

aesthetic skin clinic

Autumn/Winter

The Magazine

Ice Ice Baby
Freeze your fat!

***A Show
of Hands***
'Pamper your Paws'

Dazzle
without surgery
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It's all about
The Eyes

Beam Me Up...

*Kim Kardashian reveals the
secret to her flawless complexion*

www.askinclinic.co.uk

Skinovations

Freeze and shock your fat away!

Hold on to your saddlebags, a new, non-invasive fat busting technology has just been launched. PROSHOCKICE uses a patented technology called 'Ice-shock-lipolysis', which uses a controlled cooling system, called Ice-lipolysis, to eliminate excess fat cells without damaging surrounding tissues, and shock therapy, which utilises specific acoustic wave technology, to get rid of cellulite by improving blood circulation. The shock therapy also causes the formation of bubbles of gas, giving rise to the 'cavitation' effect which results in the breakdown of the fat cell membrane.

To reduce fats, each session begins with the Ice-lipolysis treatment, followed by the shock therapy. It uses a freezing probe, to lower the temperature of the fat cells to around -5°C, then the 'shock' treatment to splinter the fat cells allowing them to be discharged naturally through the body's lymphatic system.

Four to six sessions, one every two weeks, are recommended for best results. These two technologies are alternated in a specific protocol to treat fibrous cellulite. An improvement to the 'orange peel' skin is reported to be immediately visible after the first session.

Unlike other Cryolipolysis treatments available, the patented combination of technologies in the PROSHOCKICE creates a treatment that is highly rated in terms of comfort and highly effective. Independent studies have recorded reduction in abdominal girth up to 10 cm after four treatments with extremely high patient satisfaction ratings.



Building Health with Botox Bricks

Each year the Aesthetic Skin Clinic supports a charity. We are always looking for something that will change lives and make a sustainable difference. Dr Curran says "Sometimes patients say to me that they feel guilty about having treatments and are delighted to know that they are contributing to something really special."

This year we are working with The Healthxchange Pharmacy to put your contribution to our success to good use. We are training dispensers and building village dispensaries in one of the poorest parts of Africa, Tanzania, thus giving thousands of underprivileged people access to vital healthcare for the first time.

Most of the students are orphans themselves and will come back to the villages where they have grown up, bringing education, medical help and hopefully inspiring a whole new generation to be motivated to seek further education.

Visit our website www.askinclinic.co.uk to see the difference you are making to the lives of these young people.



Smartphone face

Is your mobile phone making your face sag?

According to 'In Week' magazine, it may be time to update that old joke about the horse walking into a bar – "Why the long face?" asks the bartender – and give it a digital twist.

A new survey by the American Society of Plastic Surgeons (ASPS) has revealed that chin implants, or 'chinplants', and other jaw focused treatments are the fastest growing cosmetic surgery trend. Why? Because US surgeons say that people are increasingly appalled by the reflection of their sagging jawlines as they stare down into their gadgets, smartphones and laptops, especially when Skyping or video-conferencing.

Our growing reliance on smartphones and laptops is elongating our faces into jowls, sagging messes, according to cosmetic surgeons and other beauty pundits. They've even come up with a suitably distressing name for this phenomenon – 'Smartphone Face'. Here's what you need to know about the alleged phenomenon:

What exactly is 'Smartphone Face'?

Apparently coined by top British dermatologist Dr Nick Lowe, the term describes a combination of sagging

jowls, double chins, and 'marionette lines' (those vertical creases that run from the corners of the mouth towards the chin). As he, explains to the London Evening Standard. "If you sit for hours with your head bent slightly forward, staring at your iPhone or laptop screen, you may shorten the neck muscles and increase the gravitational pull on the jowl area, leading to a drooping jawline."

The name also works on another level; face sag becomes especially noticeable when you take photos of yourself or video-chat on your portable device.

