



St. Clair
Cosmetic & Laser
Clinic

Non-Surgical Facial Enhancement of the New Millenium

A collection of articles by Dr. Nino
Kuzmar, Facial Cosmetic Physician

Dr. Nino Kuzmar is the medical director of the highly successful St. Clair Cosmetic & Laser Clinic and has developed into one of Toronto's top minimally invasive facial enhancement specialists, highly sought after for his natural rejuvenative results.

[continue to the articles »](#)



Facial Bioplasty

Described by many as the “Plastic Surgery of the new millennium”, Facial Bioplasty is a non-surgical, minimally invasive technique involving the implantation of biomaterials into the deep anatomical planes of the face. The approach of a well-trained, experienced Facial Bioplasty physician or surgeon goes well beyond merely filling lines with dermal filler products.

Dr. Nino Kuzmar

WE VIEW THE AGEING face as a dynamic entity undergoing progressive physiological change at the deep dermal and subcutaneous tissue level best described as a combination of “Deflation, Descent and Medial Rotation”.... deflating, dropping and turning inward if you will. We see beyond the surface and focus our attention on what needs to be corrected or re-established in this deep tissue. We know that in the ageing face, most lines, folds and grooves are mere

surface manifestations of an overall deeper volume loss problem.

Using mainly biocompatible, biodegradable Hyaluronic Acid based (“non-permanent”) products with varying degrees of viscoelasticity (“thickness”), we delicately rebuild the entire face from the inside out maintaining the highest levels of appreciation for subtlety and nuance true non-surgical facial sculpting. Topical or local anaesthesia is used to ensure

comfort. The product is delivered through a combination of longer, wider bore needles and/or micro cannulas with rounded tips which avoid damage to blood vessels and nerves. Typically, when doing a “mid plus lower facial bioplasty lift”, I use anywhere between 4cc to 8cc of product.

When I evaluate a client’s face, I always step back first to get an overall impression of the degree of volume loss. Once I have a sense of the scope of the concern, I then move forward and shift my gaze over the specific areas in need of volumizing. I map out my plan directly on the face with a make-up pencil showing the patient what is being done, why it is being done and what they can expect as far as the results. The procedure itself from topical anaesthesia, injections to final arnica gel massage and cold packs takes less than one hour. The results are immediate, long lasting and patients are often moved by just how incredibly natural and refreshed they look. It was as if they had been given another chance at a more youthful time of their life.

This high degree of patient satisfaction coupled with the true artistry component has really instilled in me a sense of passion for Facial Bioplasty. 🌟



The Two Stage EVOLASTIN™ Minilift

From time to time, innovative thinking can produce the experience of pure excitement from an idea, concept or procedure so good that it becomes difficult to contain oneself.

Dr. Nino Kuzmar

I, MY FRIENDS, HAVE found myself in such a predicament.

For the greater part of one year, I have spent countless hours pondering and developing a treatment protocol and technique that I feel will represent the most effective intervention in the pursuit of the Holy Grail of Aesthetic medicine, the elusive Non-Surgical Facelift. Yes, but a truly serious option, one with serious results comparable to facelift surgery. One characterized by more than mere retraction of tissue, but

approached from a more natural aesthetically sensitive perspective. One that makes perfect sense by addressing the actual deep structural as well as textural changes that occur in the ageing face. One that ultimately produces natural as well as lasting results.

My personal experience with the revolutionary new ePRIME deep dermal volumizing technology along with the latest advances in dermal filler technology and technique for the mid to lower face has really inspired my confidence in the pursuit of this goal.

About one year ago, the new ePRIME technology from Syneron-Candela became a personal obsession. The revolutionary injectable RF (radio frequency) delivery system with combined real-time temperature and impedance feedback was unique to any existing current technology in the global market. The prospect of creating robust amounts of new deep dermal supportive collagen, hyaluronic acid and for the first time histologically proven elastin was fascinating.

At the same time that I was observing the endless possibilities with my new technology, I was refining my personal protocols in the area of advanced dermal filler lifting techniques in the mid to lower face.

Through substantial personal clinical experience, I found as great as highly viscoelastic HA dermal filler was, if the deep dermal support matrix was "too lax or not thick enough", it would limit the success of the final result ... a nice vs. wow result ... I personally shoot for wow.

Then I remembered my father, who was a general contractor, laying tiles in the kitchen. It was important to him that he had a good supportive metal mesh upon which to work. Then he would fill with concrete and lay the tiles down perfectly. It was apparent that this component of the work was critical in getting that beautiful and smooth appearance to the floor.

Then it dawned on me ... ePRIME was going to give me the "mesh" that I needed to support and maximize the dermal filler lifting effect I could achieve especially in the ageing lower face of the 50+ year old patient.

So I started adding my dermal filler lifting protocol at about week 10-12 in my ePRIME/EVOLASTIN clients.

And guess what? ... Wow was the only thing I could say ... The lift especially in the lower face was beyond what could have been expected with dermal filler alone.

This combined approach was now effectively producing 50-60% or more of the result compared to surgical intervention. I have since continued to refine the finer details of this protocol and can confidently say that this far less expensive, minimally invasive intervention represents a real option for those patients unwilling to go under the knife but want the best possible non-surgical results in the least number of sittings.

As I have already alluded to in previously published magazine articles...the new era of minimally invasive facial enhancement has truly begun. 🌟



“SoftLift” as done by Dr. Kuzmar

“SoftLift” is a descriptive term for an injectable procedure combining the use of Botox® Cosmetic in the upper face and Dermal Filler in the mid to lower face.

