

aesthetic skin clinic

The Body Issue

The Magazine

INTRAcel
Star of the Show

*What's
new
Pussycat?*

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Stealth Lifts

*The only sign of
having a great
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In Defence of Cosmetic Surgery

If, as many studies suggest, you could improve your social status, get a better job and have your choice of sexual partners by becoming more beautiful, cosmetic surgery begins to make perfect sense. Yet as a society we still regard it with suspicion.

Is dyeing your hair any more moral than boosting your bust? Is lifting your face so different from shedding your waist? In a world that pushes us to put our best foot forward, shouldn't we applaud, rather than mock or envy, those who wish to take the next step?

There is no real sense in which cosmetic surgery can be described as perverse. We all ascend the same ladder; a nip and a tuck may make all the difference in getting to the next rung.

No one denies that cosmetic surgery raises a host of ethical, legal and medical questions. Unfortunately, much of the media coverage that the subject receives is designed to produce hysterical headlines.

There is little sober analysis of pros and cons, and few measured reflections in the context of society's attitude to beauty.

We judge people who do no more than adhere to the rules of human nature. From the cradle we are taught; all that is good is beautiful. When we praise someone's appearance, what we are really praising is the imagined goodness we associate with his or her beauty. But the attraction is slighted when we discover that the beauty is a result of cosmetic tampering. Having set the standard, we deride people for living up to.

As long as we encourage ugly ducklings to blossom into swans we cannot reasonably chastise those who seek a little help along the way. As long as we value youth and appearance and promote self-improvement in all its guises, as long as human beings are hardwired to value these things and there are people to perform the necessary medical procedures, cosmetic surgery will remain a fact of life.

Abridged from *The Dubliner*

*'A thing of beauty is a joy forever:
Its loveliness increases;
It will never pass into nothingness.'*

John Keats

*'Anyone who keeps the ability
to see beauty never grows old.'*

Franz Kafka

Essential Guidelines to Safe Surgery

Done well, the results of a cosmetic procedure can be life changing,' says plastic and cosmetic surgeon Mr. Nick Percival, a member of the British Association of Aesthetic and Plastic Surgeons (BAAPS). 'The key questions that need to be considered are "Am I in safe hands if the worst were to happen?" as well as "Does my doctor have the skills and experience to perform the best – and safest – operation for me?"

In September this year, a report by the National Confidential Enquiry into Patient Outcome and Death (NCEPOD) found that 70 per cent of cosmetic surgery clinics operate unregulated, over half of operating theatres were not properly equipped and that eight out of ten were offering complex surgeries such as breast reductions while performing as little as ten a year.

*'Does my
doctor have
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1. WHY ARE YOU HAVING THE PROCEDURE DONE?

Make sure that you are having the procedure done for the correct reasons. It is crucial that you are making the right decision for you and it is important at this stage to make a realistic appraisal of what you would like to change or improve in your appearance.

2. HOW DO YOU SELECT A SURGEON?

This is possibly the most important decision that you will make. Do your research and find a surgeon who is properly qualified to perform the procedure. He should be on a specialist register, and ideally be a member of BAAPS. Ideally he should specialise in the type of procedure that you require and have carried out multiple procedures. It is crucial also that not only can he successfully perform the procedure but that he can successfully deal with his mistakes.

3. DON'T BE A GUINEA-PIG

Ask for clear evidence that a new technique has been properly assessed, with all the risks and the benefits independently reviewed. Techniques, which have been established over at least five years, are more likely to be safe and effective.

4. EXPECTATIONS

This is a biggie! Be completely honest with your surgeon as to what you would like the outcome to be, if you aren't, then it is unlikely that you will be completely happy with the result. Open and honest communications at all times is essential. If your expectations are unrealistic in terms of outcome, then it is important for your surgeon to manage your expectations and explain what is possible, or perhaps discuss an alternative procedure, which will deliver a better result for you.

