

# designer beauty

Sydney cosmetic physician **Dr Joseph Hkeik** says the key to successful facial rejuvenation is customising treatment to meet each patient's needs. Aimée Surtenich reports.



Just as every face is unique, no two treatment protocols for facial rejuvenation are the same. 'To achieve optimal natural-looking results, each individual patient's face needs to be carefully assessed,' says Sydney cosmetic physician Dr Joseph Hkeik. 'This includes taking into account the patient's facial structure, their skin quality and type, and the extent of ageing. Essentially they present with a blank canvas upon which facial rejuvenation treatments are tailored.'

According to Dr Hkeik, age-related concerns can be effectively addressed using non-surgical treatments. Botulinum toxin injections can be administered to smooth away lines and wrinkles as well as creating the effect of an eye or brow lift. 'Fillers such as Fortelis, Perlane and Juvederm can help restore lost volume to the cheeks and rejuvenate the lips and surrounding area,' he says. 'A weak or receding chin can also be augmented to balance and harmonise with the other facial features.'

An equally important aspect of facial rejuvenation is the skin, or 'platform', of the face. According to Dr Hkeik, one of the most common patient requests is smooth and velvety skin. There is a broad spectrum of treatments available to improve the skin's appearance. Depending on the treatment, these can target the top layer, or epidermis, right down to the collagen-producing layer and can improve texture and tone, fine lines and wrinkles, sun spots and pigmentation. Skin resurfacing systems such as Pearl Fusion and Fraxel can also offer skin tightening due to their tissue contraction and collagen remodelling capabilities.

'These minimally invasive techniques, depending on where and how they are injected, can essentially "build up" certain areas of a person's face, improve their overall complexion and enhance their natural beauty,' says Dr Hkeik. 'Ultimately, it's not just about the treatments themselves; it's about knowing what will work best in combination for each patient's individual needs.' **acs**

## Case study 1

This 40-year-old 'jeans and T-shirt' woman requested a subtle and natural-looking facial rejuvenation. She didn't want to look different, just fresh. She was mainly concerned about sun damage which, after a lifetime spent in the sun, had made her skin dull and thick. She presented with deep wrinkles, uneven skin tone, cystic acne, large pores and pigmented skin.

Dr Hkeik first prescribed a glycolic acid wash to strip the epidermal layer of dead skin. This was followed one week later by both a Pearl laser treatment to address skin texture, fine lines, pigmentation and pore size and a Pearl Fractional laser treatment to address the deeper, collagen-producing layer of the skin and improve wrinkles. Botox was used to target wrinkles and recontour the jaw line, while specifically selected fillers were used to enhance her lips, restore facial volume and add contour to her face, particularly to create higher cheekbones and a smoother and more prominent chin.

To complete her treatment, Dr Hkeik performed a vascular ND:Yag laser treatment, microdermabrasion and prescribed skincare products to meet the specific needs of her skin. 'My skin feels tighter, my eyes look brighter and I feel more alive,' says the patient.



BEFORE

AFTER facial rejuvenation by Dr Hkeik

## Case study 2

This 50-year-old patient felt that she had aged quite rapidly over a short period of time. Loss of skin elasticity had led to wrinkles and an overall loss of facial volume. She was also dissatisfied with the appearance of her nose and chin.

Dr Hkeik tailored a treatment program specifically for her needs. Botox was used to address age-related changes in the upper face and to smooth forehead lines. To rejuvenate the eye area and fill out the hollows under her eyes, fillers Fortelis and Esthelis were injected into the skin in very small amounts. They were also used to soften the nasolabial and marionettes lines around the mouth and to enhance her lips. Fortelis was used to augment her cheeks, build up her chin and to create a more symmetrical-looking nose.

To achieve a more defined and youthful-looking jawline, Dr Hkeik performed a Nefertiti Lift using Botox strategically administered on the neck and jaw to sculpt the lower face.

To complete this patient's facial rejuvenation, Dr Hkeik performed Dermaroller and Laser Genesis ND:Yag skin treatments and a blueberry peel to improve collagen production and skin tone.

Total treatment time was around 2.5 hours and the patient was able to resume her everyday activities immediately. 'I can't believe how much younger and fresher I look and the way my skin glows,' she says. 'The happy, self-confident me has returned. It's as if a dark shadow has been lifted.'



BEFORE



AFTER facial rejuvenation by Dr Hkeik  
Photos courtesy of Australian Women's Weekly

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