

# combination approach

SYDNEY COSMETIC PHYSICIAN DR BUDDY BEAINI SAYS A COMBINATION OF NON-SURGICAL ANTI-AGEING TECHNOLOGIES USED IN TANDEM CAN PROLONG THE NEED FOR SURGERY. JENNI GILBERT REPORTS.

The visible signs of ageing can make the person you see in the mirror seem like a stranger in comparison to the way you really feel and the image you want to present to the world, says Sydney cosmetic physician Dr Buddy Beaini.

'Patients typically come to see me because they are concerned by a number of ageing characteristics, he says. 'They might be suffering loose skin on the face and neck, volume loss, drooping eyebrows, hooded eyelids, crows feet, dark circles, jowls, wrinkles and pigmentation, all of which result in an aged, tired and worn appearance.'

According to Dr Beaini, not everyone is ready for or wants surgical intervention. Indeed, in the case of skin damage, surgery is not the solution.

'In my experience, patients want to look healthier, fresher and good for their age,' he says. 'The majority are seeking low-risk options with minimal downtime.'

Dr Beaini therefore tailors aesthetic programs for individual needs and concerns. 'This might be a single treatment, or a combination of modalities to achieve synergistic, satisfying anti-ageing results,' he says.

Dr Beaini draws on a number of non-invasive anti-ageing technologies. Thermage Comfort Pulse Technology (CPT) uses radiofrequency energy to create a uniform heating in the deep dermis. This gentle heating tightens existing collagen and stimulates the production of new collagen. Lifting and tightening of the skin is caused by immediate collagen contraction followed by gradual collagen tightening.

'I use Thermage for subtly lifting and tightening the brow, mid face and neck,' he says. 'I find it particularly effective for re-contouring the jawline and defining the chin.'

'It can soften the appearance of wrinkles around the

mouth, eyes and forehead,' he adds. 'In my experience, one Thermage treatment can make a patient look and feel years younger and the effects can last for up to four years in most individuals.'

Dr Beaini also uses Thermage to tighten skin on other parts of the body such as the abdomen, upper arms, above the knees, buttocks, thighs and hands.

According to Dr Beaini, certain conditions, however, will benefit from a combination of Thermage and Fraxel laser. 'Whether you have sun damage, wrinkles or other signs of facial ageing, I believe Fraxel and Thermage treatments, when used together, deliver remarkable results with relatively quick recovery,' he says.

During treatment with fractional lasers such as Fraxel, microscopic laser columns penetrate deep into the dermis to create tiny wounds. Because they target only a fraction of skin at a time, they leave the surrounding tissue intact.

This 'fractional' treatment allows the body to heal the skin faster than if the whole area was treated at once, triggering the body's natural response system to heal those wounds. This process expedites the body's remodelling of collagen and elastin.

Fraxel lasers vary in strength, downtime, the number of treatments needed and the final results:

- **Fraxel re:fine** is the mildest laser and is designed to treat the earliest signs of ageing, including very fine lines around the eyes and lighter sun or age spots.
- **Fraxel re:pair** offers a slightly more aggressive treatment to improve the texture of the skin, reducing fine lines and brown spots, and can help improve the appearance of acne and surgical scars.
- **Fraxel re:store** is the most aggressive of the three.

It relies on both ablative (removing upper layers of skin) and non-ablative techniques to treat the most severely sun-damaged skin, including deep lines and wrinkles, as well as pigmentation, acne scars, stretch marks, keloid scars and large pores.

Most people require only one treatment but recovery time is substantially increased over that of Fraxel re:store and re:fine.

Dr Beaini also uses minimally-invasive thread lifts to firm and sculpt the mid-face, brow, jawline and smooth sagging necks.

'Thread-lifting has the dual benefit of stimulating the growth of new collagen and elastin, enhancing results and overall skin texture in subsequent months,' he says.

During the procedure, surgical suture threads with microscopic barbs are inserted beneath the skin at strategic points, to give subtle changes rather than dramatic results.

The tissue adheres to the barbs thus stimulating the production of new collagen and creating a 'scaffold' under the skin in the treatment area.

According to Dr Beaini, the so-called 'liquid facelifts' are still the most sought-after anti-ageing procedures, using cosmetic injectables such as anti-wrinkle injections and dermal fillers to fill lines and wrinkles or restore volume and more youthful contours to depleted faces.

'They can also be used to augment thinning lips and soften folds such as in the naso-labial region and drooping mouth corners,' Dr Beaini adds.

Botulinum toxin injections may be used in tandem with fillers or alone to minimise lines and wrinkles on the forehead, between the brows, around the eyes and lips and to soften 'cord-like' platysmal bands on the neck.

Dr Beaini stresses that home skincare is vital to maintaining the results of treatments and preventing new damage. The key, he says, is the religious application of a broad spectrum sunscreen with an SPF of between 30 and 50.

'Many people want to turn back the clock and restore a tighter, more youthful-looking complexion but don't want to commit to surgery,' he says. 'In my experience, non-surgical procedures, particularly when used in tandem, can produce outstanding results and prolong or negate the need for surgery.' **csbm**

