

# Augmenting the Face

Three practitioners assess the face of a hypothetical patient and share their individual approaches to treating and augmenting the area



Frontal and side views of 39-year-old Patient A. Fitzpatrick skin type either II or III, depending on how the patient tans. Images courtesy of Canfield and Surface Imaging.



## Dr Askari Townshend, aesthetic doctor

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"My philosophy is that I always describe myself as your kind of 'bread and butter' man. So I do, I hope, the simple things well," explains Dr Askari Townshend. In every patient assessment, he looks at skin colour and texture, lines and wrinkles, facial volume and any other striking concerns. "The things that jumped out for me with this lady was her brow position and her chin," he says. Whilst assessing Patient A's facial skin colour, Dr Townshend notes, "Her skin's fairly even – there's some slight dyschromia as you'd expect, so I would start with skincare that would even-out this colouration." He explains that the type of skincare he would recommend to this patient would depend on her budget, "We would think about using vitamin A products, retinols, going up to prescription strength tretinoin." Dr Townshend says that for vitamin A, he would suggest that Patient A uses either NeoStrata Skin Active Retinol + NAG Complex, Medik8 6TR or 10TR or ZO Skin Health Retamax.

Dr Townshend would also treat Patient A with a gentle chemical peel, "I would do a medium depth trichloroacetic acid (TCA) peel 20% or 25% from Enerpeel, which would help this patient with her brown spots and uneven texture and will add some luminosity to the skin." However, Dr Townshend notes that this would require up to 10 days downtime, which many patients cannot afford. He says that, if necessary, "We could try and offer a compromise; we have some pretty gentle peels that mean that you don't have to suffer any downtime, but you have to keep coming back for more of them." Dr Townshend also looks at addressing fine lines and wrinkles using botulinum toxin (BoNT-A), with Botox being his product of choice. He notes that it is difficult to judge where injections are needed with static images, but explains that her low brow really stands out to him, "I suspect it's from skin laxity, and over the years the skin over the forehead has had some solar elastosis, so we can potentially use some BoNT-A around the superior fibres of orbicularis oculi – this muscle is a muscle that pulls the eyebrow down

so if we weaken it we hope that the frontalis muscle takes over and will help pull them back up,"<sup>1,2</sup> Dr Townshend might also consider injecting BoNT-A in the depressor angularis oris (DAO) to lift the corners of the mouth, because,

"They are looking a bit sad," he says. However, the treatment would depend on how strong her DAO was, "If she didn't have a very strong muscle, I would actually do this with filler – I think this would be my approach unless her muscle said otherwise." When addressing facial volume, Dr Townshend would use a dermal filler to augment Patient A's forehead and chin. The Juvéderm filler range are usually his go-to products. "Patient A seems to have a flat frontal bone and forehead, but it might just be that she's always had quite low brows because of the curvature of her bone," says Dr Townshend, adding that, to correct this, "We can put filler into her forehead above the eyebrows to see if we can lift those brows up." He says he would use a cannula here rather than a needle because, "I will know that I'm probably not in the right space if there is any resistance or difficulty, so I can come out and start again." Dr Townshend suggests that the chin is likely to be a problem area for this lady, explaining that, "She has quite a bulbous chin, and so you can imagine that she may have quite an active muscle, but at the same time this chin is sitting really far back, and I suspect what she needs is her chin built up a little." Finally, Dr Townshend says he would offer Patient A a course of radiofrequency treatments using his 3JUVE system for skin tightening, "That's going to help with her droopy eyebrows and her chin as well – it's something that could be an ongoing treatment for her."

### Treatment options and product list

- **Skincare brands:** NeoStrata, Medik8 or Zo Skin Health
- **Chemical peel:** Enerpeel TCA peel
- **BoNT-A:** Botox
- **Filler:** Juvéderm
- **Devices:** 3JUVE radiofrequency