

# Revealing the beauty within

The signs of ageing please few of us; ask elderly people if their looks match the way they feel. The answer is usually a resounding no. An 80 year-old woman – a famous beauty in her youth – says she looks in the mirror and wonders where she has gone.

We don't have to suffer at the hands of time. The hands of a skilled surgeon can help restore youthful beauty and make the ageing process gracious, yet realistic.

Plastic surgery isn't new. The practice dates to around 600 BC but today we are bombarded with promises of eternal youth from many sources. It is important to establish the facts and see a qualified surgeon.

People with injuries or birth defects can be referred to a plastic surgeon by a general practitioner. Those who want to turn back the hands of time or change their shape are often referred to a plastic surgeon by past patients, friends, colleagues and medical practitioners.

Dr Craig Layt is a highly qualified, accredited plastic, reconstructive and cosmetic surgeon with more than 16 years' experience.

He is a member of the Royal Australasian College of Surgeons (RACS), the Australian Society of Plastic Surgeons (ASPS), the Australasian Society of Aesthetic Plastic Surgeons (ASAPS), the International Society of Aesthetic Plastic Surgeons (ISAPS) and a corresponding member of the American Society of Plastic Surgeons.

Dr Layt treats each patient individually; his relaxed manner hides a penchant for perfection. "We take an individual approach to patients' well-being. Men and women who want to look as good as they feel may find an eye procedure, facelift or other skilled procedure offers an anti-ageing option for them," he says.

"There are a number of procedures available. Each procedure is different. It must



Youthful looks make a difference in every aspect of our lives. Many people find a younger appearance reflects modern ideas and this may impact on career success.

suit individual requirements. It is essential to ensure each patient understands the potential benefits, risks and costs.

"As we age, the skin on the cheeks, jaw line, and neck become loose and wrinkled. Facial features can lose definition; this makes people look older than they feel. Surgery can smooth and tighten the skin to give a more contoured and youthful appearance," Dr Layt says.

"Procedures vary from a mini-facelift to a standard facelift with the addition of other procedures including brow lifts, eyelid surgery and nose surgery. It is very much a matter of individual concerns and the best way to address them," he says.

Dr Craig Layt takes time to discuss every aspect of treatment with his patients. He says procedures are performed under general anaesthesia as an inpatient or in day surgery.

"The result is evident in around four to six weeks – sometimes sooner. Improvement continues for several months. Results can often be greatly improved by the addition of other procedures such as lip augmentation, eyelid surgery, brow surgery or laser skin resurfacing," says Dr Layt.

**Dr Layt consults on the Gold Coast and in Ballina. Visit [www.drlyt.com](http://www.drlyt.com) for further information.**