5. THE BIG 'B' – BUDGET

The cosmetic surgery experience should not be like going to Tesco's with a buy one get one free policy. Avoid these clinics at all costs; especially the ones where you don't meet your surgeon at the consultation stage, or are offering free 5-minute consultations. 'The first consultation should be a fact-finding mission where you can begin to analyze with the surgeon what's possible. This is crucial and should not be rushed. Whatever your budget there are safe treatments available.

6. THE BIG 'R' – RECOVERY TIME

Some cosmetic procedures require long periods of recovery and you must adhere to the post-operative advice of your practitioner for your wellbeing and safety. So make sure that whatever decision that you make, that you factor in enough time to recover and heal.

7. WHERE SHOULD I HAVE IT DONE?

Do not be swayed by cheaper costs whether at home or overseas. Research the level of training and postoperative care. Your health and safety should be your main priority. If you opt to go overseas, there may be a problem with language barriers and postoperative problems when you come home.



The Stealth Lift

Now the only sign of having a great surgeon is no one believing you have got one. And that's the promise behind the new stealth face-lifts.

M

ost of us know what 'done' looks like. It's the wind-tunnel face-lift now spottable at 100 paces. It's the telltale 'pulled too tight' signs of surgery in celebrities such as Joan Rivers and David Gest. It's what anyone considering facial surgery most definitely does not want.

Enter the Stealth lifts. The combination of high-tech minimal access facial surgery with fat transfer is rumoured to be behind the natural looking visages of Sharon Stone, Demi Moore and Michelle Pfeiffer.

Until recently, surgeons would simply lift the skin back behind the ears and above the neck. Now the focus is on addressing the different components of the face only where the patient needs it, for example the cheek, jowl, or neck, by working on the muscle underneath the skin, known as the SMAS layer. The repositioning of this muscle allows a much more individual approach.

As the ageing process is unique to each individual, the 'one size fits all' facelift is being abandoned by many of the best surgeons in the world and replaced by the new tailored stealth lifts.

The stealth lift is quickly being accepted as a face-lift where you get the maximum lift for the minimum amount of surgery.

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The MACS facelift is a minimally invasive procedure that Mr. Nick Percival and his colleagues pioneered in the UK presenting to BAAPS in 2003. This is considered to be a 'scar less facelift' as only a minimal scar is visible.

The PSP facelift is a revised version of the MACS facelift and was introduced by the Cosmetic Surgery Partners over the last four years. It has been presented at European forums, and has been reported in both the Journal of Plastic Reconstructive and Aesthetic Surgery, and in the USA Cosmetic Surgery Times. It is quickly being accepted as a facelift where you get the maximum lift for the minimum amount of surgery.

Mr. Percival concludes, "The trend in modern facelifts, is to be less aggressive in terms of dissection, and this method gives a brilliant lift to the correctly selected patient."

These new procedures are more like facial sculpture than facial surgery. Repositioning of the SMAS layer in conjunction with volumising procedures and areas of fat removal allow a very bespoke solution to facial surgery. "Chin liposuction can make a great difference to a patient's face and clearly



refine their neck area. It's one of the most effective treatments in terms of visibly beautiful results," says Mr. Nick Percival.

While even the best stealth lift won't magically give you the face of a twenty year old, it will keep them wondering why you look so damned fabulous.

Keep them guessing!



The Rise of the Silver

Middle-aged man? Can't face going bald? Fear not. Combovers and weaves are out and hair transplants are on the rise. With the advances in Hair Transplant Technology it is safe to say that the science is in place, to allow men to hold on to their leonine manes long into their twilight years!

Hair transplants have been gaining huge popularity after being endorsed by celebrities such as Jude Law, Kevin Costner, Mel Gibson, James Nesbitt, and Wayne Rooney. Hair transplant surgery is a permanent hair restoration solution for hair loss. It is a safe, simple and a personally life-transforming procedure.

