

INSPIRE

Nip & Tuck

Dr Tracy Mountford



THE leading cosmetic doctor answers your questions on dealing with ageing...

Q At 53 I am finally considering doing something about my wrinkles and sun damage. I've heard you can have a combination of non-surgical treatments. What would you suggest and should they be in any particular order?

A There are a variety of treatments you can have and the order in which you have them really does matter. In my practice I always choose to use radio frequency skin tightening like Thermage and ultrasound treatments such as Ultherapy first. These stimulate and remodel collagen in the deeper layers of the skin and

How can I make my facial fillers more effective?

work well before dermal fillers because they prime the tissue. They also take about eight to 12 weeks to see results.

I would then suggest adding strategic volume, to give added lift and support to the face with Juvaderm injections and relax overactive muscles such as frown lines and crow's feet.

Finally, I perform procedures that improve skin quality and correct sun damage such Intra-cel — a radio frequency micro needling treatment that stimulates collagen production. For a

less invasive procedure, you could try Clear+Brilliant. This is a light laser that is hugely popular to even out the skin tone to improve texture and radiance — without any downtime.

I tend to work from the inside out — to tighten, lift and underpin the face first, followed by finishing touches at surface level to create a healthy complexion. This makes the face look natural and attractive.

■ *IF YOU* have a question for Dr Mountford, email drtracymountford@dailymail.co.uk