Dr. Nino Kuzmar

“SOFTLIFT” ITSELF IS ESSENTIALLY a general term, it’s interpretation in practice, much like art, varies from one practitioner to another.

My technical experience with injectables over the years has really evolved along the creative themes of “less is more” and “beauty being found in the balance and symmetry of features”.

As such, my personal approach for this combined single sitting procedure: first

utilizes Botox in the upper face for the absolute and definitive correction of frown lines; next, the subtle softening of forehead lines still allowing for some natural expression; followed by only a very gentle lift of the lateral brow; and finally, only a partial reduction of the muscular contracture in the crow’s feet area allowing for pleasant but not overwhelming smile lines.

Moving then to the mid face region with dermal filler, this is an area where all of

us experience some level of progressive volume loss. Here, it is very important to augment the lateral cheek area with a sufficiently adequate volume of product so as to re-establish and lift the mid face. It is this part of the procedure, when done just right, that the greatest visual impact and rejuvenative effect is made. The dermal filler work to follow will focus primarily on softening the remaining deeper folds seen in the mid to lower face.

Once all the preceding critical areas have been addressed, then depending on the individual patient needs, fine tuning with additional dermal filler can be used for: enhancing the fullness of lips; further elevation of the brow if needed; softening of the undereye hollows; and an area of special interest for me - contouring of the jawline/prejowl and chin.

In the final analysis and after countless injectable procedures, I feel the “SoftLift” approach to facial rejuvenation still remains the most effective and satisfying non-surgical intervention for both patients and myself. ☺



The New Era of Minimally Invasive Facial Enhancement Has Begun

Surgical vs non-surgical, ablative vs non-ablative...confused yet? Now how about invasive vs minimally-invasive?

Relax, it's all good news for the cosmetic consumer.

Dr. Nino Kuzmar

THE DYNAMIC FIELD OF Aesthetic and Anti-Aging Medicine coupled with a seemingly endless demand for cosmetic services is fuelling an arms race type of technological escalation resulting in the development and commercialization of some incredible new products in the area of facial enhancement.

ePrime Non-Surgical Facelift

The phrase "non-surgical facelift" has been bandied around so much by so many ineffective technologies over the years that the term itself has almost lost its relevance.

Almost...

Enter the revolutionary new "minimally invasive" ePrime system from the recently merged powerhouse of Syneron-Candela.

This device is absolutely ground-breaking. It is in essence a highly sophisticated system for the consistent and unimpeded delivery of RF energy to the deep dermal tissue where it is most needed in order to dramatically improve skin laxity.

Wow...and how do you say it can do that?

Well, the skin is injected with a matrix of tiny needles directly into the deep dermis bypassing the more superficial epidermis and upper dermal layers. These needles have real time temperature and impedance monitors that ensure the consistent delivery of the collagen and elastin stimulating energy with each and every application.

The results achieved with this device are so impressive that they are not compared with other laser or energy based technologies but rather with the gold standard itself, surgical facelift.

Yes, you read right! Results are comparable to a surgical facelift.

Dr. Alexiades, cosmetic dermatologist and Yale associate professor, recently published a peer reviewed clinical comparison of ePrime results and surgical lower face-lift procedure examining the prejowl, jawline and upper neck regions. It was determined that on average, ePrime delivered 37% of the improvement achieved with a surgical facelift procedure. That result does not in and of itself replace surgery as the best treatment option for this indication, but it does highlight how far along the spectrum of non-surgical options this technology has come.

This treatment is very much for the man or woman who is starting to see early signs of sagging tissue in the pre-jowl and jawline region and are not considering surgery as an option that's right for them.

After researching the clinical studies, meeting the development team, and personally being trained on this technology by Dr. James Newman, Facial Plastic Surgeon and Stanford Associate Professor, I was so impressed that I had to move forward and offer this remarkable treatment to my own patients immediately.

For my practice, the new era of minimally invasive facial enhancement has begun. 🌟



Facial Enhancement That's Right For You

Dr. Nino Kuzmar

IN THIS AGE OF information overload and sleek marketing, finding out what facial cosmetic procedure is right for you can seem like a daunting task. First, one must ask the question, what type of result am I looking to achieve? If subtle enhancement is the goal, then a non-invasive approach would be appropriate.

If significant transformation with elimination of substantial sagging tissue is your objective then the skilled hands of an experienced facial plastic surgeon may be your best option. In the non-invasive realm, there simply is no comparison to the results achieved



through the combination of Botox Cosmetic, dermal filler and fractional laser technology.

It is natural for most people to feel apprehensive about the idea of having injections or laser devices applied to their face. However, when in the hands of well qualified and experienced practitioners that approach their work with a sense of artistry and pride, there really is little to fear. And the results are worth it!!!

Botox Cosmetic injection is a great procedure for reducing that tired and often intense look we get from forehead and frown lines, not to mention the agedness associated with "crow's feet".

Hyaluronic acid based dermal fillers such as Teosyal, Juvederm and Restylane work remarkably well in gently restoring volume loss in the cheek and mid-face region as well as enhancing the fullness of lips.

Non-ablative fractional laser resurfacing devices like the Cynosure Affirm Multiplex are both safe and highly effective in improving the overall textural quality of sun-damaged skin by reducing pore size, fine lines, uneven pigmentation as well as skin tightening. The level of collagen remodelling attained with the Affirm laser is not only useful in anti-aging but has also helped many of my acne scar patients achieve great improvement.

These days, the relative affordability of these technologies when compared to more invasive procedures has really made facial enhancement and rejuvenation attainable for many more people. And why not? When in the right hands, they produce great results safely, with little or no downtime and certainly need not be feared.



Articles written by

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