Still, most symptoms of smartphone face can be attributed to genetics, the natural ravages of age, and weight fluctuations. For instance, as top British Dermatologist, Nick Lowe tells the London evening standard, "People who jog and diet lose volume from their faces and their skin can become saggy and loose, especially around the chin area."

How do you fix 'Smartphone Face'?

Options include a range of cosmetic 'chinterventions', says the London Evening Standard, Leah Hardy "While

a chin implant will typically set you back a few thousand pounds, you can also firm up your jawline with less-invasive techniques such as injections of chin-sculpting filler, special Botox treatments called 'The Nefertiti Lift', skin tightening radio-frequency waves like Thermage and the hot new INTRAcel, liposuction/ laser facelifts or the PY Neckline Trainer (a home gym for your chin)."

Or, if you want to save a wad of cash, how about keeping your chin up "when you text or stare into your smartphone" says Chris Matyszczyk at CNET news. "No need to thank me. My pleasure. You look beautiful."



INTRACel & Thermage

The Twin Pillars of Skin-tightening

Is this the ultimate non-surgical facelift?

There is an increasing desire amongst celebrity role models like Jennifer Anniston and Gwyneth Paltrow, to opt for treatments, which leave the skin naturally glowing, taut, and looking elegantly grown up. More killer cheekbones, less hamster cheeks. The streamlined look is the latest trend!

INTRACel technology is the 'hot' new treatment

Dr Curran says, "While expert volumisation can provide fabulous results, the overfull face is definitely not a desirable look. Our patients want beautiful firm skin, and more than ever, advanced treatments like Thermage Thermacool CPT and INTRACel which use innovative radiofrequency, are delivering tighter skin, restoring firm, taut skin around the jaw line, under eyes, on the cheeks and forehead, improving skin texture and clarity".

Whilst Thermage has been the gold standard for skin tightening since it was debuted to much aplomb in 2002, INTRACel technology is the 'hot' new treatment, which has been unveiled

last year, and championed by the elite cosmetic dermatologists, including Professor Nick Lowe, Dr Rita Rakus and Dr John Curran.

This is South Korean technology, described by the Tatler as the best high-tech treatment for crepey skin.

"On paper, the procedure is deeply unnerving: a cocktail of the most daunting, (but remember the most effective), cutting-edge technologies: radiofrequency, fractional laser and needling. Hang on in there, though, because this really works and is brilliant at tackling hard-to-hide turkey necks and jowly chins".

While Thermage creates overall skin-tightening and lifting, INTRACel provides the refinements, working its magic on the problem areas, especially jowls and



More killer cheekbones, less hamster cheeks. The streamlined look is the latest trend!

upper lip lines, to create a bespoke lift that is tailored to your specific needs. This is bipolar radiofrequency, so the energy is delivered by the needles in a very specific manner. It not only tightens skin, but it uniquely changes skin quality and texture and continues to do this long after the treatments. Because of the way that this machine functions, it is challenging more traditional technologies like the CO₂ lasers, in treating post-acne scarring.

Downtime is blissfully minimal, and this is one of the reasons why Thermage and INTRACel are such sought after treatments.

Unlike Thermage, which has an inbuilt thermacooling device, anaesthetic cream needs to be applied for about an hour before treatment with INTRACel. The superfine gold needles on the INTRACel device are then charged up with a radiofrequency current and applied to the skin. It feels like someone is stapling your face, but it is surprisingly comfortable and quick.

The energy is delivered deep into the dermis, without burning or damaging the epidermis, so facial tissue is stimulated, collagen production is boosted and skin is tightened – What a result!

Downtime is blissfully minimal, and this is one of the reasons why Thermage and INTRACel are such sought after treatments. You can see immediate, on-table results from both of these treatments as the face is gently lifted, and this tightening and lifting keeps improving over time.

These treatments are pushing the envelope in skin tightening and lifting, and if you don't want to take the leap to full on surgery, then this is as good as it gets. And with these treatments perhaps you may never need to!

