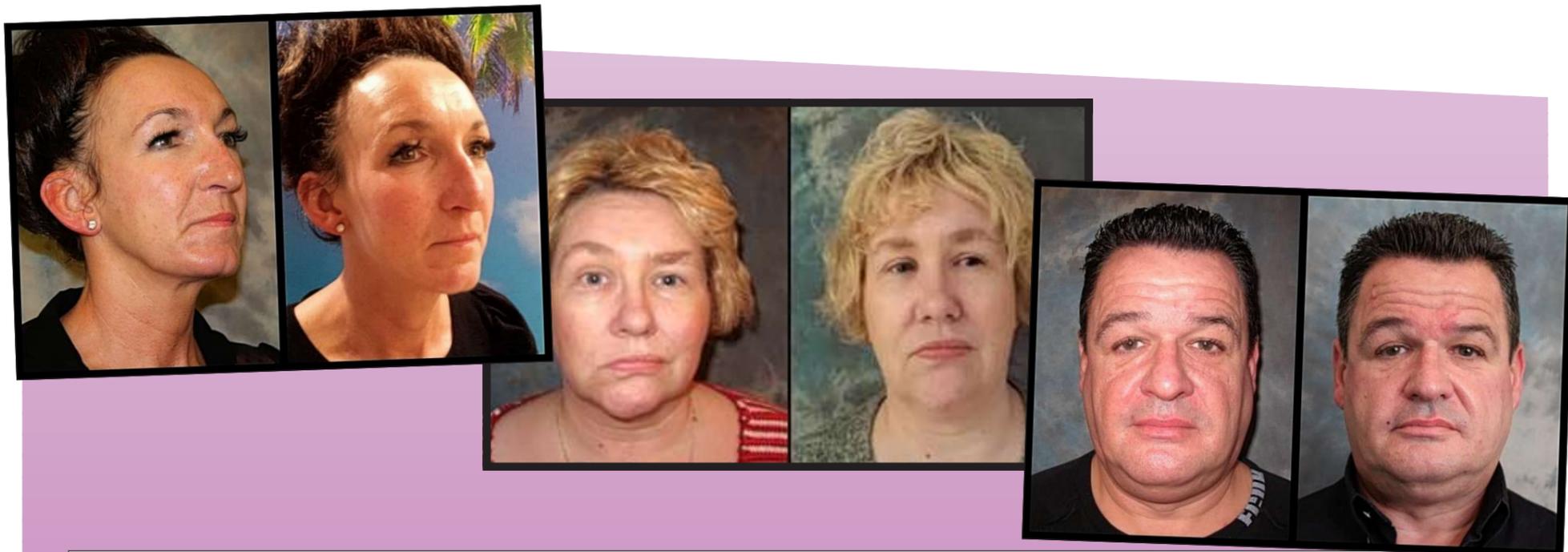


femail

A pioneering, non-surgical way to restore your looks



More and more of us want to stay looking younger for longer – but how can we do this without going under the knife? Femail's Caroline Kay chats to Owen Judd, a consultant surgeon with a wealth of experience in the field of facial aesthetic procedures.

THROUGH Visage Surgical Aesthetics Limited, Owen Judd delivers a comprehensive facial aesthetic service, providing a full range of non-surgical facial rejuvenation treatments.

The consultant ENT and plastic surgeon has recently jointly pioneered a brand-new non-surgical facelift procedure in the UK: TimeNet.

Mr Judd takes time out of his busy schedule to have a chat with me about the treatments and procedures available.

Caroline Kay: Mr Judd, can you tell me what facial aesthetic procedures are?

Owen Judd: In general there is a ladder of treatments and procedures available for the premature signs of aging of the face. These can start with simple topical surface treatments such as creams and lotions at the bottom rung of the ladder, advancing up to invasive surgical procedures such as facelifts and nose jobs at the top of the ladder. There are, however, a myriad of non-surgical alternatives available in between these two.

CK: What are these non-surgical treatments?

