

THE TEN YEAR BEAUTY PLAN:  
THE PROCESS FOR A  
YOUNGER LOOKING FACE

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**Mr Fuan Chan MD FRCSI(Plast)** is a fully accredited Consultant Plastic Surgeon and Craniofacial Surgeon on the Specialist Register in Plastic Surgery with the Irish Medical Council and the General Medical Council in the UK.

A graduate of Trinity College Dublin, Mr Chan completed his plastic, reconstructive and aesthetic higher surgical training through the Royal College of Surgeons in Ireland. He was appointed as a Fellow at the world-renowned Chang Gung Memorial Hospital in Taiwan, specialising in reconstructive microsurgery, craniofacial surgery and Asian Cosmetic Surgery. He also completed a one-year fellowship in plastic surgery at the prestigious Ronald Reagan Medical Center, University of California, Los Angeles (UCLA).

He has earned numerous awards and gold medals in plastic surgery at national and international scientific meetings and now runs a full-time private practice at Blackrock clinic.

## THE TEN YEAR PLAN: THE PROCESS FOR A YOUNGER LOOKING FACE

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No one relishes the thought of getting older, and we all know the impact that it can have on both our bodies and our faces. However, ageing is not what it once was. We're living longer, staying healthier and ever more active, and when it comes to the cosmetic side of things, we are definitely not looking as old as those of a comparable age once did.

Whether you're a youthful twentysomething, looking to keep your complexion in as good a shape as possible, or you're in your 40s or 50s and are seeking a helping hand to refresh your looks, there is much that can be done. **Mr Fuan Chan MD FRCSI (Plast)** has created a ten year guide to keep you looking younger, for longer. From a skin-boosting lifestyle, to non-invasive treatments, to the very best procedures and tweaks courtesy of a skilled cosmetic surgeon, our faces are free to tell their own stories now.

## THE FIRST STEP: SKIN

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“Good skin is the foundation of beauty,” Mr Chan explains. “When your skin is good, you don’t look as old as you actually are. Equally, if your skin is not good people can think you’re older than you are. Young skin is plump and radiant, full of collagen and elastin – the ‘building blocks’ of skin.”

As we get older, we experience a two-pronged ageing process. There is intrinsic (genetic) ageing and extrinsic (environmental) ageing. There is not much we can do about intrinsic ageing. It’s caused by free radicals and their degenerative effect on our cells. As we get older, the cumulative effect of this daily assault results in things like fine lines, a loss of firmness and a dimming of the complexion’s natural radiance.

Extrinsic ageing, however, is different. It is caused by our environment and, as such, it is possible for us to have some effect on how much it impacts on us. One of the big culprits is UV. What we think of as the signs of ageing – dark spots or pigmentation marks, lines and wrinkles, the loss of volume and radiance in the skin - are actually the effects of sun damage. Wherever we are in the world and whatever the weather, our skin is exposed to UV rays. They penetrate the skin and ultimately cause damage in the cells, which results in that aged appearance. We begin to lose those building blocks, collagen and elastin, and as a result the skin starts to become less firm and less elastic. We end up with jowls, a loss of volume in the cheek area and deeper lines and wrinkles.

## SKIN: LIFE SHOWS IN YOUR FACE

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The good news is lifestyle goes a long way to affecting how you look as you age. Some of it may be genetic and beyond our control but upgrading your lifestyle, no matter what your age, will reveal improvements. “Drinking in moderation, exercising regularly, not smoking - these are the foundations of good skin,” Mr Chan explains. It’s nothing revolutionary but eating well, a varied diet rich in fruit and vegetables, healthy fats and lots of water, and one low in processed carbohydrates and sugar, will benefit your skin. Keeping stress levels under control, getting sufficient sleep and some daily exercise will all help keep skin glowing. Also, if you smoke, try to give up, if not for your health then the sake of your skin. “Smokers tend to age faster and their healing capacity isn’t as good as someone who is of the same age but doesn’t smoke,” Mr Chan warns. Smoking damages skin, leaving it dull and lacklustre, and the repeated act of inhaling from a cigarette can lead to an abundance of fine lines around the mouth.

## THE EARLY YEARS: WHAT YOU CAN DO - THE BASICS

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In a world of quick fixes and treatments, skincare tends to be overlooked when in fact, the correct products can have a significant effect on skin. If you're in your 20s and can start good lifestyle and skincare habits now, it will serve you well. "If you can start at this age, that's great," Mr Chan explains. "The 20s are easy: keeping the skin clean and using good skincare products will have the face's youthful appearance staying at its best for at least another five years."