Power Facials

to their eye bags, snake venom to their foreheads or beluga caviar to their hair. But when they need their skin to be 'red carpet ready' they see their dermatologist for the treatments that guarantee flawless sparkling skin.

Bespoke facials are good enough to elicit compliments from even the least forthcoming husband, which speaks for itself and the Lumenis IPL facial is a collagen boosting, age-spot zapping treat.

The treatment kicks off with a thorough cleanse of the face, neck and décolletage, and a little microdermabrasion or a skin peel (if necessary) this preps your face

The Lumenis IPL facial is a collagen boosting, age-spot zapping treat.

by gently sloughing off the top layer of dead cells. A cooling gel is applied and then (get your goggles on) here come the bright lights. A hand-held gun is moved across the face, zapping and flashing as it goes. It feels like hot prickling, but nothing to be alarmed at.

Afterwards the skin looks red, but no worse than post Bikram yoga. And the next day? Glowing, hydrated and (dare we say it) younger looking skin.

The new and exciting Obagi Radiance Blue Peel is the latest innovation from the trusted and proven award winning Obagi skincare range.

This minimally invasive salicylic acid based peel is applied to the face and décolletage to remove dead and damaged skin cells, revealing glowing results.

After several slightly tingly minutes the solution is removed, revealing smoother, fresher and more refined looking skin, after just one treatment. It's a 'caterpillar to butterfly' like transformation. Skin looks brighter and it's clear, glowing and fresher than it's been in months!

A course of four treatments is recommended every three weeks, followed by a maintenance treatment

Obagi – It's a 'caterpillar to butterfly' like transformation.

every three months. Obagi products are recommended to prolong and improve the effects of the radiance facial.

With little to no down time, it is the perfect pre party treat to ensure it is not only your dress that has the WOW factor!

This is a mild version of the renowned Fraxel laser, delivering laser energy, at a lower fluence to fire up all that frisky collagen, resurfacing, tightening and repairing. The laser works to prevent dullness, loss of firmness and fine lines creeping in around the face. Fraxel lite works it's magic by causing trauma in the epidermis. As the area repairs itself, dead cells are shed, and new ones are created, revealing a more youthful looking complexion.

Pre-treatment the skin is slathered with anaesthetic cream and left to numb for about one hour. Then the laser head is

slowly drawn across the face in lines, starting at the chin and finishing at the hairline, with special attention paid to the upper lip. The process is repeated in a grid formation until the entire face is treated. Treatment done, the skin is quickly cooled down with ice packs. The skin feels tight and looks red for up to 12 hours (it's not dissimilar to a bad case of sunburn) and will feel a little sandpapery for four to five days.

This is the ultimate super facial as it works at a much deeper level, and the skin quality will improve even after the initial 'reveal' as new collagen and elastin is formed, creating new skin that looks increasingly radiant with lines softened and pore size decreased.

Depending on the quality of the skin, further treatments may be advised, and they should be at no less than one month intervals.

All of these treatments will sting, tingle and nip, but this is science, and the results are more than worth it. When you emerge with skin toned and taut, you'll wonder what all the fuss was about!

Fraxel is the ultimate super facial as it works at a much deeper level, and the skin quality will improve even after the initial 'reveal'.





Confessions of a fraxelista...

Just a few years ago, lasers were reserved for geeky dudes with a Star Wars obsession. Now we are all hooked.

Laser beauty treatments are fast becoming the most popular skincare solutions of our generation. More intense than a regular facial and less invasive than surgery. Beams, zaps and zings, promise results with minimal downtime.

While there is barely a celebrity in the public eye who isn't pouring money into looking camera ready at all times – few will readily admit that they have had a little help! So it is refreshing that Kim Kardashian has unashamedly revealed that the secret to her flawless peachy complexion is regular Fraxel treatments – a cosmetic laser treatment that effectively resurfaces the skin diminishing fine lines and wrinkles and renewing the skin's surface, giving a 'fresh youthful glow'.