OJ: These range from minimally invasive procedures such as microdermabrasion and skin peels, designed to remove the top dead layers of the skin to brighten the face, through to injectable products that many people will have heard about, to help relax facial wrinkles, fill facial lines and restore lost volume.

CK: Are those fillers and Botox?

OJ: Yes. The fillers we tend to use now are hyaluronic acid products which is a natural substance already present in the skin. It is

available in varying thickness gels that can be injected into lines to smooth them out, or for advanced treatment, placed in certain points of the face to give a natural lift.

The thicker formulations can be used to restore lost volume to the face, a common sign of aging, and to augment the lips and cheeks and reshape the nose.

Botox is Botulinum Toxin, a bacterial toxin that when carefully injected into target muscles weakens their action of pulling on the skin and so softens expression lines. It is very safe in the right hands and has been used by doctors in healthcare generally for more than 50 years.

CK: What are the other non-surgical treatments available?

OJ: There are many other treatments available from injectable drugs to stimulate collagen production, to other stimulation methods such as medical needling treatments to radiofrequency, ultrasound treatments and the exciting new treatment we are now using called the TimeNet.

CK: What is collagen exactly, and how do these other procedures work?

OJ: Collagen is the most abundant protein in all animals and is present as structural fibres in all our skin. It is produced by stem cells in the skin called fibroblasts and acts as the main source of support and strength of the skin.

As we age, we lose collagen and so the support for the skin fades and the skin become lax and saggy. Injectable drugs such as Poly-L-Lactic acid or mechanical stimulation with medical needling or radiofrequency, stimulates the fibroblasts in the skin to reproduce the skin's own

collagen, tightening the skin and so rejuvenating the sagging face.

CK: How does the new procedure, TimeNet, differ?

OJ: TimeNet is a safe and highly effective method of maximally stimulating collagen production. It also combines a lifting effect to give a natural but impressive alternative to a surgical facelift.

The more traditional techniques such as medical needling and radiofrequency cause short-term collagen stimulation by mechanically stimulating the fibroblast cells, whereas the TimeNet both mechanically and chemically stimulates collagen production over a longer period of time, therefore giving a better more long-lasting result.

CK: How does it work and what does the procedure involve?

OJ: The procedure involves the insertion of many ultra-fine stylets into the skin causing mechanical stimulation of collagen. When the stylets are withdrawn, they leave behind a micro-filament which stays within the skin giving instant lift, while continuing to stimulate collagen production due to the filament's chemical structure.

It reconstitutes the natural layer of collagen support within the skin and so tightens and lifts. It creates and continues to maintain a net of collagen, or a so called 'collagen corset'. The results are impressive and may last for years.

CK: How safe are all these treatments, and TimeNet specifically?

OJ: All these non-surgical treatments and procedures are temporary and non-permanent and so are very safe. Thankfully, gone are the days of injecting permanent

substances into the skin, with their well-publicised side effects and disasters.

The injectable treatments all wear off naturally over a number of months, and so if the effects and the results are not quite what the patient desires, they can rest assured they are not permanent. Therefore, they do of course need to be repeated to maintain the results.

The TimeNet is new, but the science behind it is well established. The mechanical stimulation effect is essentially the same as other procedures, but the combined chemical stimulation of collagen is unique to the TimeNet.

The filaments are made of the same substance used for surgical sutures, and so it is perfectly safe and will dissolve slowly over a few months. Therefore, the TimeNet is also non-permanent, but long lasting and completely safe.

One would always be wary, however, that you only contemplate treatments of this kind with properly trained medical practitioners, such as doctors and nurses.

The bad results and complications of non-surgical aesthetic treatments reported over the years have often been the result of poorly trained and unqualified individuals providing unregulated treatments. I cannot emphasise enough the importance of experience and training when choosing your provider. Only ever allow a qualified surgeon, doctor or nurse to treat your face.

More information is available by calling 01283 529129, emailing info@visagesurgicalaesthetics.co.uk or logging on to the website www.visagesurgicalaesthetics.co.uk