## THE EARLY YEARS: WHAT YOU CAN DO - THE BASICS

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There are endless product options available but some are more effective than others. Cosmetic brands, which can be bought over the counter, tend not to be as potent or offer the same skincare or skin enhancing benefits as cosmeceuticals. Cosmeceuticals (a blend of 'cosmetics' and 'pharmaceuticals') are product lines that have undergone rigorous testing and are essentially the strongest they can be without falling under the category of drugs (which require years of testing and trials before earning accreditation). "Cosmetic products you can just buy over the counter don't deliver in terms of anti-ageing benefits," Mr Chan points out. "Cosmeceuticals are very exclusive, available by prescription only or in certain clinics."

## THE EARLY YEARS: WHAT YOU CAN DO - NIGHT AND DAY

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For any skincare regime to work, it needs to be followed religiously. Products need to be used daily, and as per the instructions, for them to do their job. It's also important to note that products for day and for night may work differently as our skin behaves differently at night.

"It's important to involve a day regime and night regime because our metabolism is different," Mr Chan explains. At night, skin excretes less sebum - an oily or waxy substance secreted by the sebaceous glands - becomes hotter, more acidic and loses more water. It is also 'off the clock' so to speak as it's not being subjected to the daily environmental assault from the likes of pollution, free radicals, and UV.

Skin can be drier and more prone to irritation at night but is also repairing itself and producing a stockpile of protective antioxidants (to fend off free radicals during the day). Its barrier is also reduced at night, which means active and beneficial ingredients can penetrate more efficiently. It makes sense to power up skincare at night to take advantages of these changes.

## THE EARLY YEARS: WHAT YOU CAN DO - SUN, SUN, SUN

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"One of the most important things you can do to secure the future of your skin is to use sun protection (SPF) every day," Mr Chan advises. "The sun's UV is responsible for up to 90% of the signs of ageing and this, combined with the real risk of skin cancer, means that incorporating a quality SPF into your daily skincare regime is an absolute must."

## YEAR 5: THE NEXT LEVEL: WHAT YOU CAN DO - NON-SURGICAL OPTIONS

The best way to deal with ageing and to slow the clock is with a targeted, strategic approach. Subtle tweaks as and when they're needed can keep the face looking youthful and address issues that are starting to surface as they occur. This step-by-step approach gives more subtle and natural looking results. "It's a staged process of rejuvenation," Mr Chan explains. "For example, when you're in your mid-twenties or around 30 years of age, we can move on to giving Botox, mainly around the crows' feet area and the forehead lines. Then at 30+ we move onto the more active skincare products, fillers and Botox. They all work well together."

### PEELS

Skin rejuvenation peels are an effective way to refresh the complexion, in particular the eye area, if fine lines and wrinkles are becoming an issue. "For people aged 40 onwards, a peel is good, especially if they have some lines on the lower eyelid," Mr Chan says. "In the past we usually resorted to surgical intervention but the surgery on the lower eyelid is complex and with this peel, the treatment is as good as lower eyelid surgery. It can require about two weeks downtime as the skin flakes a little bit but results last at least three to five years."

### INJECTABLES

Botox, a brand name for the botulinum toxin, works to temporarily relax the facial muscles that cause lines and wrinkles. It is administered by injections to very specific areas on the face and can be particularly good for smoothing out expression lines, which in turn can give the face a fresher appearance. "The quickest way to get results for a patient is Botox treatment," Mr Chan says.

He also notes that Botox can be used as a preventative measure in younger patients. "It can prevent wrinkles from getting worse and it does slow down the ageing process somewhat," he explains. But you have to consistently receive the treatment for a lasting effect."

Dermal fillers, usually made of hyaluronic acid (which we have naturally in our bodies) can be used to fill out fine lines and wrinkles in the face. Fillers address the loss of natural collagen and elastin in the skin, which occurs as we age, restoring lost volume to the cheeks, to bring back a youthful looking plumpness. There are numerous brands on the market and the product is administered via a very small needle. Results can be seen immediately and can last for up to a year and a half. "If a patient is not happy with the results, it is possible to administer a product called hyaluronidase to dissolve it within 24 to 48 hours," Mr Chan notes.