Talking on the Oprah Winfrey show earlier this month, Kim said: 'I'm like, girls; you should go get a Fraxel laser on your face. I'm really open about telling all my friends and my sisters what the best treatments are.'

Jennifer Aniston also openly admits to being a fan of this treatment, which suits stars in the public eye, as the treatment is quick and painless, and requires little downtime or enforced recovery behind closed doors.

Last month it was revealed Jennifer, recently voted the Hottest Woman Of All Time by Men's Health magazine, spends a staggering £90,000 a year on

beauty treatments. And the ex-Friends star admits she has an obsession with keeping the years at bay. She says: "I'd love to be a dermatologist. I'd be so obsessive about it. I'm fascinated by skin, products and lasers. I go on the Internet and read all about it. I call it 'laser porn'."

What is Fraxel?

The Fraxel laser treatment, offered by dermatologists, is a fractional resurfacing laser and has been lauded as one of the most effective non-surgical anti-ageing therapies of recent years.

Used on the face, décolleté and backs of the hands, it delivers pinpricks of laser energy into the skin, but leaves a network of undamaged skin in between, and is credited with doing everything from zapping pigmentation to boosting collagen and plumping skin.

Fraxel is effective on:

- Fine lines and wrinkles – like crow's feet and brow lines
- Surface scarring – erasing effects of acne and other scarring
- Pigmentation – minimizing the appearance of age spots
- Sun damage – helping heal dangerous skin damage
- Actinic Keratosis (AK) – a common pre-cancerous skin condition

Clinical Fractional resurfacing treatments come in different strengths. Fraxel is a coagulative fractional resurfacing laser,

which is used for pigmentation, fine lines and skin resurfacing. The higher strength fractional resurfacing laser is the Smartxide DOT laser, which is an ablative CO2 laser. This is a powerful tool, which combines Smartpulse technology and Smartstack function controlling the depth of function and causing minimal thermal damage to the surrounding tissues. This means that it is capable of treating even the most complex cases such as scarring, surface pigmentation and deep wrinkles. Results are fantastic on eyelids and the area above the upper lip, which are notoriously difficult to treat effectively and are now treated successfully and safely with impressive results, but there is much more discomfort and downtime associated with healing.

Unlike other lasers, Fraxel affects only a small part of the skin – around 20 per cent – sparing the surrounding healthy tissue and allowing it to heal much faster, reducing post-treatment downtime.

Pain factor: You are numbed up for an hour with anesthetic gel, but the laser still feels uncomfortable – a scratching pain like sandpaper across the skin, but it only lasts 10 minutes.'

Recovery time: Afterwards the skin is hot, red and tight like sunburn. Lay low for a day until the red has faded to a pinkish glare, and a day later it is almost gone.

With Fraxel, change isn't drastic or scary – it's you, just younger, and a little more fabulous!

Beam Me Up

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Kim Kardashian has unashamedly revealed that the secret to her flawless peachy complexion is regular Fraxel treatments
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A Show of *Hands*

In recent years, Madonna has gone to ridiculous lengths to ensure that the backs of her hands are never exposed.

And who can blame her? The occasional glimpse of them in the past has revealed that her hands don't appear to match her fresh, unlined face.

Strenuous exercise is known to increase blood flow, which, in turn, makes the veins on the hands and arms much more pronounced.

Also, as we age, fat that is under the skin disappears, leaving the bones and blood structures more visible. Given Madonna's apparent mission to strip every ounce of fat from her body, its no wonder the effect on her hands is especially apparent.

Oscar Wilde said that 'a man's face is his autobiography and a woman's face is her work of fiction' – he might have added, that a woman's hands are their brutal documentary.

