

THE ULTIMATE BEAUTY GUIDE

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DR DIRK KREMER
– COSMETIC PLASTIC SURGEON



Most people are still scared of a facelift because they fear they will end up with that stigmatised 'wind tunnel' look. Passionate about his own skills, Dr. Dirk Kremer is on a mission to give facelifts a better reputation. His 'TBT' – or Turn Back Time – philosophy of facial rejuvenation is key to understanding how he works.

Be honest – what would prevent you from having a facelift? Dr. Kremer thinks it's the fear of 'not looking the same' afterwards. "The biggest worry is to undergo a facelift and not be recognised by family and friends," he says. "Also, many women who have undergone a face or eyelift are recognised as having had work done – they are stigmatised. I don't want my patients to walk around and be pointed out as: 'she's had her face done'. A facelift shouldn't be used to create a wrinkle-free face at all costs with changed characteristics or facial features because no lines and wrinkles mean no expression". In Dr. Kremer's view there is no benefit to a patient if a facelift makes them lose their identity.

Dr. Kremer's vision of the perfect facelift is to make the patient look exactly like themselves - just much fresher and younger. He believes that erasing a wrinkle and changing the patient's anatomy is easy - but this will leave the patient's face changed. To avoid this Dr. Kremer has developed his trademarked TBT-lift™ for the face and eyes. "The number one requirement for achieving the most natural looking results in

facial rejuvenation is to respect the individual anatomy of each patient and the physiology of ageing," he says. "When we are young most of our facial fat is placed in the mid face. What makes us look older is the loss of volume over the cheekbones, hollowed cheeks, deeper nasolabial folds and the marionette lines and jowls which create an undefined jaw line. The shape of our face changes from 'heart-shaped' to the shape of a reverse 'V'."

“Be honest – what would prevent you from having a facelift?”

"If I point out these facial features on an ageing face each of my patients can immediately identify with them because it is the way everybody ages. That sagging you notice when you look in the mirror is all down to the lifelong vertical pull of gravity in combination with a loss of strength and elasticity of the ageing skin and a general loss of fat. These fat pads over jawline, nasolabial folds and in jowls did not grow but were dislocated by dropping vertically. So it doesn't make sense to remove these fat pads.

My TBT-lifts™ reverse the signs of ageing rather than erasing them. Often during a facelift these fatpads are

TURN BACK TIME THE TBT WAY

removed or pulled to the side against all anatomic knowledge, so of course the face changes dramatically!"

In his facelift procedures he makes sure not to do anything 'unnatural' to his patient's face. In the 3-hour procedure with his patient in a half upright position, he literally Turns Back what Time has done to our face (that's what *TBT* stand for) and the dislocated and decreased fat is preserved and repositioned to counter the effects of gravity.

Dr. Kremer will place the fat pads back over the mid face. After he attaches it along the cheekbone he lifts the skin. In order to hide the incisions behind the hairline a purely vertical skin lift can be difficult but it should always be the goal to achieve a most natural result without the feared wind tunnel look. "By respecting the TBT-philosophy when performing my TBT-lifts™ of the face I manage to preserve my patient's individual beauty and everyone says: 'she looks just amazing'."

Dr. Kremer's Turn Back Time, or TBT philosophy, also works well for the eyes. How can he give his patient optimal rejuvenation of their eyes while still conserving their identity? Here he explains how the TBT method can work for you. For Dr. Kremer it is most important to give his patient optimal rejuvenation of their eyes while still conserving their identity: "Our identity lies in the eyes – your look, your glance is so important. We remember a single glance for many years, we see our opposite's soul in her/his eyes, we express our feelings with our eyes".

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"Unfortunately the eyelids are the body part that ages fastest. They have the thinnest skin of all our body and they are moving constantly. That's why we see the first signs of ageing around our eyes". If we see an aged eyelid we notice that due to loss of elasticity of the skin, in combination with the life-long effects of gravity, the skin of our upper eyelids hangs loose, or less overlapping our eyelids. In addition to the extra skin, with its droopy look, the eyelids look puffy and heavy.

"My patients complain about their tired look. In the evening it is even difficult to keep the eyes open, which very often results in a headache. In the most advanced cases patients can suffer from impaired lateral vision".



Depending on genetics and life style, the symptoms of an ageing eyelid can start from an early age, but usually show from the end of one's thirties and deteriorate from then. "I would assume that anyone at some point of his/her life becomes a candidate for an upper eyelid – and not for just cosmetic, but more for clinical reasons. Unfortunately many patients are still afraid to undergo such surgery. Many consider this surgery, often performed under general anaesthesia, too invasive".

“Our identity lies in the eyes - your look, your glance is so important”

The many risks involved, as well as a quite long recovery time, makes potential candidates reconsider surgery. The cosmetic outcome of a hollowed eyelid gives the patient a gaunt look and can make them look older instead of rejuvenating them. Patients can look different after a traditional eyelid. They simply lose their identity.



"In rejuvenation surgery of the eyelid it is most important to analyse the physiology behind the ageing eyelid and to respect the characteristic anatomy of the patient's eyelid. When we age we develop more loose skin on the eyelid. It makes sense to reverse this sign of ageing by resecting the extra skin. I agree with this approach of a traditional upper eyelid." The puffiness of the upper eyelid is due to fat which lies under the skin, covered by a fine septum which runs along our orbital rim.



Traditional upper eyelid lifts cut open this septum and remove/resect the fat. This is a major mistake in the rejuvenation of our

eyelid. We don't gain fat in our eyelids; this fat is orbital fat which surrounds our soft eyeball in the bony orbit of our skull and protects it against trauma. A septum runs along the orbital rim to keep this fat inside the orbit.



With ageing, all human connective tissues lose their elasticity and strength. So the septum finally gives in to life-long pressure of the orbital fat. The fat can bulge out of the orbit into the eyelid. Knowing this physiology of an ageing eyelid, we learn that the fat itself does not cause the problem, but rather the aged, loose and widened septum. Following my TBT philosophy, we should treat what causes the symptoms of ageing. In this case I save the septum, which we obviously need, and reverse it into its younger and stronger stage by placing a very fine suture along this membrane. This suture reinforces and tightens the septum, pushing the displaced orbital fat back into the orbit. "We lose our facial fat anyway with ageing.



Resecting fat might remove the puffiness of our eyelids but very often causes a hollowed look of the upper eyelid. This gaunt look of our upper eyelid makes us look older instead of rejuvenating us. It also changes the characteristic look of our eyelid; a patient looks different, loses her/his identity. Destroying the septum and resecting fat also is much more invasive".

Cutting through the septum opens a deeper compartment closer to the actual eye. When performing his TBT-eyelid Dr. Kremer operates in a superficial plane, the surgery is less invasive and is performed under local anaesthesia; the risks are much fewer and the downtime shorter. "By Turning Back what Time did to my patients' septum, I keep the characteristic look of their eyes.

Looking into the mirror after I remove the plasters and stitches, they recognize themselves – they just look younger and much fresher!"

Meet Dr. Kremer

Dr Dirk Kremer is a German Board Certified specialist Cosmetic Plastic Surgeon, with global experience of plastic surgery. He is now one of the most progressive and approachable plastic surgeons in London. He got wide press coverage for his trademarked Tatter's 'Beauty and Cosmetic Surgery Guide' voted him 'best for eyes' in 2013 and 'best for facelifts' in 2014. As resident plastic surgeon on the Alan Titchmarsh Show he could present his TBT-lift™ of the face and eyes to a wide TV-audience in 2013.

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