Hair loss at any time of life is distressing and embarrassing, and as it is often associated with ageing, it can make you look and therefore also feel older than you really are. This can cause significant psychological issues, affecting confidence and self-esteem. As hair loss is very visible, it also affects the way society views you.

Many patients confess to going to considerable lengths to conceal their hair loss prior to seeking treatment; from hairstyles to disguise the hair loss, to literally wearing a hat.

But behind the social stigma of the balding that affects 25% of men in their twenties and 60% of men before they are forty is a more shocking development; hair transplants are getting quite good, and men are starting to boast about their flash new rugs.

Direct Hair Implantation (DHI) is now available in our Jersey Clinic. Using the specialized DHI Implanter, a tool developed to prevent the follicles from being "over handled" and reducing the risk of less viable implants, surgeons can remove hair from a designated site and create a natural hairline.

This advance in technology also ensures that the risk of pitting and discolouration is absolutely minimal. Taking the plunge is obviously a big decision and something, which our professional team at the Aesthetic Skin Clinic can discuss with you.

Dr Mark Tam answers a few of the more common questions about this procedure.

Dr. Mark Tam is a widely acknowledged expert in Hair Transplantation and is a member of the International Society of Hair Restoration. He has won numerous awards in his specialty, including the Phidias Gold for his Hair Restoration service and clinical research.

Fox

Celebrity endorsements have been helping Hair Transplant Technology gain huge popularity.

How common is hair loss?

It occurs more often among men, with "male pattern baldness" being the commonest form of hair loss and experienced by about 70% of the male population. With women, about 30% will get some amount of hair loss during their lives and the psychological impact is likely to be greater among women.

Is this the same in women?

In women, it's a different kettle of fish. Some women experience hair loss that involves the entirety of the scalp – in these cases surgical hair restoration wouldn't be an option because there is no area we could use to get the hair in order to perform the transfer. Causes for hair loss in women range from medical conditions associated with hair loss to adverse reactions to medications or even the effects of certain grooming practices.

Why do people come to you?

People come to us because they are distressed about their hair loss. It's great that there are some people who don't think it's a big deal, but there can be significant psychological side effects when someone starts losing their hair, particularly as hair loss is inherently associated with ageing. People feel embarrassed and their confidence decreases, as they can feel much less desirable when their hair is affected in this way. Hair loss is hard to hide and

can result in a severe lack of self esteem; at ASC we hope to help people regain their confidence and feel happy without having to wear a hat.

How soon do you see results?

Everyone is different but on average you'll probably start to see new hair about four months after the surgery, but this is hard to predict. Results continue to improve for around 18 months following a hair transplant, but nine months is usually the point at which we can see significant results and after a year nearly all of the transplant should have started growing. For the next six months or so, the hair will thicken visibly.

Where does the hair come from?

The hair is from donor sites on the patient's own head.

How high is the success rate?

Very high, with over 80% of the follicles being viable and success – fully producing hair.

And how much would we need to loosen the purse strings for a procedure like this?

As every patient is different, I couldn't really say for sure before examining the patient's head. As a rough guide, small areas, which would need only one session, would be about £3,000 – £5,000, but this



would increase if multiple sessions were needed or the treatment area was larger. Every patient has to be assessed before treatment and at that point will be advised of the cost.

How will it look immediately afterwards and how long does it take to recover?

Immediately after the procedure, the treated area will look red and mildly swollen with very short stud of hairs, this will take a few days to settle down and you may wish to take a couple of days off work after the treatment. With the DHI technique, it is really a minimal invasive procedure. The healing is faster compared to other techniques and within a few days you can start washing your hair and you can pretty much go back to your normal activities in a week.

Will I have hair like Elvis? (Will I have hair like I had in the past?)

The goal of hair restoration treatment is to improve the coverage in the area and to improve the cosmetic result. It is unlikely that we can restore the hair density to what you had before the onset of hair loss; your consultation at the ASC will be able to inform you more.