Hands go through a similar process of ageing as the face. Even though most people seem to take greater care of their faces than of their hands. Whilst most of the dermal ageing is due to sun exposure, which results in age spots, uneven pigmentation and loss of skin tone and elasticity, loss of subcutaneous fat tissue and skin collagen makes the hands appear thin, bony and wrinkled.

Treatment Options

1

Topical Treatments to sun exposed and sun damaged skin can include a variety of different approaches. The first step would be to use sun protection as far as possible and the application of topical antioxidants and hydroquinone, which will help to fade pigment. For diffuse spots, try an overall treatment that will address both spots and wrinkles, such as Intense Pulsed Light (IPL). You will need three to five sessions spaced a month apart.

Fractional laser, or Fraxel is another all over approach, producing more dramatic results than IPL, but requires a day of downtime. You will need three to five sessions spaced over three to five months, however during this treatment you will notice the skin tones on the back of your hands become impressively even.

For slack hands with loose skin, try retinoids to increase skin thickness. Chemical peels can also renew cells.

2

Injection Treatments can be used to improve skin quality and hydrate the skin. Products such as Juvederm hydrate can create a glowing complexion by gently and naturally hydrating the skin from within. By replenishing hyaluronic acid under the skin, it restores hydro balance and improves the structure and elasticity of the skin. Your hands will puff up like mittens and two to three days later, after swelling and bruises disappear, you will look at your smooth, filled out hands in admiration.

Hands that have done dishes, changed diapers, scrubbed bathtubs, gardened and gripped the steering wheel in the noonday sun are likely to be paper dry, wrinkly, veiny and spotty, but help is at hand. There are a huge variety of treatment options, which will turn your craggy hands into a thing of beauty. The choice is obvious, you can choose to treat you battle weary hands with the same degree of tender loving care as your face, or you keep them hidden like 'the material girl' and cover them up with some funky gloves.

*Treat your hands
with the same loving
care as your face.*

It's all about

The Eyes

When Catherine Zeta Jones was pictured recently, she looked much younger than she has appeared of late – the result, experts claimed, of a surgical eyelift...

It seems that more and more women her age are coming to the same conclusion. Why suffer crow's feet and puffy lids when sophisticated

eye surgery can eradicate them?

Even men are not immune to the ravages of time, as 'gorgeous' George Clooney, who holds the title of sexiest man alive, revealed his surgery secret to Julia Roberts in a TV interview. He admitted that he had his eye bags surgically removed; complaining that he constantly looked tired.

According to Mr. Nick Percival, a top London surgeon, the three most common eye operations are the brow lift, upper and lower-lid fat removal and laser resurfacing.

"The effect of these procedures, would be to make the eye area look fresher and less tired. These days, this kind of surgery is very common. For many people, a blepharoplasty

is a defining cosmetic procedure and can have as much, if not more, impact than more radical facial procedures”.

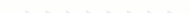
Upper and lower eyelid surgery or blepharoplasties are the fifth most common surgical procedure in the U.S.

*Blepharoplasty
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with nearly 148,000 procedures performed in 2011 alone, according to statistics from the American Society for Aesthetic Plastic Surgery (ASAPS).

As we age, our skin can become thinner and less stretchy. Our muscles can weaken and fat that cushions the eyeball moves forward through spaces in the muscle around the eyes, causing 'bags'. Sagging upper eyelids may result in a 'hooded' appearance over the eyes. In severe cases of eyelid hooding, vision can be affected.

It is often our eyelids which show the signs of ageing first which is why this can be the first cosmetic treatment which a man or a woman might choose. Eyelid surgery can help restore a more youthful appearance by tightening droopy or hooded eyelids, restoring the smooth line of the eyelids, and removing or moving fatty pouches beneath the eyes.



Blepharoplasty, however, cannot remove dark circles under the eyes caused by dark pigmentation of the skin or by very thin, translucent skin. It does not smooth fine lines and wrinkles around the eye or crow's feet. It cannot lift sagging eyebrows either. Low eyebrows can only be raised in a brow lift operation.

