



Looking your best – at all ages

Through the ages, the quest for beauty and youth has been a constant. Learn about the most popular aesthetic procedures for mature women.

By Dr Leslie Kuek, Plastic Surgeon

Every woman wants to look as beautiful and young as possible. In this day and age of pervasive digital technologies and social media, the pressure to look good is even more pronounced. You never know when you might appear on a friend's social media feed. The good news for those who desire to look their best and as young as they feel is that there are many options to achieve this through non-surgical and surgical alternatives.

The most telling signs of age are often in the eyes, jowls and neck. Fat and collagen loss in the face can also cause gauntness and a haggard look. It is no wonder that the most common youth-enhancing procedures aim to include those treatments for the eyes, face lifts and filler treatments.

Hey, bright eyes

With age, tear troughs (depressions that run from the nose and all around under the eye) become more pronounced. This gives the appearance of eye-bags and dark circles. There are several ways to reduce the appearance of eye-bags. Surgery involves removing excess eye-bag fat or redistributing it. The cut can be made in the external part of the lid (an 'open' technique) or in the inner part of the lid (a 'closed' technique). Other non-surgical techniques may also be used to lift the eyes, reduce wrinkles and plump up the eye area. These include hyaluronic acid filler injections, eye brightening serums and ultrasonic or radiofrequency collagen stimulation.

The look of youth

Age can cause cheeks and jowls to sag and wrinkles to form. Face and neck lifts, known as rhytidectomy, can help the face regain its youthful tautness. In a facelift, incisions are placed in the hairline and in front of and behind the ears. The skin is then 'pulled' back to reposition and tighten over the face. Deeper tissues are also lifted upwards. This lifts the cheeks, adds definition to the jawline and firms the neck. Excess skin and fat may also be removed during this procedure.

In another type of facelift called a threadlift, special threads are inserted into the face using a thin needle. These threads attach to the underside of the skin tissue and can be pulled back to reposition skin and facial tissues. Compared with a traditional facelift, threadlifts usually give a less dramatic and long-lasting result, but are minimally invasive, quicker and can be done under local anaesthesia. Another non-surgical option



is to use a specialised ultrasound device called Ulthera. This device emits heat via highly focused ultrasonic waves into the deep layers of the skin to stimulate new collagen growth and over time, tighten the skin.

Wrinkles away!

Other options to banish wrinkles and gauntness include fillers, Botox and fat injections that smooth out lines and creases. These rejuvenative treatments can be used in combination with other procedures previously described. Many of these treatments are non-invasive and have little or no downtime, although they require regular maintenance.

Doctor knows best

Always speak with your plastic surgeon about what to expect from the various procedures because he is in the best position to give advice about the options available. The pre-treatment consultation is very important in order to discuss the best and most feasible options for your own particular circumstances. The best plastic surgery is often the kind that looks natural so you do not look 'done'. The goal of aesthetic surgery is to optimise and bring out the best that is in you. Try not to shop around for the cheapest price because often, you "get what you pay for!" Instead, find a doctor who has the best experience and the necessary skills to help you achieve your desired goals. Patients who understand this are usually the happiest post-procedure and go on to feel more confident and beautiful inside and out.

A pioneer in the development of plastic surgery in Singapore, Dr Kuek is much sought after by the media on matters pertaining to plastic and cosmetic surgery.

Leslie Kuek Plastic Surgery
38 Irrawaddy Road
#05-41 Mount
Elizabeth Novena
Singapore 329563
Tel: 6472 2972
www.lesliekuek.com.sg