To contact Dr Mark Tam and his team on: 01534 625090 or visit: www.askinclinic.co.uk

Interview published in the Gallery magazine.

Aesthetic Breast Surgery

Managing Your Assets

‘When I see surgeons advertising free 5-minute consultations for surgery, I am seriously concerned!’

Mr. Nick Percival FRCS

Approximately 10,000 women have breast implants in the UK each year making it by far the most popular cosmetic procedure. Not even the recession or the risk of complications has dampened our desire for the perfect cleavage.

Our resident surgeon Mr. Nick Percival FRCS, considers some essential points to keep in mind when considering breast augmentation. As a highly regarded surgeon who has performed multiple breast procedures, he believes that there are some key issues, which are important for patients considering breast implants to be aware of.

1 *The consultation, not the actual operation is the most important part of surgery*

Although there are some types of breasts with particular surgical difficulties, in most cases the operation is relatively easy. What is difficult is what goes on during the consultation. As well as explaining possible complications, it is extremely important to give the patient a very accurate idea of what kind of result she can expect. Managing expectations is the key to successful outcomes, as well as explaining possible complications in an understandable way. When I see surgeons advertising free 5-minute consultations for surgery, I am seriously concerned!

2 *The biggest factor influencing what a patient looks like after surgery is what they looked like before*

Once I have listened to what the patient wants to achieve and have examined her, I can advise her if what she wants is possible, and if not then what is possible. Only then can I advise her on the type of implant, which will be best. I sometimes show patients before and after photographs of other patients (anonymous) whose breasts were similar to their own. It's great to be able to visualize the outcome and it gives the patients a very realistic expectation of their result.

3 *What is the best shape of implant, teardrop or round?*

Anatomical implants are shaped more naturally like a teardrop following the body's natural lines with the result that the upper part of the breast remains filled over the long term. Breast width, height and projection are important considerations for anatomical implants and can help clarify what you see as the ideal shape and size for you new breasts. Teardrop implants give the surgeon a lot of flexibility in shaping the breast due to a wide range of implants being available and giving women who have asymmetrical breasts or would like to change the shape of their breasts a better choice.

Round implants come in different degrees of 'roundness'. They have two dimensions, diameter and projection. A low profile implant has a wider flatter look with a small projection and a high profile implant has a bigger projection giving a rounder, more 'sticky-out' look like Victoria Beckham's. Do not think that all high profile round implants look like balls. They can look completely natural in the properly selected cases. For a patient who has ample breast tissue and who wishes to restore a more youthful appearance to their breasts e.g. age or post pregnancy sagging, then a round implant would ably meet their needs without the risk of rotation.

4 *Is it better to place the implant in front or behind the muscle?*

There is no 'best way' for all patients. I prefer generally to place the implant behind the muscle, as it tends to anchor the implant and create a better degree

of stability. Generally, the thinner patients with less natural breast tissue will get a better result if the implant is placed behind the muscle as it will look more natural and the risk of seeing rippling is reduced. If, however, the patient has more breast tissue with a degree of sag, she will probably do better with an implant placed in front of the muscle. If the implant is placed behind the muscle the unsupported breast tissue may hang down away from the implant, the so called 'Snoopy' effect. The other technique is a dual plane technique where the implant ends up half in front of the muscle and half behind.

5 *Never mind the volume – think about the width*

In general terms, the bigger the implants you choose the greater risk of complications. However for any given size, the wider the diameter, the greater the risks, as the surgical pocket created to house the implant is wider and increases the risk that nerves will be damaged. Some breasts are at risk of a 'double-fold' effect. This is where the old crease under the breast remains visible above the new crease created by the implants. The risks of complications can be identified during the initial consultation and appropriate steps taken to avoid them.

6 *Avoiding complications*

Two of the most well documented problems associated with implants are encapsulation and rupture. The recently well documented reporting on the ruptured French PIP implants has highlighted the risks of undergoing a surgical procedure. Choose your plastic surgeon wisely and do your homework.

