



body

# DUAL ACTION

SYDNEY MAXILLOFACIAL AND COSMETIC SURGEON **DR JOHN MCHUGH** SPOKE TO GEMMA GARKUT ABOUT THE RELATIONSHIP BETWEEN AESTHETIC AND RESTORATIVE TECHNIQUES IN COSMETIC PROCEDURES.

As a cosmetic surgeon, Dr John McHugh says he acts as the 'last link in the chain' when it comes to the patient's decision process. 'Often unrealistic expectations are the result of underlying psychological factors that are better addressed in other ways. This is why the initial consultation is very important for both surgical and non-surgical treatments,' he says.

According to Dr McHugh, there is a distinct interplay between cosmetic innovations and surgical rehabilitation. 'I find the relationship between cosmetic surgery and reconstructive treatments extremely complementary,' he says. 'I recently, as a reserve military surgeon myself, had a discussion with the chief OMFS surgeon of the US Army and was amazed at how cosmetic technologies were being used to reconstruct the faces of injured soldiers,' he says.

## Skin

Dr McHugh says that more aggressive treatments for the skin have been back in favour because of their long-term results. 'It's important however patients are aware of and plan for the appropriate recovery time,' he says.

'Laser treatments work well to minimise the appearance of scarring, smoker's lines, acne pitting and wrinkles. Depending on the patient's concerns, I use either the Erbium or CO<sub>2</sub> laser for complete resurfacing to reach deep into the skin's layers,' he says. 'As these treatments are quite aggressive, patients should expect at least four to six weeks' worth of recovery time.' In cases where laser resurfacing is too harsh for the patient, Dr McHugh also offers IPL (Intense Pulsed Light) and fractional laser to rejuvenate the face, which he says is very effective in minimising severe pigmentation of the skin.

## Face

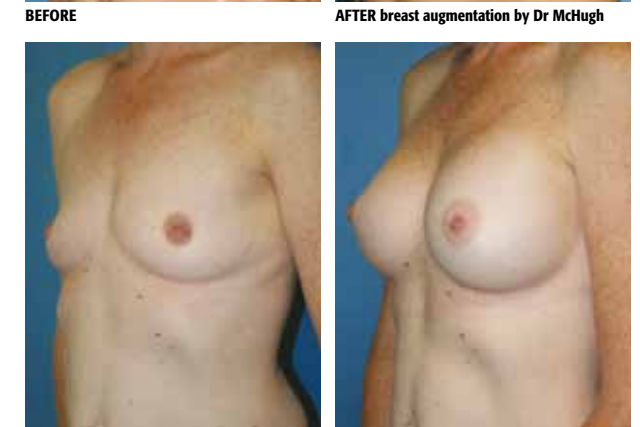
Dr McHugh prefers to use fillers Radiesse and Juvéderm as he believes they provide patients with a long-lasting result. 'Fillers can dramatically enhance the structure of the face, particularly when used for the mid-face, and can also help contour facial deformities. I have found these fillers useful to fill in depressed or hollowed out areas of the face that have resulted from the removal of tumours or skin cancers,' he says.

'Patients are increasingly choosing volumisation via dermal fillers over undergoing surgical procedures such as a facelift,' says Dr McHugh. 'This can provide the patient with more structured-looking facial contours without surgery.'

In cases involving restoration after skin cancer removal, the approach involves a detailed and delicate combination of aesthetics and functionality, something Dr McHugh says he has learned from working both as a reconstructive and cosmetic surgeon.

When performing face surgery, Dr McHugh says that his experience as an oral and maxillofacial surgeon working with the bony substructure of the face is invaluable. 'For example, genioplasty, or chin augmentation by surgically advancing the anterior mandible/chin, is a preferable procedure to simply placing a foreign implant which can often fail,' he says.

'Moving bones to augment or reduce the jaw line at the back of the jaw also can produce profound results. I do however also use implants at the back of the jaw where there are less complications with a foreign implant than at the chin,' he continues.



BEFORE AFTER breast augmentation by Dr McHugh

Where facial implants are more appropriate, Dr McHugh uses an implant that is computer designed specifically for the patient according to their individual features and facial structure. 'No two faces are the same, so part of the precision involved in facial surgery is being able to tailor the procedure specifically to the patient and their unique needs,' he says.

## Breasts

Dr McHugh says a significant proportion of his cosmetic practice is breast augmentation and reduction. 'I find breast augmentation as intricate as facial reconstruction in terms of assessing the individual parameters of each patient – the chest frame, the implant size and width, the most suitable implant placement, the hip dimensions and the symmetry of the body all come into play,' he says.

'I use intravenous sedation or general anaesthetic administered by a specialist anaesthetist to perform breast surgery,' says Dr McHugh. He says intravenous sedation is popular as it reduces downtime due to the fact it takes less time to recover from the anaesthetic.

Dr McHugh says that looking at the intricacies of the face has helped him to appreciate how the breasts work aesthetically with the rest of the body. 'Cosmetic surgery is all about looking at the aesthetics of the entire body to achieve the best result possible for each patient,' he concludes. **acsm**



BEFORE AFTER corrective jaw surgery by Dr McHugh



BEFORE AFTER chin augmentation surgery by Dr McHugh