

QUE | PROFESSIONAL

By Sonya Ferguson

# Restoring and enhancing youthful contours of the face

THE LATEST WORLD-WIDE TECHNIQUES ARE BEING used at Tristram Clinic to enhance the ageing face. As Tristram Clinic appearance medicine nurse Sonya Ferguson puts it: "It's not so much about removing every line in your face and looking frozen, but about having shape in the face and restoring the face's youthful contours."

This is achieved by placing new generation dermal fillers into the face, to restore the face's balanced proportions.

"We volumise hollows and recontour the cheeks and cheekbones, lift the nasolabial folds (nose to mouth lines), lift the marionette region (jowls), soften the chin and soften the nasojugal groove (the hollow beneath the eyes)."

As we age we experience loss of facial fat, sagging due to gravity, loss of the skin's collagen and elastin and even our facial bones begin to shrink. This causes our cheeks to gradually flatten and deepens the nasolabial lines. We also notice jowls forming below the jawline. Hollowing under the eyes can develop, resulting in dark circles. We can end up looking tired and sad.

"Replacing the volume can take years off patients so they look better, and there's no need for anyone to know why!"

The face still retains its individual character, but as Sonya says; "Replacing the loss of volume restores the youthful contours of the face but we still keep some lines to ensure it looks natural." The results are instant and can be quite dramatic.

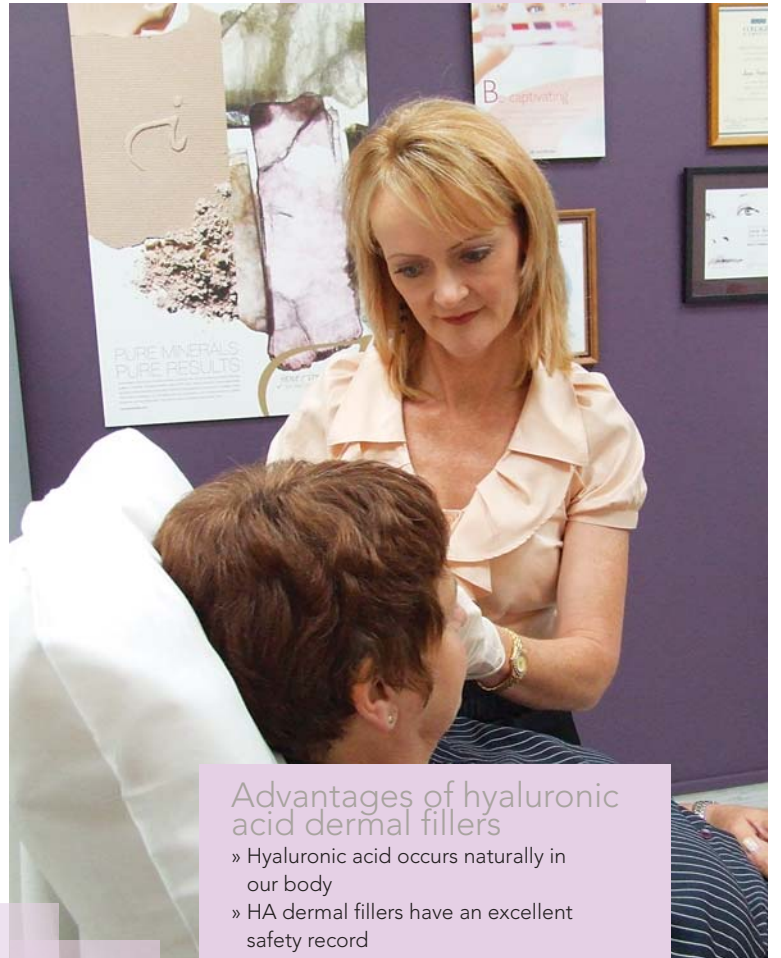
Tristram Clinic appearance nurses Sonya Ferguson and Deborah Wake use hyaluronic acid as their preferred filler as it gives a very natural look.

Hyaluronic acid (HA) is a complex sugar that is normally found in human skin. HA assists in skin hydration by attracting and holding water. It combines with collagen and elastin to maintain skin structure and elasticity.

*Every face is unique and every patient is unique. This type of work is truly an art form*

## Botulinum toxin (Botox)

Botulinum toxin is injected into muscle. It is used predominately on the upper face to stop frowning, reduce forehead lines and to soften crows feet.



## Advantages of hyaluronic acid dermal fillers

- » Hyaluronic acid occurs naturally in our body
- » HA dermal fillers have an excellent safety record
- » HA binds to water to plump up the skin and create a natural soft look
- » HA moulds with the face at rest and with expression so fillers are invisible

Volumising and recontouring facial skin is a non-surgical procedure that usually takes 30 minutes to one hour. Sonya and Deborah aim to make dermal filler treatment as comfortable for the patient as possible.

A series of tiny injections are placed into the skin. Some brands of hyaluronic acid contain local anaesthetic to reduce the discomfort of the injection. Otherwise an anaesthetic cream can be applied to the skin or you can have a local anaesthetic injection.

After the procedure, a moisturiser is applied with a touch of mineral makeup. Most patients can return to work immediately afterwards.

Hyaluronic acid fillers can last from four to six months in the mouth region and up to 18 months in the cheek region. There are a number of brands available in New Zealand, and they range in price from \$440 to \$1,200 for two mls.

"It's important to work with the bone structures under the skin, fat and facial muscle," says Sonya.

"Being able to recontour the face to make someone look healthy and youthful for his or her age, is extremely rewarding. Every face is unique and every patient is unique. For example, in males, it is important to maintain the square jaw. This type of work is truly an art form." **Q**

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