At CSP we use exceptional quality Nagor implants, which have a fantastic safety profile. We also as part of our surgical protocol use an antibiotic wash prior to inserting the implant, which has greatly reduced our incidences of encapsulation.

We are also looking at polyurethane coated implants, which are in the trial stages. Their unique texture and formulation promises to reduce future problems of encapsulation.

What's new Pussycat?

The Art of Facial Sculpting

While the "Pillow Face" is caused by using too much filler, the "Cat Face" is the result of having too much of everything – all done badly.

"I think that it is important to keep a delicate touch when using volumising procedures otherwise the results can appear very unnatural. Facial contouring is a subtle art and the experienced practitioners create beautiful results," says Dr John Curran, Fellow of the BACD.

Those soaring eyebrows occur when too much Botox is given, especially in the centre of the forehead. This makes it very smooth and can cause the centre of the brows to drop. The outer edges of the eyebrows then fly up in a very artificial way.

"I think that it is important to keep a delicate touch when using volumising procedures otherwise the results can appear very unnatural. Facial contouring is a subtle art and the experienced practitioners create beautiful results,"

Dr John Curran,
Fellow of the BACD

The second element of the cat face is cheek fillers. If too much is put in, the enlarged cheek presses against the eye, making it look smaller and slanted. This is especially obvious if the woman is smiling.

Plastic surgeon Rajiv Grover, from London's King Edward VII Hospital, says: "Studies show the central facial triangle is a major element of the beauty of the young face. Full cheeks act as a 'pedestal' for the eyes, enhancing their appearance. Plumping up our cheeks makes us look more youthful and returns us to our former beauty."

Fillers, in moderation can be amazingly rejuvenating. Celebrities try them and get a lot of compliments. So they think: "Why not put in more and look even better?"

So it's not surprising that celebrities are learning the lessons of those who have gone too far with Botox and fillers.

They want to portray themselves as natural. Moderation is critical to success. Plausible deniability is the objective. So a lightness of touch and a keen eye is essential for aesthetic success.

Unlike some reality TV stars whose anatomy appears to have been purchased off the assembly line, most people want to retain their individuality and come across as themselves but in the best possible light so they look immune to the worst effects of ageing.

The emergence of a new beauty standard doesn't mean that the efforts of the old disappear. It still takes work and we wish it didn't.

It's just that the craft is changing.

In the News

The incident with PIP implants is tragic and we may not know how many women will suffer from severe complications. However, the PIP situation should not taint the entire breast implant industry at large. The PIP implants that were prohibited by the French authorities,

were found to be filled with industrial grade silicone. This material is not the same filling substance that was approved for use, and thus does not meet the safety and quality requirements of medical grade silicone. Ask your plastic surgeon what implants you are getting before undergoing a breast augmentation, breast lift with implants or breast reconstruction procedure, and discuss your options carefully to make an informed decision. Choose your plastic surgeon wisely and

do your homework. Reputable, qualified surgeons will be more discerning in their choice of medical devices and are more likely to be using only the safest breast implants for their patients.

'Choose your plastic surgeon wisely and do your homework.'

5 Things you never knew about breasts

1 British women have Europe's largest Breasts, with more than half of us wearing a D cup or above.

2 Smokers' breasts tend to sag, as chemicals in cigarettes destroy the skin's elastin.

3 The women who seek breast augmentation fit three main categories. Most are either women who have never had the breasts they wanted, or women post-pregnancy who want to regain what they have lost. The smallest group, by far, are women who just want really big breasts. They are a tiny minority but they represent the implant image.

4 Fifty years ago, Timmie Jean Lindsey, a thirty-year-old factory worker from Texas, became the first person to have silicone breast implants, boosting her B cup breasts to C's.

5 Until the turn of the 20th century, whalebone corsets were worn by women, that made breasts appear larger and waists impossibly tiny, displacing internal organs and making deep breathing an impossible luxury. Aesthetically, the garments flattened the waist and uplifted the bust. A small waist meant wealth and social standing, but many women developed heart and digestive problems.

