



ENT CENTRAL

# *ADVANCED FACIAL PLASTICS*



DR *Naveed* BASHEETH

EAR, NOSE, THROAT, HEAD & NECK, FACIAL PLASTIC SURGEON



[www.facialplasticsurgeon.co.nz](http://www.facialplasticsurgeon.co.nz)

[www.centralcosmeticclinic.co.nz](http://www.centralcosmeticclinic.co.nz)

[www.entcentral.co.nz](http://www.entcentral.co.nz)

[www.drnaveedbasheeth.co.nz](http://www.drnaveedbasheeth.co.nz)

P: 0800 ENT DOC (368 362)

# ADVANCED FACIAL PLASTICS

Facial Plastic Surgery encompasses procedures for reconstruction and aesthetic enhancement of the face and neck area, following trauma or congenital defects.

You may want to consider facial plastics for:

- Cosmetic Enhancement
- Correction of Facial Deformities
- Boosting Self-Esteem
- Rejuvenation
- Improvement of Facial Features
- Younger-looking Skin



## FACELIFT (RHYTIDECTOMY)

A facelift rejuvenates your face by lifting and tightening underlying facial tissues and removing excess skin to achieve a smoother, more youthful appearance. You may opt for midface rejuvenation (**Mid-face/Cheek Lift**) to address sagging of the cheeks and midface area around the cheekbones, lower eyelids, and nasolabial folds (lines from the nose to the mouth).

### Goals

- Achieve a smooth jawline
- Eliminate appearance of a "turkey neck"
- Establish direct angle between jaw and neck (by lifting cervico-mental angle)

### Modes

Skin-only (mini) facelift

- Quick recovery
- Less invasive

SMAS facelift

- More natural-looking
- Works best for lower face and jaw

Deep Plane Facelift

- Long lasting (10+ years)
- Naturally rejuvenated appearance
- Highly sought-after in Hollywood circles
- Smoother skin



## JOWL LIFT (LOWER FACELIFT)

A jowl lift focusses on addressing sagging jowls and other concerns related to aging during which the skin and tissues in the lower parts of the cheeks (jowls) and jawline can lose elasticity, creating a less defined jawline. It typically involves lifting and tightening the skin and underlying tissues around the jawline.

### Goals

- Treat loose jawline and neck skin
- Restore more youthful jawline contour
- Smoothen deep wrinkles
- Enhance corners of mouth



## BROW (FOREHEAD LIFT)

A brow lift gives a lift at the arch of the brow, reducing sagging of the eyebrows and smoothing forehead wrinkles, resulting in a more youthful and refreshed look. This procedure targets wrinkles and frown lines that form between the eyebrows and across the forehead, potentially giving a perpetually tired, angry or sad appearance.

### Goals

- Restore more alert and vibrant expression
- Offer long-lasting aesthetic enhancement
- Erase signs of early ageing (caused by sun exposure/gravity and/or stress)
- Enhance facial symmetry
- Reduce hooding

### Modes

#### Coronal (Open) Brow Lift

- Suitable for moderate to severe brow sagging, and forehead wrinkles

#### Endoscopic Brow Lift

- Less scarring and shorter recovery time

#### Temporal (Limited Incision) Brow Lift

- Ideal for mild to moderate brow sagging and minimal forehead wrinkles



## BLEPHAROPLASTY (EYELID SURGERY)

Aging and puffiness caused by excess skin and fat can make you appear tired around your eyes, despite feeling energetic and rested. A blepharoplasty rejuvenates appearance of your eyes by effectively removing excess skin and adjusting herniated orbital fat to create a more youthful appearance in that area.

### Goals

- Reduced baggy/droopy eyelids
- Long-lasting results
- Enhanced vision
- Boost in self-confidence

### Modes

#### Upper Blepharoplasty

- Creates/enhances double eyelid
- Commonly undertaken by Asian population
- Modes: Traditional incision, Laser

#### Suture Blepharoplasty

- Creates/enhances double eyelid without external incisions

#### Lower Blepharoplasty

- Treats under-eye bags, wrinkles and sagging skin
- Commonly undertaken by Asian population
- Modes: Transcutaneous approach, Subciliary incision, Transconjunctival approach



## NECK LIFT (LOWER RHYTIDECTOMY)

A neck lift with tightening of the skin and underlying muscle helps contour the neck and jawline when signs of aging can be apparent in the thin delicate skin of your neck.

