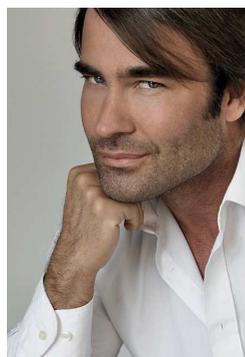


# Eyes wide open



London's most progressive plastic surgeon, Dr Dirk Kremer lifts the lid on his cutting edge technique – the T-B-T eyelift™



After qualifying as a plastic and reconstructive surgeon in his hometown of Munich, Dr Kremer spent time in America, where he worked alongside the best plastic surgeons in Los Angeles and New York, developing what he now terms his surgical rejuvenation Turn Back Time lift techniques.

Down-to-earth and very approachable, Dr Kremer is passionate about his craft and renowned for producing natural-looking results. His clinic has become the first port of call for those seeking a discreet nip and tuck.

**The T-B-T Eyelift™** Sagging upper eyelids are referred to as 'hooded' and become increasingly noticeable when our 30's hit! In addition to sagging upper lids, the membrane protecting the back of the eye weakens, allowing the protective fat cushion behind it to bulge forward. This can make the eyelids seem puffy and heavy.

**Fat rescue** is at the core of Dr Kremer's T-B-T eyelift - conventional eyelift surgery slices through the membrane, removing fat pockets that bulge through the protective membrane, leading to eye socket hollowing later in life. Dr Kremer's procedure restores the fat padding in the socket, whilst reinforcing the fragile membrane.

**Dr Dirk Kremer comments:** *"The human body is an incredibly well engineered machine – every part has its own role to play in keeping fit and healthy. The protective fat cushion in the eye socket acts as a buffer for the delicate eyeball and, as the volume of fat reduces with ageing anyway, it is not ideal to remove the fat prematurely. Instead it makes sense to retain the cushioning volume and strengthen the outer membrane to prevent further fat herniation, avoiding that sunken, hollow appearance in later life."*

Preserving the membrane and the orbital fat means this procedure is much less invasive and reduces the risks of a traditional eyelid lift.

**The T-B-T Facelift** - The ideal solution for those wanting to look fresh, rejuvenated and younger – just not 'done'!

Drooping skin and muscle that have slipped with gravity are pulled back in place – upwards instead of outwards. Fat pockets are returned to their rightful place on the cheekbones, leaving the face looking younger and fresh but not changed. The cuts are hidden in the hairline and behind the ear.

**Dr Kremer comments:** *"My T-B-T technique also works perfectly for the face as it does for the upper eyelids. I am amazed how many 'wind tunnel effect' facelifts I see when walking around London! The T-B-T facelift doesn't alter facial features but enhances them – by defying gravity and lifting upwards instead of sideways, I take the face back to its younger state."*

***'My business is not solely about beauty – it is more about establishing or restoring confidence'*** Dr Kremer

Dr Dirk Kremer is a member of the Society of German Plastic and Reconstructive Surgeons (DGPRÄC) and is also listed on the UK's GMC's specialist plastic surgery register (GMC No: 7058998)

**For more information, visit**  
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