



The Modern **FACELIFT**

Your comprehensive guide to conservative, surgical techniques and minimally invasive facial rejuvenation procedures.

Contents

Beauty is not only the way you look, <i>it's a feeling.</i>	3
Your skincare regime should age with you	4
Thread lift	5
Mini Facelift	6
Facelift	7
Less is more	8
Meet Dr John Flynn	9
Contact Dr John Flynn today	10

Beauty is not only the way you look, *it's a feeling.*

Beauty is feeling like the most attractive and happiest version of yourself regardless of your age. Naturally, your idea of beauty will change with age, which means that your skincare regime should also change as well.

What is beauty in your 20s and 30s?

When you're younger, beauty can mean looking tanned and taut or simply healthy and glowing. Your skincare regime should focus on prevention as well as minimising acne and other skin issues that occur in your younger years.

What is beauty in your 40s, 50s, 60s and so on?

As you age, beauty means ageing gracefully while still maintaining the youthful appearance of your skin for as long as possible. Your overall goal should not be to look 20 again as this will make you look over done. Non-surgical treatments are the best way to subtly maintain and improve the appearance of your skin. There are many options specifically designed for skin that is beginning to show the signs of ageing including:

- Fine lines and more static
- (permanent) wrinkles
- Pigmentation, age spots and
- Freckles
- Thinning lips and loss of facial volume
- Sagging skin, loss of epidermal thickness and skin elasticity



Your skincare regime should age with you

Here is how your priorities and treatments will change as you travel through your 30-40s, 50-60s and so on.

35-45

**PROBLEMS:**

Fine lines becoming noticeably prominent, sun damage, wrinkles, acne scarring

FEELING:

Worried about ageing early

WANTS:

To prevent wrinkles from becoming permanent

TREATMENTS:

Thread lift, Mini facelift, Anti-wrinkle Injections (Muscle Relaxants)

45-55

**PROBLEMS:**

Obvious signs of ageing, body beginning to lose elasticity

FEELING:

Unhappy with an aged appearance and how different they look compared to their younger self

WANTS:

To look young again, to hear people say '*I can't believe you're 45!*', weight loss and to feel relaxed and rejuvenated

TREATMENTS:

Mini facelift, Facelift, Thread lift, Dermal Fillers, Anti-wrinkle Injections, Chemical Peels.

55-65

**PROBLEMS:**

'Tired' looking skin, loose skin, dull complexion

FEELING:

Disappointed with the ageing process, though inevitable, nobody likes feeling unhappy with their appearance.

WANTS:

To achieve a more youthful, vibrant look whilst keeping things natural and not 'over done'

TREATMENTS:

Facelift, Thread lift, Anti-wrinkle Injections.

Thread lift

What is a thread lift?

This treatment involves the positioning of special threads which allow lifting and repositioning of facial tissues to restore a more youthful facial contour. It is particularly effective for brows, cheeks, jowls and occasionally the neck. The threads are re-absorbable, and are designed with directional cogs or barbs, and placed accurately via needles so no surgery is required.

Also known as:	Non-surgical facelift, thread lift, thread lifting, face thread lift, mini lift, mini facelift, minimally invasive facelift, thread facelift, contour thread lift, eyebrow thread lift, suture lifts
Desired results:	Patients who undergo a thread lift desire a modest lift and repositioning of facial tissues to restore a more youthful facial appearance.

Patients opt to have a thread lift to reduce signs of premature ageing, specifically sagging skin on the face and neck. A thread lift is an excellent non-surgical treatment for both men and women between the ages of 30–60 years. Dr Flynn has pioneered the use of thread lifts in Australia and internationally and also teaches surgeons how to use the threads.

Broadly speaking there are two types of threads “Floating Threads” and “Fixation or Anchorage Threads”. Each have particular attributes. Dr Flynn can explain the difference

‘Whatever procedures you decide to proceed with, don’t forget that skin care, complexion and glow factor are essential for looking your best,’ says Dr Flynn.

You’re a good candidate for a face thread lift if:

- You suffer from gentle drooping.
- Your facial collagen deposits are still able to regenerate.
- The facial changes are not serious enough to warrant a full facelift.

Thread Lift Risks

Apart from a small amount of bruising and associated swelling, there are very few potential risks.

How much is a thread lift?

The cost for a thread lift varies, as it depends on the individual requirements and treatment. Thread lift cost starts from \$1980. A consultation with Dr John Flynn at his Gold Coast practice will help determine the exact cost based on a customised treatment plan.

Mini Facelift

Reverse signs of ageing with less scarring, bruising and downtime

A mini facelift has opened a whole new approach to facial rejuvenation. As opposed to a traditional facelift, this minimally invasive procedure offers less scarring, bruising and downtime.

Facial procedure step by step

A mini facelift allows incremental (step by step) small changes which can be spread over time. This type of approach fits in with the natural ageing process and allows corrections at appropriate times—“maintenance rather than rescue”. Also referred to as a MACS Lift (Minimal Access Cranial Suspension) and the short- scar facelift, it is typically suited for patients with early signs of ageing, usually aged in their 30s and 40s, to achieve a natural-looking facial rejuvenation.