### Goals

- Contour and restore skin, muscle and fat, to former, more youthful positions
- Lift and secure tissue to achieve rejuvenated appearance
- Improves overall appearance especially if performed with facelift
- In some cases, your surgeon may advise you to perform other procedures along with a neck lift if deemed necessary.



Combining a Neck Lift with Platysmaplasty/Excess Skin Removal/Digastric Muscle Reduction/Submandibular Gland Suspension/Liposuction, may at times, be necessary.

## LIP LIFT

A lip lift enhances the appearance of your lips by shortening the distance between the nose and the upper lip, also known as the philtrum. This is a great way to create more volume and height to your upper lip permanently, and create more facial balance.



### Goals

- Increase visibility of upper lip and, enhance shape and fullness
- Lift and reshape upper lip area to reverse signs of aging
- Elevate upper lip to create youthful and attractive facial contour
- Correct long upper lip that hangs over upper teeth

### Modes

#### Bullhorn Lip Lift

- Targets philtrum

#### Corner Lip Lift

- Targets mouth corners



## SUBMENTAL LIPOSUCTION & FACETITE (NECK & CHIN LIPOSUCTION)

**Submental Liposuction** improves neck contour by reducing fat volume, enhancing jawline definition.

- Effective for refining jawline and reducing double chin
- Minimal scarring due to small incisions
- Generally quick recovery

**FaceTite** uses radiofrequency energy to melt fat and tighten skin simultaneously, improving overall facial contours.

- Minimally invasive with minimal scarring
- Stimulates collagen production, enhancing skin firmness
- Results in more defined jawline and improved neck contour

## DIMPLEPLASTY

Minimally invasive cosmetic surgery aimed at creating imitation dimple which could be performed under LA/GA. This 'recreating natural beautiful cheek indentation' has minimal downtime and rarely any discomfort.



## OTOPLASTY (EAR SURGERY/ EAR PINNING)

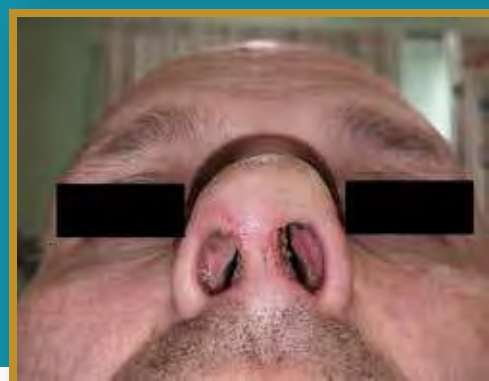
Otoplasty is designed to alter the shape of the outer ears, typically to reduce prominence. It can also address ear size reduction and correct other ear abnormalities like "Lop Ear" (the tip folds downward), "Cupped Ear" (the ear lacks natural folds) and "Shell Ear" among others. Its purpose is to set prominent ears closer to the head, creating a more natural appearance.



## RHINOPLASTY (NOSE JOB) \*

Rhinoplasty is one of the most commonly performed cosmetic surgeries globally. This plastic surgery reconstructs the form or shape of the nose to improve your profile. It can make you look aesthetically better or correct congenital/structural defects such as a deviated nasal septum. Anomalies caused by infection, cancer, trauma or accidents can be corrected; and nasal obstructions or nasal valve collapse can also be treated.

\* *Refer to our brochure on Rhinoplasty for more information.*



## COMBINATION PROCEDURES

You can choose to combine each facial plastic procedure with another or with one or more cosmetic solutions to achieve a highly satisfactory result.

Consult with Dr Basheeth for what will best suit your face and needs.

- |                                 |                       |
|---------------------------------|-----------------------|
| + Browpexy (Brow Repositioning) | + Cheek/Chin Implants |
| + Rhinoplasty (Nose Job)        | + Laser Resurfacing   |
| + Chemical Peel                 | + Fat Injection       |

Submental Liposuction + FaceTite = Comprehensively Improved Neck and Chin Contours



## ELIGIBILITY

Any adult man or woman who is ideally a non-smoker and in overall good physical health, may be eligible for a facial plastic enhancement if they show early signs of aging or have, in general: drooping or sagging skin, wrinkle lines or excess fat especially around the brows, eyelids or the neck.

