

Case study

Scarring after an accident and surgery prompted this woman to have a mini-facelift and liposculpture performed by Sydney plastic surgeon **Dr Kourosh Tavakoli**. Jodie Thomson reports.

At 52, Sandra Bromley was unhappy with the way she looked. An accident 10 years earlier had left bad scarring on her lip. At about the same time, she had major stomach surgery that resulted in an enormous L-shaped scar across her torso. 'It was all uneven and even if I put a top on you could see the scar,' Sandra says.

After years of worrying about it, she finally decided to do something. Her daughter, a beauty therapist, helped her do extensive research to find a reputable plastic surgeon and she chose to see Sydney plastic surgeon Dr Kourosh Tavakoli. After explaining her concerns, he recommended a mini-facelift, liposculpture on her stomach, dermabrasion on her lips and fat injections in her upper lip and eyelids.

The result? 'Amazing,' says Sandra. 'I never wanted to look 20 or even 40, but now I look the way I should look for my age. I wanted to look the best I can.'

The main benefit of a mini-facelift, also called a short-scar facelift, is the inconspicuous scar, much smaller than

that left after a regular facelift. A mini-facelift is also a simpler, speedier option than a regular facelift and aims to give a more natural result, explains Dr Tavakoli.

'There's only one small incision in front of the ear that can extend into the hairline,' Dr Tavakoli says. 'The skin and the subcutaneous tissues (like muscles and fat) are tightened and the excess is removed. A short-scar facelift does not mean mini-result, but mini-scar.'

The mini-facelift takes about two hours under local anaesthetic, compared with the five or six hours of a traditional facelift. Rehabilitation is just one to two weeks, rather than three to six weeks for a regular facelift.

'You can go home the same day and the swelling will disappear after seven to 10 days,' Dr Tavakoli says. 'And after one week you will be able to resume all of your social activities.'

At her first consultation, Sandra told Dr Tavakoli that she didn't want a facelift that looked like her skin had been

pulled too tight. Rather, she wanted to bring the life and expression back to her face.

'I always looked sad, no matter how much makeup I wore,' Sandra says. 'But Dr Tavakoli told me he could make me look 10 years younger. And he said he could make me look natural, and that's all I wanted.'

Sandra spent just one day in hospital having the various procedures done and says it wasn't as painful or difficult as she had imagined.

'I went in first thing in the morning and was home about 5pm,' she says. 'I was worried about the pain, but I was so excited that I could see an improvement straightaway, even through the swollen face and lips. With my stomach, the result was instantaneous.'

For the mini-facelift recovery, Sandra was required to wear a bandage around her head for 24 hours to reduce possible swelling and bruising.

Sandra's recovery was rapid. She had a little bruising but that was almost gone in less than three weeks. Within two weeks she was back at work, and by four weeks the transformation was already remarkable.

'Everyone at work could see a difference and asked what I'd had done,' Sandra says. 'And I wasn't embarrassed about telling anybody.'

Four weeks after the surgery, Sandra returned to see Dr Tavakoli and he took photographs of her so she could

compare how she looked now with prior to the surgery.

'It was so amazing to see the difference it has made when you see those before and after shots,' Sandra says, 'and to see how quickly it all settled down.'

Sandra says her stomach and the uneven scar is now levelled out. After the mini-facelift and other procedures, her face looks fresher and the scar on her lip is minimised.

'At my age I just wanted things tidied up. I wanted to be able to put lipliner on and put eyeshadow on properly and have my face a bit smoother. And that's what I got,' she says.

Sandra's advice to anyone else considering having surgery or cosmetic procedures is to have realistic expectations about what can be achieved. Dr Tavakoli adds that people who have a mini-facelift should realise that the natural ageing process continues even after the surgery.

'It's important to realise that a mini-facelift will not stop the skin from stretching or losing its elasticity as you grow older,' he says. 'But if you have a facelift you will certainly look better after 10 years in comparison to not having one.'

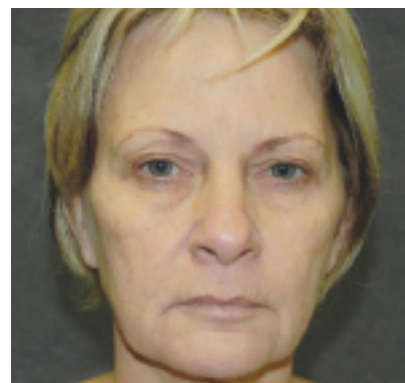
For Sandra, the surgery has made the world of difference. 'I didn't expect too much,' Sandra says. 'But I'm thrilled with the results. I would recommend it to anyone.' **acsm**



BEFORE



BEFORE



BEFORE



AFTER short-scar facelift by Dr Tavakoli



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