Most people are still scared of a facelift because they fear they will end up with that stigmatised ‘wind tunnel’ look. Passionate about his own skills, Dr. Dirk Kremer is on a mission to give facelifts a better reputation. His TBT – or Turn Back Time – philosophy of facial rejuvenation is key to understanding how he works.

Be honest – what would prevent you from having a facelift? Dr. Kremer thinks it’s the fear of ‘not looking the same’ afterwards. “The biggest worry is to undergo a facelift and not be recognised by family and friends,” he says. “Also, many women who have undergone a face or eyelift are recognised as having had work done – they are stigmatised. I don’t want my patients to walk around and be pointed out as: ‘she’s had her face done’. A facelift shouldn’t be used to create a wrinkle-free face at all costs with changed characteristics or facial features because no lines and wrinkles mean no expression”. In Dr. Kremer’s view there is no benefit to a patient if a facelift makes them lose their identity.

Dr. Kremer’s vision of the perfect facelift is to make the patient look exactly like themselves – just much fresher and younger. He believes that erasing a wrinkle and changing the patient’s anatomy is easy – but this will leave the patient’s face changed. To avoid this Dr. Kremer has developed his trademarked TBT-lift™ for the face and eyes. “The number one requirement for achieving the most natural looking results in facial rejuvenation is to respect the individual anatomy of each patient and the physiology of ageing,” he says. “When we are young most of our facial fat is placed in the mid face. What makes us look older is the loss of volume over the cheekbones, hollowed cheeks, deeper nasolabial folds and the marionette lines and jowls which create an undefined jaw line. The shape of our face changes from ‘heart-shaped’ to the shape of a reverse Y.”

“Be honest – what would prevent you from having a facelift?”

“If I point out these facial features on an ageing face each of my patients can immediately identify with them because it is the way everybody ages. That sagging you notice when you look in the mirror is all down to the lifelong vertical pull of gravity in combination with a loss of strength and elasticity of the ageing skin and a general loss of fat. These fat pads over jowls, nasolabial folds and in jowls did not grow but were dislocated by dropping vertically. So it doesn’t make sense to remove these fat pads.

My TBT-lift™ reverse the signs of ageing rather than erasing them. Often during a facelift these fat pads are
**The Ultimate Beauty Guide**

"Unfortunately the eyelids are the body part that ages fastest. They have the thinnest skin of all our body and they are moving constantly. That’s why we see the first signs of ageing around our eyes. If we see an aged eyelid we notice that due to loss of elasticity of the skin, in combination with the life-long effects of gravity, the skin of our upper eyelids hangs loose, or less overlapping our eyelids. In addition to the extra skin, with its droopy look, the eyelids look puffy and heavy.

"My patients complain about their tired look. In the evening it is even difficult to keep the eyes open, which vary often results in a headache. In the most advanced cases patients can suffer from impaired lateral vision".

Depending on genetics and lifestyle, the symptoms of an ageing eyelid can start from an early age, but usually show from the end of one’s thirties and deteriorate from then. I would assume that anyone at some point of his/her life becomes a candidate for an upper eyelid – and not for just cosmetic, but more for clinical reasons. Unfortunately many patients are still afraid to undergo such surgery. Many consider this surgery, often performed under general anaesthesia, too invasive.

**Our identity lies in the eyes - your look, your glance is so important**

The many risks involved, as well as a quite long recovery time, makes potential candidates reconsider surgery. The cosmetic outcome of a hollowed eyelid gives the patient a gaunt look and can make them look older instead of rejuvenating them. Patients can look different after a traditional eyelid lift. They simply lose their identity.

"In rejuvenation surgery of the eyelid it is most important to analyse the physiology behind the ageing eyelid and to respect the characteristic anatomy of the patient’s eyelid. When we age we develop more loose skin on the eyelid. It makes sense to reverse this sign of ageing by repositioning the extra skin, I agree with this approach of a traditional upper eyelid lift. The puffiness of the upper eyelid is due to fat which lies under the skin, covered by a fine septum which runs along our orbital rim.

Dr. Kremer's Turn Back Time, or TBT philosophy, also works well for the eyes. How can he get his patient optimal rejuvenation of their eyes while still conserving their identity? Here he explains how the TBT method can work for you. For Dr. Kremer it is most important to give his patient optimal rejuvenation of their eyes while still conserving their identity. "Our identity lies in the eyes – your look, your glance is so important. We remember a single glance for many years, we see our opposite's soul in her/his eyes, we express our feelings with our eyes".

"We lose our facial fat anyway with ageing."

Resecting fat might remove the puffiness of our eyelids but very often causes a hollowed look of the upper eyelid. This gaunt look of our upper eyelid makes us look older instead of rejuvenating us. It also changes the characteristic look of our eyelid, a patient looks different, loses her/his identity. Destroying the septum and resecting fat also is much more invasive."

"Turning Back Time did to my patient’s septum, I keep the characteristic look of their eyes."

Looking into the mirror after I remove the plasters and stitches, they recognize themselves — they just look younger and much fresher!"

Meet Dr. Kremer

Dr. Dirk Kremer is a German Board Certified specialist in Cosmetic Plastic Surgery. He has worked in the UK for over 10 years and is one of the most progressive and approachable plastic surgeons in London. He has wide and vast experience of plastic surgeons. He is now one of the most progressive and approachable plastic surgeons in London. He has wide and vast experience of plastic surgery. He is now one of the most progressive and approachable plastic surgeons in London. He has wide and vast experience of plastic surgery.