Blepharoplasties are sometimes performed alongside a brow (forehead) lift or facelift. It can also be combined with laser skin resurfacing or a chemical peel, to smooth wrinkles, or with botulinum toxin injections to produce a better final overall result.

WHAT HAPPENS DURING EYELID SURGERY?

In your first appointment with a surgeon, you should clearly explain your expectations of the surgery and how you would like to look afterwards. According to Mr. Nick Percival, careful discussions regarding your reasons for wanting eyelid surgery are very important at this stage.

He says, "Make sure that you obtain as much information as necessary to enable you to make a fully informed decision about whether to go ahead with the surgery. Don't choose the quickest and cheapest option.

Assess your surgeon carefully in relation to the number of eyelid procedures that he has performed and his professional qualifications. Ensure that you and your surgeon are on the same wavelength, i.e. you are looking at the same problem. And do not arrange surgery within three months of an event such as a wedding or class reunion. Eyelid surgery is the most unforgiving of all facial cosmetic operations. Do not go for aggressive or extreme surgery or surgeons."

The surgeon should also ask for your medical history to make sure that there are no reasons why you shouldn't have eyelid surgery.

At this point, you would also normally be asked to sign a consent form indicating that you have understood the future benefits and possible risks associated with the procedure. Photographs of your eyes may also be taken by the practitioner, for a 'before and after' comparison later."

The surgeon may wish to write to your G.P. giving details of the operation so that if there are any problems associated with it in the short or long-term, the G.P. is aware of the surgery and can help you if you require any further treatment after the operation. Before your surgery, your surgeon may require you to be examined by an ophthalmologist (specialist eye surgeon) to test for glaucoma (a disease affecting your eyesight) and to make sure that you have no problems with tear production."

ANAESTHESIA

The operation is generally performed under a local anaesthetic, but some patients are given sedation via an intravenous drip. In rare cases, a general anaesthetic can be used.

As in any surgical procedure, the use of a general anaesthetic carries a small additional risk, which your practitioner will discuss with you. No form of anaesthetic will be given to you without your surgeon discussing it with you first.

THE OPERATION

The surgery is usually performed in an outpatient surgical centre, which may either be separately run by your surgeon, or may be part of a hospital.

Blepharoplasty is usually performed under a local anaesthetic. When the anaesthetic has taken effect, a mixture of adrenaline and lignocaine (a local anaesthetic) is injected into the eyelids before the surgeon makes any cuts.

Upper eyelid blepharoplasty involves cutting along the eyelid crease, in the natural skin fold of the eyelid. The cuts for both upper and lower lid procedures can be made with either a surgical scalpel or a laser. (N.B. Surgeons who use a laser claim that there is less bleeding and fewer bruises after the operation as the laser seals the blood vessels when it



cuts into the skin, though there is some evidence the scars may not be as good).

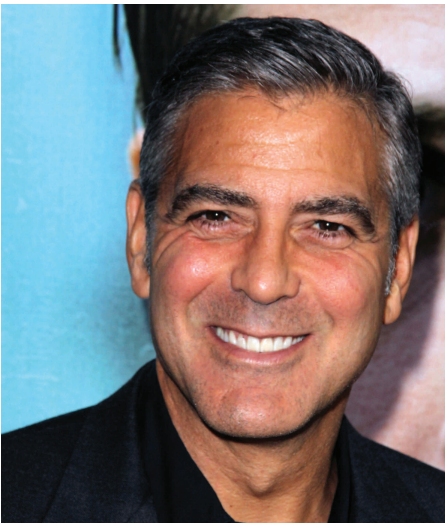
Then, excess skin is removed and a thin strip of muscle is also taken out to give the eyelid crease more shape. Next, unwanted fatty tissue is removed and the cut is then closed with a single layer of stitches, hiding the scar inside the natural fold of the upper eyelid.

