



FULL FACE REJUVENATION BY CARA MCDONALD

Dr Cara McDonald specialises in full face rejuvenation (FFR), using cosmetic injectables. The advantage of the full face approach is a natural looking outcome without any visible signs of having undergone cosmetic treatments.

By addressing signs of ageing throughout the face, rather than focusing on individual areas, Dr McDonald can achieve a natural, refreshed look, restoring balance and harmony in the face. Additionally, the full face approach helps to slow down the progression of facial ageing, resulting in a long-lasting improvement whilst still maintaining the unique features of everyone.

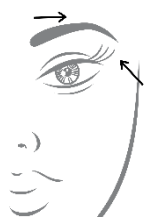
Dr McDonald has extensive training in skin, anatomy, and facial ageing, enabling superior injecting to all regions of the face including the forehead, temples, mid-face, and jawline, around the mouth and eyes.

HOW IS FULL FACE REJUVENATION ACHIEVED?

A combination of dermal fillers, anti-wrinkle and bio-remodelling injections are used to address the root cause of the ageing process, helping to restore volume and improve shape while slowing down the progression of skin ageing. A combination treatment, individually tailored to each patient, results in a refreshed and more balanced appearance without any “tell-tale” signs of cosmetic treatment. It can also be used to improve facial shape and attractiveness.

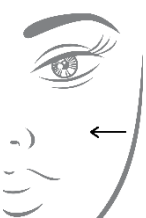
Excellent results are achieved with a thorough understanding of facial anatomy, combined with extensive knowledge of the science behind injectable products. A full-face approach requires a superior aesthetic eye with an understanding of how injectables can affect the long-term ageing process. Whilst hollowness and loss of volume must be addressed, it's important to not disrupt natural and unique features of the face by over-filling or placing filler in the wrong areas. This applies to clients of all ages.

WHAT ARE THE TYPICAL AREAS ADDRESSED?



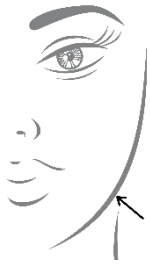
UPPER FACE

Addressing the forehead, temples, and brows to improve areas that may appear hollow, droopy, or gaunt, resulting in a subtle brow lift, while reshaping the corner of the eye. This will typically lift the upper eye lid, improving the tired or sad appearance that can occur as we age. A lift through the temple will also result in improved contour through to the cheek, and a soft lift throughout the lower and mid-face.



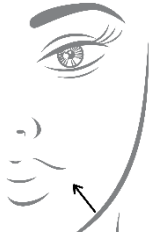
MID FACE

Targeted deep cheek injection will provide a lift and reshaping of both the middle and lower thirds of the face, including softening of nasolabial folds and marionettes. Further injections can be used to target hollowness and deep wrinkles to smooth the skin at a higher level.



LOWER FACE

Placement of product away from the centre of the face helps to lift and smooth the lower face, resulting in softening of the accordion lines, marionettes and lifting of the jowls. It also adds shape to the jawline, resulting in a more defined look.



MARIONETTE

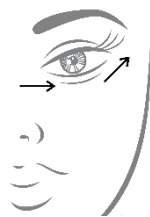
Injections will restore volume and smooth deep creases that appear under the lips, which will help reverse a sad or droopy appearance around the mouth. Corners of the mouth will be supported to prevent irritation in the creases.



CHIN

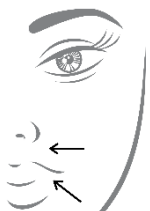
Volume replacement or enhancement to the chin is an important area to balance the entire face. As we age our chin lifts whilst the jowls drop, resulting in a square-shaped, saggy look to the face. Smoothing and elongating the chin slightly can restore the missing balance, curves, and shape of the lower face. This can also be of benefit to clients who have a small/short chin and simply want more definition.

ADDITIONAL TREATMENT AREAS, DEPENDING ON THE INDIVIDUAL INCLUDE.



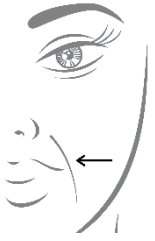
PERIORBITAL REGION AND TEAR TROUGHS

Injecting this area will improve loss of volume and dark circles under and around the eyes.



PERIORAL AREA AND LIPS

To address upper and lower lip lines and lip volume. Even if a bigger lip is not desirable, some filler may be required in the lip body to support the surrounding structures and improve a small or *mean* looking mouth.



NASOLABIAL FOLDS

To address deep lines around the mouth. The area will soften when filler is administered in the upper and mid face for lift and support. It's undesirable to completely smooth the nasolabial fold, but some clients may need direct injections to soften the line, lift the upper lip and to improve the contours of the face.



NECK AND DOUBLE CHIN

Dermal filler can be used in the necklace lines (deep horizontal skin wrinkles) to achieve a smoother appearance.

In some cases, the submental fat pad (double chin) contributes to the ageing process and changes in face shape. This can now be addressed with permanent fat dissolving injections to contribute to the effect of a soft lift and facial reshaping. This can be used in combination with dermal fillers.

HOW MUCH DOES THE PROCEDURE COST?

Every treatment by Dr McDonald is tailored to the individual needs of the client and the exact cost cannot be determined until a full-face assessment and consultation has taken place. The cost of the procedure depends on the starting point, the desired endpoint and the volume of premium dermal filler required.

Most clients will undergo an initial "foundation" procedure to address the primary areas of volume loss in the upper, middle, and lower face. This can be carried out in a single treatment session but can also be split into multiple sessions if needed.

Approximate cost for full face rejuvenation foundation treatment:

- Mild signs facial ageing (30s/early 40s): \$3,200 - \$4,000
- Moderate signs facial ageing (late 40s/early 50s): \$4,000 - \$5,000
- Severe signs facial ageing (late 50s onwards): \$6,000 +

HOW LONG DO RESULTS LAST?

The effects of the procedure will last several years. Maintenance treatments are recommended approximately every 6 months for continual improvement and maintaining a refreshed look. Even if no maintenance or further procedures are performed, long-term improvement in the face shape and skin quality will usually be enjoyed. The skin and face will, however, continue to age in a natural way. Step's clients can take to optimise their results, such as skin care advice or other in-clinic treatments will be advised during a consultation.

In order to maintain the full effect and build on the initial improvement, maintenance treatment is recommended every 6-12 months. Maintenance is dependent on the individual and their age, but on average is \$2,500-\$3,000 every 6 or 12 months.



IS THE PROCEDURE PAINFUL?

Most people find the treatment relatively painless. Dermal fillers are delivered to the deep layers of the skin via small injections. Dermal fillers contain local anaesthetic which relieves discomfort during the procedure. In some cases, local anaesthetic cream or injections are used to further minimise discomfort. Pain, however, varies between treatment site and further methods such as ice and vibration are used if required.

HOW LONG DOES A TYPICAL FULL-FACE REJUVENATION SESSION TAKE?

Treatment will begin with a full face consultation with Dr McDonald to discuss the areas of need, the ageing process, and the desired outcome. Dr McDonald will then determine a treatment plan and timeline. In most cases the procedure can be completely or partially completed on the same day, and this takes between 30-60 minutes. Multiple treatments may be required to reach the desired result.

WILL I NEED TIME OFF?

In most cases, there is no need to take any time off work or social activities. There is however a risk of bruising which is occasionally difficult to hide with makeup. In these cases, the area can be treated with our vascular laser (VBEAM) which breaks up the bruise quickly and aids recovery. This is performed at no cost but only at our Sunbury cosmetic and laser clinic. Most people experience mild swelling and tenderness for a few days which is apparent to only them.