

TURNING BACK THE YEARS

In our last issue we met Michael, from Mere, following his first consultation with Dr Robin Stones of Court House Clinics in Wilmslow

“I’d been rather nervous before I met Dr Stones,” says Michael “but he reassured me on many levels; clinically I can’t believe there is any better practitioner out there in his field. He immediately understood my concerns about looking as natural as possible and

further put my mind at ease with his familiarity with dealing with other men in the same position as me.”

It seems as if non-surgical cosmetic treatments are now far from being the preserve of women or celebrities of any gender.

Dr Stones says: “My practice is very evenly balanced between male and female, though I do see a tendency for the male patients to be a bit older – they’ve left it longer before being convinced to take action, but this is changing. Just as I’ve seen the average age of women come down over the years, as younger ladies seek ‘preventative Botox’, so the demographics of my male patients are changing too. I’ve treated everyone from bricklayers to managing directors to judges.

Michael chose to address the lines that had developed above his brows and around his eyes. He also felt that he was looking drained and tired, but was unsure about why this might be and what the solution might entail.

Dr Stones explains: “As we age, everybody’s faces change in a similar way. This is how we can recognise ageing in people, even when we can’t point out exactly what the symptoms are. For example – we all have fat pads in our cheeks. As we age, this fat breaks down and goes away. As a result we end up with hollowing cheeks, and, because the skin has less padding to hold it up – we get that slightly drooping jaw line people hate to see on themselves.

“They all say the same thing though – they aren’t sure exactly what’s needed, they just want to look less tired, more energised and alert. It’s an awareness that in this increasingly competitive and fast moving world men not only need to be right on top of their game, but look like they are too.”

“A good analogy is to think of your face as a tent. The bones, muscles and fat are the poles that give it form and structure, and the canvas is your skin. If you take away the tent poles, the canvas will droop. Equally, if you repeatedly fold the canvas along the same line, a crease will form. Every time you move your muscles – to frown, laugh, question or smile – you cause the skin to move, and as skin doesn’t shrink, it folds... and creases occur – otherwise known as wrinkles.

“The way Botox works is to prevent muscles from moving fully – by reducing the mobility of muscles, we reduce the creasing of the skin. However, we’ve all seen the immobile faces of celebrities who’ve taken it too far – this is not the look we’re aiming for here!”

Indeed. In fact Dr Stones builds in a second, follow-up appointment, where he can assess the effects of his first treatment, to allow ‘tweaking’ by the use of further injections. of multiple points – this means less trauma to the skin, less bruising and redness and ensures a far more comfortable experience for the recipient.

It’s quite fascinating to watch, though perhaps not for the faint hearted! Dr Stones first injects a small amount of anaesthetic to the lower cheek. He then, after this takes, inserts a cannula needle. A cannula doesn’t have a sharp point, rather it is blunt and has a tiny hole close to the tip to allow the filler to be injected. The blunt end reduced the trauma below the skin, and by only using one insertion point there’s zero risk of coming

out looking like you’ve had a fight with a swarm of bees – and lost.

The cannula is taken to the top of the cheeks area and slowly lowered as the filler – Volumina – is injected. The result is immediate – and excellent!

“I’m very impressed,” says Michael. “I was worried people would immediately see I’d had some work done, but it’s incredibly natural. Even immediately following the treatment I could see the difference it made, but all anybody has said is that I’m looking well. Not something I heard massively often previously, I confess! My face looks softer, less gaunt.

“The Botox has made a difference too. I no longer have crows’ feet – but do still have very fine laughter lines, so my personality remains intact! Dr Stones advised that too much Botox above the brows would simply result in the whole eyebrow area drooping, giving me a rather Neanderthal look – not something I want, for obvious reasons. Instead he concentrated on a small area in between my brows, to eradicate the vertical frown line,

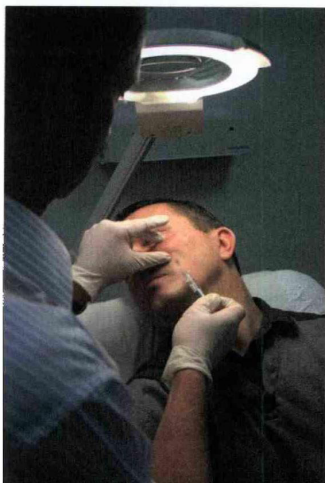
This approach, which is included in the cost of the treatment, enables both patient and doctor to assess exactly how the treatment is working and how further enhancements might be made to increase the beneficial effects.

Michael says: “I admit, my heart was racing when I went for my first treatment! But knowing that he wasn’t going the whole hog in one session was quite calming. I had decided not only to have Botox, but to address the hollowing of my cheeks, which I realised was contributing to my tired and stressed look.”

Dr Stones is one of the UK’s few practitioners of the Fluid Facelift. This utilises a highly skilled injection technique using a cannula, where he uses one injection point instead

and the areas on the outsides of my brows, to get rid of the 'comma' lines.

"Being able to go back two weeks later and have it assessed and some minor adjustments made was great. We didn't need to plump up the cheeks any further; Dr Stone's first, potentially conservative, estimate of how much filler I'd need was in fact spot on. It should last nine to 12 months, so we'll look at it again next summer! Having experienced the measured approach and reassurance of Dr Stone's, I'd say I'll be happy to go again." ■



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