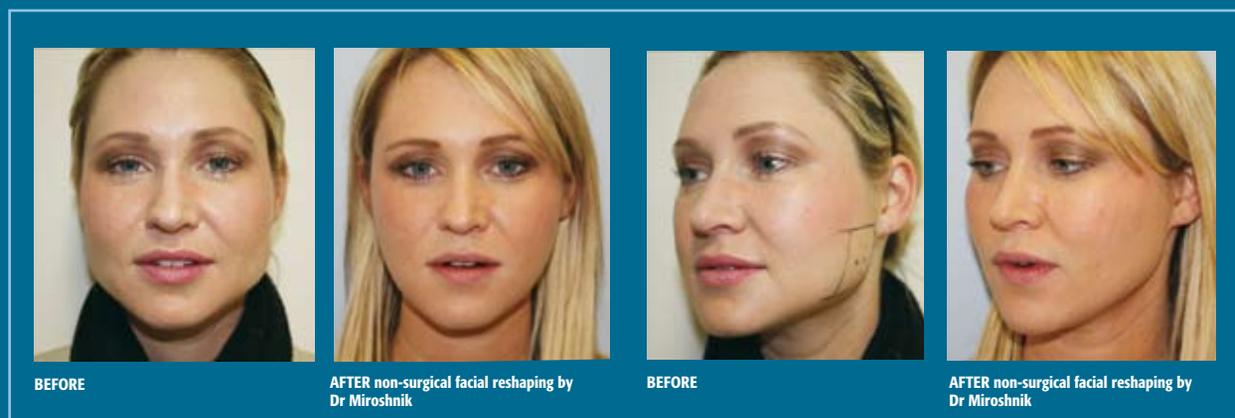


facial reshaping

Sydney plastic and cosmetic surgeon **Dr Michael Miroshnik** says a combination of minimally invasive procedures can create facial balance and harmony. Aimée Surtenich reports.



Balance and harmony of the facial features are two of the hallmarks of a beautiful and youthful-looking face. Proportionate and distinct features and defined contours and angles create structural balance and a more aesthetically pleasing appearance. When areas of the face are disproportionate, such as an exaggerated jaw line, a recessed chin or flatness in the cheeks, it can detract from other more attractive features of a person's face.

With today's advancements in technology, there is a broad range of surgical and non-surgical options to help bring balance and structure to the appearance of the face. Advanced techniques can add fullness and definition to specific areas such as the cheeks as well as de-emphasize overly pronounced areas such as a square jaw to achieve more attractive and youthful-looking facial proportions.

According to Sydney plastic and cosmetic surgeon Dr Michael Miroshnik, the key to achieving optimal results is accurate assessment and tailored treatment for each individual patient.

'I believe using only one modality of treatment often doesn't create harmony in facial aesthetics, so I usually recommend a combination of treatments to meet each patient's goals. Sometimes this may involve both surgical and non-surgical procedures,' he says.

The case study below illustrates a non-surgical facial reshaping procedure. 'This young woman presented with an overly square jaw which made the lower third of her face disproportionately wide,' explains Dr Miroshnik. 'It detracted from her cheek and eye region, a key aesthetic component

in facial beauty. This common condition is often associated with excessive teeth grinding and headaches, as was the case here.'

'In addition, the patient wanted to increase the projection of her cheekbones, which were quite flat and suggestive of an appearance older than her years,' he continues.

To soften the squareness and width of the patient's jaw, Dr Miroshnik used Botox anti-muscular injections to allow the masseter (jaw muscles) to debulk and thereby achieve a more pleasing oval shape to the jaw contour.

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'To highlight and enhance the cheek area, a dermal filler can be added to the cheek mass,' he explains. 'In this case, Restylane SubQ, a long-lasting hyaluronic acid-based filler, was inserted through the mouth onto the patient's cheekbones to create more contour and volume.'

The procedure was performed in-office with minimal discomfort to the patient, says Dr Miroshnik. 'The result is a natural-looking enhancement, highlighting the patient's eye and cheek region while softening the jaw to create a more balanced appearance,' he concludes. **acsm**