

The composite facelift

CANBERRA PLASTIC SURGEON **DR VLAD MILOVIC** EXPLAINS WHY THE COMPOSITE FACELIFT CAN ACHIEVE SUPERIOR RESULTS. LIZZY FOWLER REPORTS.

Traditional or conventional facelifting techniques don't always take into account the three-dimensional changes that take place in the face over time. Whilst tightening the skin can remove the sagging, loose skin associated with ageing, it's just as important to replace volume that can be lost in the mid-face.

'The majority of my patients present with concerns around the mid-face, where the plumpness associated with youth has been lost,' says Canberra plastic surgeon Dr Vlad Milovic. 'This is often combined with heavy jowls and some degree of neck laxity, which together contribute to an aged appearance.'

Fortunately, Dr Milovic says recent advances in facelifting techniques have helped surgeons achieve more natural-looking results for their patients.

'I've adapted my approach to facelifting to achieve results that stand the test of time, tailoring the procedure to each patient.'

He believes the composite facelift technique, when combined with adjunct procedures such as neck lifting and advanced upper blepharoplasty where required, can achieve the most natural-looking, long-lasting results.

Balance is central when it comes to facelift surgery and, while other procedures only reposition facial tissue horizontally, Dr Milovic says the composite lift counters the natural descent of the face with a vertical lift.

'The composite facelift is a next-generation alternative to standard procedures,' he says. 'It is a sophisticated technique that requires experience to perform, but it can successfully restore a youthful appearance.'

The composite facelift is similar to a deep plane lift, with the addition of an extra step to include the muscle around the eyelid. Like the deep plane lift, the composite lift involves the elevation and resection of the superficial musculo aponeurotic system (SMAS), as well as the orbicularis muscle and cheek fat pad.

During the lift, the orbicularis oculi muscle (around the eye) is separated from its attachment to the cheekbone through an incision in the lower eyelid and then lifted and sutured into place.

'The whole face can be lifted to achieve more youthful

contours without that telltale "pulled" appearance that people might experience with conventional procedures,' says Dr Milovic.

Dr Milovic explains that, as well as creating a smoother neck and more defined jawline, the composite lift can recreate the full, plump cheeks of youth – something that can't be achieved with other facelifting techniques alone. An added advantage is that the composite lift also helps blend the dividing line between the lower eyelid and cheek, which can appear with age.

With adjunct procedures such as micro-fat grafts harvested from the inner thigh and skin preparation including facial peels, Dr Milovic says patients can look forward to a refreshed and rejuvenated appearance with none of the tell-tale signs of surgery. **csbm**



BEFORE



5 weeks AFTER facelift by Dr Milovic



BEFORE



4 weeks AFTER face and neck lift by Dr Milovic