By taking cosmetic surgery gradually – over a period of months or even years – a patient is more likely to be satisfied with the outcomes. Scheduling the right “minimally invasive” procedure at the right time allows for more graceful aging process.

Mini facelift recovery

Back to work: 7–10 days. Light activity is permitted within 72 hours.
Bruising: 1–2 weeks. Must limit exposure to sun for several months.

Scars from mini facelift

Usually the mini facelift has no incision behind the ear. The incision line at the front of the ear will be concealed within the natural skin creases. Swelling and bruising and the risks of complications are minimised because the surgery is less extensive.

Cost for mini facelift

During your initial consultation with Dr John Flynn, he will address your concerns, outline the procedure and formulate a customised treatment plan. Based on this information, he will provide an exact cost for your procedure. Pricing starts from \$6600 for a mini facelift.



Facelift

The face, more than any other part of the body, defines an individual to the outside world. With age, the effects of gravity, sun damage and the stresses of everyday life become apparent and can alter the appearance of a person's face. As such, these age-related changes can make people feel as if their identity has changed over time. A facelift is designed to address these age-related changes and can restore a firmer, more youthful appearance. A typical full facelift today begins with incisions that are concealed within the hairline and natural skin creases to keep any scars minimal and inconspicuous. From these incisions, the skin is separated from the muscles and tissue beneath. The SMAS layer is then tightened in the lower face, mid-face and neck, after which the skin is redraped to reduce lines and wrinkles. Excess skin and fat is removed and the incisions are closed.

Who is a candidate for facelift surgery?

Both men and women of various ages request facelift surgery. A suitable candidate for this procedure has experienced a loss of skin elasticity and muscle tone around the face and neck region. If you have developed facial and neck wrinkles, you may also benefit from a facelift.

As a result of advancements in the technique, it is not uncommon for patients to request facelift surgery from the ages of the late 30's–70's.

Facelift Recovery

Back to work: 10–14 days. More strenuous activity: 2 weeks or more. Bruising; 2–3 weeks. Must limit exposure to sun for several months.

How much does it cost for a facelift?

Facelift surgery cost will be strongly dependent on your unique requirements and the surgical techniques used. At Cosmedic & Skin Clinic, a facelift starts from \$14,300. Dr John Flynn will discuss all financial arrangements and payment plan options with you during your initial consultation.



Less is more

Dr John Flynn explains a full facelift is not always necessary. Excellent results may also be achieved with less invasive treatments.

While facelift surgery is still the best option for sagging features, too much skin or reversing gravity, patients are now showing a clear preference for having smaller procedures earlier to postpone the need for more radical surgery. According to Dr Flynn *'There is a lot that can be done before we need to go as far as a facelift,'* Dr Flynn says a series of less dramatic procedures at regular intervals is attractive to patients. *'Not only is it less obvious that someone has had something done but the results are more natural looking. This concept of maintenance rather than radical rescue is really the leading edge of cosmetic practice,'* he says.

By taking cosmetic surgery gradually – over a period of months or even years – a patient is more likely to be satisfied with the outcomes. *'For instance, a patient may have a combination of eyelid surgery and a peel. Sometime later, when she is accustomed to her rejuvenated look, she might decide to have something further and perhaps a laser photo rejuvenation may be in order. Then, of course, there are the fillers and other anti-wrinkle treatments.'* non-surgical options can be combined with less invasive procedures (such as the mini-lift), neck or brow lifts, thread lift, all of which are becoming less invasive with quicker recovery times.

A modern face lift is not just a surgical procedure! the surgery is important to lift and reposition and address gravity issues. But you must also look at skin rejuvenation, vibrancy, colour and complexion. This can be improved with lasers, the right face creams, maybe microdermabrasion. Think also about fillers - not to exaggerate but to replace lost volume to get back these youthful curves and natural looks. Surgery cannot do everything.

Finding the best combination for each patient requires a thorough assessment of their individual issues. *'We are all unique and a good doctor's skill lies in retaining the elements that make us who we are,'* Dr Flynn says.

Dr Flynn reminds patients that eye problems cannot always be solved with just one treatment. A good cosmetic practice should be able to offer the right combination of treatments to match the individual's concerns or requirements.



Meet Dr John Flynn

Dr John Flynn is an internationally recognised cosmetic doctor. He has over two decades of experience in cosmetic surgery and skin care. His personal approach and commitment to natural looking patient results has achieved an ever-growing list of satisfied patients. He combines your needs with compassion and sensitivity to truly understand your concerns and desires.

With a special interest in facial cosmetic surgery and non-invasive facial rejuvenation, Dr Flynn also has significant experience in breast augmentation, liposculpture and laser surgery.

In addition to his thriving cosmetic practice on the Gold Coast, Dr Flynn is dedicated to continued training and education. His extensive studies have allowed him to remain up-to-date with the latest cosmetic surgery and medical advancements.



CONTACT DR JOHN FLYNN TODAY




If you have a question or comment about the treatments at the Cosmedic & Skin Clinic or would like to make an online booking feel free to call our friendly team.

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