### THREADLIFT

If the jowls are starting to drop or sag a little, usually around the 30s or 40s, a threadlift procedure can treat the issue quite effectively without the need for surgery. It is a temporary measure, with results lasting about 18 months. The treatment involves the insertion of threads made from a dissolvable polylactic acid into the face. The threads are then pulled up at certain points to restore definition. The polylactic acid also helps to stimulate collagen production within the skin. The treatment can be done several times and it also works very well in combination with other procedures such as Botox and fillers.

## YEAR 5: THE NEXT LEVEL:

### WHAT YOU CAN DO - SURGICAL OPTIONS

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As you reach your late 40s and 50s, more significant treatments may be needed to restore that youthful appearance. "Most patients would need some form of surgical intervention at this stage," says Mr Chan. "Eyelid surgery is very common, as is a brow lift or a thread lift, if a patient doesn't want to do it surgically."

#### EYE LID SURGERY

Today, there are both upper and lower eyelid surgical procedures on offer. Also known as upper blepharoplasty, upper eyelid surgery can be very effective for treating hooded eyelids. It's quite a straightforward procedure and takes away excess skin on the eyelid to restore a brighter, more wide-eyed appearance. A lower eyelid blepharoplasty is a more involved procedure but removes excess fat and skin on the lower lid, to return a smooth appearance.

Some people may also feel the need for a face lift or neck lift, if their self-confidence in how they look is suffering. "My first question to a patient is, how much younger do you want to look?" Mr Chan notes. "A facelift is the way to go if you want to look a good deal younger - it can restore your face to a look from ten or 15 years earlier. If they just want to look compatible with their age, and don't want to look so tired as a result of wrinkles, sunken eyelids, and the wrinkles around the eye, we can treat that to revive the whole face."

#### NECK LIFT

As we age, the skin and muscles in the neck soften and the neck and jaw lose definition. A neck lift, or rhytidectomy, helps to restore a smooth, defined neck, and silhouette. It can be performed by itself or along with facelift surgery. Neck lift results can often improve over time also, with optimal results visible after some months.

#### FACE LIFT

Techniques and results for a face lift (rhytidectomy) have come a long way in recent years. It is undoubtedly a significant procedure to undergo, but it can have dramatic results for the patient. Today's surgeries are more anatomically detailed and more focused on restoring a natural-looking shape and contour.

## CASE STUDY:

### MR CHAN EXPLAINS A TYPICAL STAGED PROCESS OF REJUVENATION

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“The first thing I tend to do is consider Botox and filler for patients with a lot of wrinkles around the eye and the forehead. Once the treatment is done I usually ask the patient to come back to me in one to two weeks because that’s when the Botox will have started to work. Then the patient can see the improvement: is that enough or does the patient seek further results?”

The next step then would be fillers round the cheek area - part of the ageing process is the loss of fat in the cheeks, which is known as deflation. I would also do the nasolabial folds, which run from the nose to the mouth.

After that I would let the patient live with the results for two months. Then they would come back to see me and we would talk about lines about the lip area. We can do Botox - two injections above the lip area and then two injections at the specific muscle at the corners (we call it the DAO muscle) to bring the lip up. The result is very minimal so I tend to use fillers as well.

By this stage the patient would have some idea of the improvement they have gotten from these treatments. If they still have a concern, such as with jowls or the neck area, we can do a thread lift and progress from there.

If the patient feels that they still require further treatments to restore their youthful appearance, we can discuss cosmetic surgery procedures such as a facelift or neck lift. Within this consultation I will discuss all of the considerations the patients needs to know about, from the details of the procedure to the potential outcome to downtime and recovery. If the patient is suitable and happy to proceed, I will undergo the procedure and use my expertise to give them the results they need to enhance their natural beauty.



MR CHAN'S

## TEN YEAR PLAN

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WHETHER YOU ARE  
IN YOUR 20S, 30S,  
40S OR OLDER,  
THERE ARE MANY  
PRODUCTS, COSMETIC  
TREATMENTS AND  
PROCEDURES  
AVAILABLE TO HELP  
KEEP OR RESTORE  
YOUR YOUTHFUL  
APPEARANCE.

TO DISCOVER WHAT  
COSMETIC OPTIONS  
ARE BEST FOR  
YOU, ARRANGE A  
CONSULTATION WITH  
**MR CHAN.**

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