



Figure 3: Photograph prior to weight loss



Figure 4: Photograph after weight loss



Figure 5: Half way through treatment



Figure 6: After treatment

### Case study two: full face rejuvenation

This 44-year-old lady came in for a consultation, she had recently lost weight – which was a fantastic achievement and had greatly improved her overall health and wellbeing. However, she was not happy with the effects it had on her face and skin texture, she felt her face was sagging and looked longer in appearance. She felt jowling was now a problem, her lips lacked definition and had lost volume, her eyes looked heavy and she felt open pores were more evident (Figure 4).

As a make-up artist who deals with important clients on a daily basis and who also teaches at colleges, her job was another reason for wanting aesthetic treatments. She felt her make-up was not sitting right and that make-up alone was not enough anymore.

On assessment I felt cheek volumising and nose to mouth lines would benefit from dermal filler volume 2ml, botulinum toxin type A to glabella area as a non-surgical brow lift, also to the oral commissures, jowls and masseter muscle to help lift and give more definition to the lower face, a 'V' effect on the face is a natural youthful look that can be easily achieved.

Three derma roller treatments to help boost collagen and elastin were given with appropriate booster serums. Once we were happy with the middle aspects of the face (I like to refer to this as the 'shelf' of the face – holding the lower face up), we discussed and administered lip definition. As lips will never lift or get a great shape with cheeks or heavy folds collapsing on top of them, hyaluronic filler was given to define the vermillion border, outline of lip and to the upper and lower body (Figure 5 and 6).

### Treatment steps

- Week one: volumising hyaluronic filler 2ml to cheeks, deep filler to nose to mouth lines and oral commissures, skin needling or derma roller straight after with recovery complex and lifting complex
- Week four: review of fillers and muscle relaxing injections given
- Week six: review of muscle relaxing injections and second derma roller serums caviar and oxygenating
- Week 12: third derma roller treatment with fruit peel complex and hydrating complex (Figure 5)

years, but gave up five years ago. She had spent a lot of time in the sun and used sunbeds regularly.

After gathering background from the patient, it was then time to study the face to see where the problems of imbalance were occurring and how I could help her to look fresher in a natural manner.

There was evident cheek volume loss to the apple area, also dehydration lines and collagen loss to lower face. The skin texture lacked collagen and elasticity (with a pinch test it was slow to spring back).

The eye area showed a heavy brow and horizontal lines to the forehead, which made her look tired. Eyebrow shape – particularly for females – is very important as it projects a youthful eye area and helps to frame the face, as well as lifting the brow, and more importantly for women, more room to apply eye make-up. We discussed

all the options available, taking into consideration effectiveness, budget and what the patient felt comfortable to do.

### Treatment plan interval

- Week one: dermal fillers to cheek area to volumise and fillers to hydrate and nourish lower cheek collagen loss, combined with medium depth skin peel
- Week three: derma roller skin needling with caviar complex and recovery complex, muscle relaxing injections to upper facial areas
- Week six: review of muscle relaxing injections and fillers
- Week nine: second derma roller treatment with lifting complex and oxygenating complex
- Week 16: postoperative photo taken (Figure 2).