You can know more during a consultation with our specialist surgeon Dr Naveed Basheeth. Call on 0800 ENT DOC (368 362) or email [admin@entcentral.co.nz](mailto:admin@entcentral.co.nz).

## DR NAVEED BASHEETH FOR FACIAL PLASTICS

Dr Naveed Basheeth, a multifaceted otolaryngologist with a dual qualification and fellowship training of highest standards in both Functional & Aesthetic Advanced Facial Plastic Surgery and Cosmetic Surgery, and Head and Neck Cancer Surgery with Microsurgery. Dr Basheeth, with his aesthetic and wide technical skillset will address your specific aesthetic or functional concerns and provide state of the art solutions that is latest in facial plastics, yet in your preferred and affordable way.

There are only ten IFFPSS, Board-certified (IBCFPRS) Facial Plastic Surgeons in the whole of Australasia with seven of them in Australia. Dr Basheeth is one among the three in New Zealand, and the only surgeon in the North Island to perform advanced facial plastic surgical procedures.

His treatments are conveniently patient-specific, which implies all procedures can be tailor-made to your expectations. A thorough assessment of facial and neck features would be performed and concerns addressed through solutions including in-office procedures or surgical facial plastic procedures. There are few treatment plans that may be done in stages, following your consultation. Selecting an ENT specialist with facial plastic subspecialty training provides you numerous benefits owing to their specialised training, expertise, and thorough grasp of the anatomy and functions of the head and neck.

**DR BASHEETH IS AFFILIATED TO THE IFFPSS, AAFPS (Aus), NZCSM (NZ), FRCSI (India) AND MATA (UK)**

## The Process

During the initial consultation, Dr Basheeth will assess your facial structure and skin condition, and review your medical history to determine candidacy for a procedure. You can discuss your goals and expectations with him.

His personalised recommendation will detail the benefits of the most suitable technique and combination of procedures, based on individual anatomy and other factors. Also, Dr Basheeth will elaborately address your questions and concerns together with a thorough look at potential risks and complications.

A typical facelift surgery is preferably performed under general anaesthesia at Crest Hospital, with or without sedation. The duration of each procedure varies depending on the type of facial plastic surgery and complexity of the case.

Complete appreciation of final results for each of the procedures vary according to the technique and patient. There will be continual monitoring of the healing progress while a detailed post-operative care pack that caters to the following, may also be provided:

- Diet and/or exercise restrictions
- Makeup-related queries
- Right time to return to work
- Daily activity regulations
- Smoking and sun-exposure
- Head and neck positions



### DR *Naveed* BASHEETH

Consultant Otolaryngologist, Head & Neck, Thyroid & Parathyroid, Sialendoscopist, Advanced Facial Plastics, Microvascular & Robotic Surgeon  
**MBBS, MRCSI, MMedSc, DO-HNS, FEOBORL-HNS, FRCS (ORL-HNS), FGOLF (IFHNOS-MSKCC), CCT (UK&Ireland), IBCFPRS**

#### Fellowships:

Advanced Head and Neck Surgery (Tata Memorial, Mumbai, India and Cambridge University-Addenbrookes-UK)

Advanced Head and Neck Microvascular Reconstruction, Robotic Surgery and Advanced Facial Plastic Surgery (Dalhousie University, Halifax, NS, Canada).

ENT Central, Crest Hospital, Central Healthcare,  
Palmerston North, New Zealand

## REFERRAL PATHWAY

We provide online consultations within two weeks of referral for out-of-town residents.

Online contact number is 0800 ENT DOC (368 362).

Relevant investigations, radiological and laboratory, can be undertaken in the patient's city.

Self-Referrals private and outsourced referrals can be sent to [admin@entcentral.co.nz](mailto:admin@entcentral.co.nz)

For more information, please visit [www.facialplasticsurgeon.co.nz](http://www.facialplasticsurgeon.co.nz) | [www.drnaveedbasheeth.co.nz](http://www.drnaveedbasheeth.co.nz)