



face

perfect match

Dr John Flynn from Queensland explains why identifying what a patient wants is just as important as the treatment they receive. Sarah Friggieri reports.

With the variety of facial rejuvenation treatment options available today, the process of finding the best treatment can be daunting for patients. 'If you're wondering which treatment will be most suitable for you, it's best to first decide what it is about your appearance that you don't like and want to change,' says Dr John Flynn from Queensland. 'Being clear in your own mind about why you are seeking the advice of a doctor is the first step in identifying the correct treatment.'

To help simplify the process, Dr Flynn has broken his treatment options down into three areas: gravity and sagging issues, volume and contour, and skin quality. 'It can be intimidating and confusing for patients to read a list of all the different treatments that are available,' he explains. 'That's why breaking the options down into skin issues and asking the patients to focus on their particular needs and wishes are vital elements.'

Gravity & sagging

According to Dr Flynn, gravity and the loss of tissue support contribute to a sagging effect and this will most commonly require a surgical approach such as a face lift, neck lift, blepharoplasty and brow lift, depending on the individual requirements and desires of the patient. In some cases, minimally invasive procedures such as thread lifts combined with a non-surgical skin rejuvenation plan can achieve the desired results without the need for major surgery.

Volume & contour

With age, the face loses volume and although this is most noticeable in the soft tissues such as the cheeks, it also occurs as the bone structure shrinks. This is particularly apparent in the lower face and contributes to wrinkles



and lines around the mouth. Overall this causes a drooping, wrinkling and an overall gaunt or drawn appearance. Cheek and chin implants, fat transfer and injectable fillers can help restore more youthful-looking contours by adding volume to specific parts of the face and softening lines and wrinkles.

Skin quality

Skin quality issues are variations in pigmentation, vascular abnormalities such as broken capillaries, spider veins and rosacea, as well as the tone and quality of the skin itself.

'I offer a non-surgical skin treatment – the Soft Skin Program – to improve the clarity, texture and overall appearance of the complexion,' says Dr Flynn. 'It entails a series of microdermabrasion treatments and peels and is usually combined with a topical application such as retinoids, or glycolic or ascorbic acids which the patient uses at home.'

Patients often think of medical-strength peels as causing skin discolouration and excessive crusting and redness with lengthy downtimes. According to Dr Flynn, applying less aggressive formulations as part of a weekly course can achieve effective results with minimal downtime.

'Using microdermabrasion to enhance the efficacy of the peel and having repeated treatments, usually over a number of weeks, we can achieve optimal results with little or no downtime,' says Dr Flynn.

'The Soft Skin Program is designed to steadily improve the appearance of the patient's skin so their friends will not see too radical a change all at once,' he continues.

Another option available is laser skin resurfacing. Depending on the type of laser, it can treat wrinkles, lines and sun damage; vascular conditions such as birthmarks, broken capillaries and blemishes; and pigmentation and textural changes.

Laser treatments generally all involve downtime, the length of which is dependent on the type of laser treatment administered.

'I always explain to my patients that it's taken years for their skin to reach this state. We can help repair it but it will take some time. In addition, the patient has a responsibility to look after their skin and use sunscreens appropriately so they don't compound the damage,' he says.

'It's never a case of "one size fits all". Each patient requires a different combination formula that has been specifically tailored to achieve the best possible results for them,' Dr Flynn concludes. **acsm**



BEFORE (acne scarring)



AFTER combination treatment including fat transfer and laser resurfacing by Dr Flynn



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