YOU'LL NEVER GUESS... *The lies told about Cosmetic Surgery*

The Reasons That You Look So Well

- ✗ You're having an affair
- ✗ You have just got back from a week at Koh Samui in Thailand
- ✗ You have found God
- ✗ You have had an oxygen tent installed in your bedroom

Bruise Excuses

- ✗ Dental surgery
- ✗ Accidental fall/ski injury
- ✗ Mugging
- ✗ Crazy sex injury
- ✗ Flesh eating virus

Every so often a new technology pops up that proves to be a game changer. I was at an international conference in Paris earlier this year with the great and good of Cosmetic Medicine and Surgery when I came across a new device, INTRAcel, which changed my whole approach to skin tightening and rejuvenation. Being more medical than surgical, I love devices, which can emulate the skills of the knife, and boast little downtime.

From a dermatologist's point of view, it was so intuitive in that it combined three cutting edge technologies: radio frequency, dermal needling and fractional treatment. Downtime was only a couple of days and the results were stunning.

Instead of burning the superficial skin, it bypasses the epidermis using radio waves and delivering high energy

Downtime was only a couple of days and the results were stunning.

deep in to the dermis using an insulated micro-needling technique. Spacing between the tiny needles allows the effects to be delivered in a fractional manner sparing healthy tissue to facilitate a rapid healing and regrowth of new tissue.



YES WE CANNES!
Move over laser, here comes the space age.

It was love at first sight. I bought three devices, one for each of my clinics, and have treated hundreds of patients so far. My favourite is tightening neck skin, jowls and eradicating those nasty smokers lines on the upper lip. Our big breakthrough is the 'Radio-frequency Facelift', a combination of Thermage and INTRAcel, which is hard to beat.

Our big breakthrough is the 'radio-frequency facelift', a combination of Thermage and INTRAcel, which is hard to beat.

Validation came in Cannes at the Five Continents Conference. It may have been coincidence, but 'Merkozy' summoned the world leaders shortly after, perhaps to hear the good news.

INTRAcel and needling fractional radiofrequency was all the buzz. Interest in surgical techniques paled in comparison as Dermatologists vied to show their newly honed skills with radio-frequency. Deep acne scars and wrinkled skin retreat in its path, skin shrinks and reforms glistening with new vigour.

Clinical protocol varied from one physician to another, but all agreed that something new had happened. Could Dermatologists finally steal a march on their surgical colleagues?

The war cry was raised "Yes we Cannes!"

INTRAcel won't be the only device of its kind. Others will follow, but I don't often say this. Needling RF is the schizzle, and I haven't even turned on the sublimative function yet!

Dr John Curran

LIGHTS, CAMERA, ACTION!

We launched our new ASC website late October. Now that was a labour of love, but it was definitely worth it.

It's a bespoke state of the art website featuring all the cutting edge technology that we have introduced into our clinic, including in-depth looks at our vast selection of treatments with fabulous new video footage.

We imported a little bit of 'Hollywood' into Jersey, when the film crew joined us for a few days to video all our new treatments for the website, so the staff made sure that they were looking their absolute best. Ready for their 'close up' if necessary!

We have also jumped on to the social networking platforms and you can now follow us on Facebook, Twitter and view us on YouTube. Also check out our blog, which addresses some of the more topical issues in the cosmetic world. We invite your participation and comments. They keep us on our toes!

**WE IMPORTED
A LITTLE BIT OF
'HOLLYWOOD'
INTO JERSEY**

Skinstation mobile website is launched January 2012

Our website has been designed for use across the ever increasing range of mobile platforms and requires no downloads or app updates, simply browse to our site on your mobile service. A specially designed, mobile optimized version of our Skinstation website puts the features you need most at your fingertips. Order your favourite skincare brands on the move – anytime anywhere. Now that's what I call service!

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