THE TWO MOST COMMON METHODS OF PERFORMING LOWER EYELID SURGERY ARE:

1. Through a direct cut made just below the lower lashes. The surgeon lifts the skin and muscle to remove a small amount of fat. Excess skin and muscle are then trimmed from the lower lid;
2. A technique called transconjunctival blepharoplasty may be used if you have a pocket of fat beneath your lower eyelids, but do not have any loose skin. It is usually performed on younger patients who have fat pads that push out through the eye muscle wall into their lower eyelids. The transconjunctival method leaves no obvious scars. The cut is closed with self-dissolving stitches or is left to heal naturally. In addition to this surgery, a lid tightening procedure may be recommended and can be performed at the same time.

A newer procedure sometimes used is the so-called S.O.O.F. lift. This is an abbreviation for a procedure, which lifts the Sub Orbicularis Oculi Fat pad, the fat pad below the classical eye bags.

Usually in standard blepharoplasty operations, the fat pads inside the eye bags are removed along with any slack muscle tissue. Occasionally fat persevering blepharoplasties are performed to prevent hollow sunken eyes and fill the groove between the eyelid and cheeks. A blepharoplasty operation



takes about 2 to 2.5 hours for the upper and lower lids on each eye to be treated. If you are having another procedure, such as a facelift, at the same time, then an overnight stay in hospital may be required. Otherwise, patients can usually go home after eyelid or eye bag surgery on the same day as their operation.

HOW LONG WILL IT TAKE TO RECOVER FROM EYELID OR EYE BAG SURGERY?

Most patients find that they are ready to go out in public and be seen in around a week to 10 days following this procedure. Most of the swelling and bruising will have subsided after this period of time.

WHAT ARE THE RISKS AND POTENTIAL COMPLICATIONS FROM BLEPHAROPLASTY?

The eyes can be uncomfortable and swollen following surgery to your eyelids. The pain usually stops a few days after the surgery, but swelling may persist for over two weeks.

Other risks or complications following blepharoplasty include some minor and temporary difficulties such as: temporary blurred vision; dry or gritty eyes; temporary problems with too much tear production; difficulty closing the eyelids completely.

The following are more serious but unusual difficulties following eyelid surgery: infection; bruising; a reaction to the anaesthetic; nerve damage; the occurrence of asymmetries (i.e. the eyes looking lop-sided) or irregularities in the eyelid.

A more serious, but very rare side effect, is bleeding behind the eye (retro bulbar haematoma). This can affect vision but the risk is thought to be less than 1 in 10,000.

WHAT SHOULD YOU DO AFTER A BLEPHAROPLASTY OPERATION?

- Use recommended painkillers as required; do not take aspirin or Nurofen as both increase bruising and swelling;
- Take time off work and cancel social engagements for at least 10 days;
- Use cold compresses after surgery to help reduce the swelling around the eyes;
- Wear sunglasses when out and about
- Bathe the eye area to keep it clean. Eye drops may also be recommended if you experience any dry or itchy eye problems;
- Apply any antibiotic ointment recommended to reduce the chance of infection in the treated area;
- Your surgeon will advise you when to begin exercising and more strenuous activities, as sweating and the shaking or jarring of the skin is not always helpful to the healing process;
- Contact your surgeon immediately if you notice any signs of infection or if you experience bleeding or a sudden increase in pain.

WHAT SHOULD YOU NOT DO AFTER A BLEPHAROPLASTY OPERATION?

- Don't smoke or exercise for 4 weeks;
- Don't worry when you look in the mirror two days after surgery. The swelling goes up quickly and will go down quickly;
- Don't consider Blepharoplasty within six months of laser eye surgery;
- Don't insert contact lenses until 10 days after surgery. You will need your glasses to see;
- Don't apply make-up until the sutures are removed;
- Don't drive for a week.

