, with out burning of outer layer.
- The heat helps to contract these layers and build up collagen fibres. At the same time a cooling device is used to cool the outer layer, preventing any discomfort due to the heat.

Thermal lift

- The overall result is a tightening of skin and reduces wrinkling effects.
- Most patients experience only minor discomfort and since there is no damage to the outer layer of skin called epidermis, it is referred to as Nonablative rejuvenation (In contrast to the ablative rejuvenation by laser).
- .

advantages

- This treatment has major advantages for the Indian skin because the Indian skin has a great tendency for pigmentation and even minor skin damage can lead to post procedure pigmentation-a common side effect of the laser ablative rejuvenation.

Thermal lift

- The procedure takes between 10 minutes to an hour.
- The face may look pink after surgery which subsides in 1-2 days.
- Patient may return to work the next day.

When are results seen?

- Some tightening of skin is felt immediately and further improvement is seen in the subsequent weeks.
- This is a result more felt than seen
- 2-4 treatments may be needed
- .

Are repeat treatments needed?

- The results last for several months
- Repeat sessions are needed

Facelift made simple

- facelift has now joined the growing list of lunch time or weekend cosmetic procedures and has become accessible to greater number of patients.
- The demand for cosmetic surgery and cosmetic procedure is greater than ever, and patients now have more options offering less invasive procedures that boast faster recovery times, less scarring, and more natural results, often at cheaper prices.

Cosmetic surgery

- However, one should understand that any procedure will not give someone beautiful skin unless they have some beauty to begin with.
- Also, aging process is continuous and relentless, and till now no elixir or panacea has been found to completely reverse the process.
- Hence patients should have realistic expectations and seek full information while making the decision.

Always choose the right dermatosurgeon

- In all these treatments, knowledge of the procedure , training and the skill of the surgeon are important.
- DR Venkataram has received training in all these different areas in different International conferences .
- For more information pl.contact 91-80-23392788 or mysorevenkat@hotmail.com
- For info about hair transplantation, visit www.bangalorehairtransplant.com
- For info about liposuction pl. visit www.bangaloreskin.com/liposuction

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