There are very few absolute indications or absolute contraindications to cosmetic eyelid surgery or blepharoplasty. Every person's situation must be carefully considered in the light of all of the factors we've described here, and the surgery must be thoughtfully tailored to each person's needs to best meet their goals.

WHO KNEW?

A quarter of 40 to 60-year-old women said they would opt for an eyelift to smooth out wrinkles, according to a Superdrug study.

Doctor WHO'S WHO

Dr John Curran has been named as one of the UK's top 30 superstar surgeons, dermatologists and cosmetic doctors in the country by the prestigious Tatler magazine in their 'Beauty and Cosmetic Surgery Guide 2012', which is considered to be the bible of all the great and the good in the cosmetic world both in the UK and abroad.

"Offshore accounts aside, the Channel Islands best kept secret is probably Curran. A former president of the Cosmetic Doctors Association, he is a genius at correcting sun damage, which is handy in this part of the world – he has an outdoorsy clientele, who are constantly jumping on and off their yachts. He is a big fan of Obagi skincare and peels, which nuke dark spots quicker than a scud missile. He is also very up on the latest technologies, which he rigorously researches, and only cherry-picks machines that are proven to work. His latest toy is INTRAcel, a Korean import that uses radio-frequency, fractionalized laser treatment and needling to tighten and retexture the skin."

Says John: "It's a great honour to be mentioned alongside some of my most respected colleagues in the field of cosmetic surgery and medicine. The team at the Guernsey Aesthetic Skin Clinic are constantly pushing boundaries, introducing new serious non-surgical treatments, which are bringing celebrity style treatments to the general public with amazing results."

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In the News

Vampire Facelifts *Fact or fiction?*

Piggybacking on the incredible popularity of the 'Twilight trilogy' and our apparently insatiable appetite for

Vampires, we now have a new treatment for dry wrinkled, photo-damaged skin, called the 'Vampire Facelift'.

The VF is getting a lot of media attention, because of its name, not because of spectacular results. It did not originate in Transylvania (not sure where it got started), but this is the essence of the process, as it is understood. The procedure involves taking a blood sample from the patient, removing the platelets, and then reinjecting a platelet rich plasma (PRP) into the patients skin in an apparent attempt to improve the skin quality by increasing the number of collagen fibres in the skin. This procedure has been tested on lab rats, but so far, the medical community is skeptical. Treatment costs around £1500 over three sessions, with a reported approval rating of 60%, but does it work?

Dr Curran says, "That's another story. But it's a big story because cosmetic surgeries and procedures are all about results. In an unregulated industry, such as we have in the UK, new fanciful treatments with exotic names pop up from time to time without firm evidence of effectiveness. I haven't seen any good photographs or scientifically valid studies to support the advantage of this technique and product over the existing and ultra-successful fillers, such as, Juvederm and Sculptra. Cosmetic facial surgeons need to study the results and the longevity before we can pronounce PRP a successful and mainstream treatment. When I see some results (either good or bad) faithfully portrayed in technically consistent, medical journal-standard publications, with before and after photographs, I will update you."

*Watch out or this
one might bite you!*

Zytase

Is This The New Botox Booster?

A new pill is promising to make the wrinkle-smoothing effects of Botox injections last for 30 percent longer.

The Zytaze tablets are also said to help the cosmetic injections (which cost up to £400) take effect faster.

More than one million people in the UK use the cosmetic jabs to combat wrinkles, but the downside is that the benefits last for just three months.

The new pill appears to be little more than a vitamin supplement which contains a high dose of zinc combined with an enzyme called phytase which helps the body absorb zinc.

A clinical trial of the pill, published in the Journal of Drugs in Dermatology, found that 92 percent of patients taking Zytaze reported Botox treatments lasted for several weeks longer than normal, and also helped the jab to take effect more quickly.

Cosmetic surgery experts in the UK said the results were interesting but further research should be done.

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