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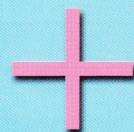
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reversing signs of ageing with facial rejuvenation

by Dr Marco Faria Correa, Plastic Surgeon

Time stops for nobody and we all know that growing old is a natural process. It was believed that only people with good genes will look younger; however, science has proved otherwise. In the recent eight to ten years, advancements in medical technology have offered us various facial rejuvenation options that can help us change our appearance to stay and look younger.

The new trend in facial rejuvenation is back to going under the knife. In this article, we will look at the some common problems faced by many and how facial rejuvenation methods can help to turn back the clock.

THE PROBLEM

Sagging facial skin, double chins, loose skin, deep smile lines, redundant fold of skin and hanging tissue, and flabbiness and lines around the neck

THE FIX

3-Dimensional Facelift

Facelift is a surgical procedure that tightens the skin of the face and removes large creases and wrinkles that have formed around the nose and mouth resulting in a more youthful appearance. The procedure helps re-define the cervico-mandibular angle (sharpening the angle where the neck meets the jaw), re-define the jaw line, and elevate the cheeks to give a more youthful appearance. Facelift surgery can last from two to five hours, depending on how much details the patients wants to solve.

The total recovery process usually takes about one to two weeks, depending on individuals. During the first week after surgery, the stitches are usually removed between day three and day eight, and most of the bruising and swelling will almost be gone by the end of the first week.

THE PROBLEM

Expression lines like crow's feet and forehead lines, fine lines and deep smile lines and wrinkles

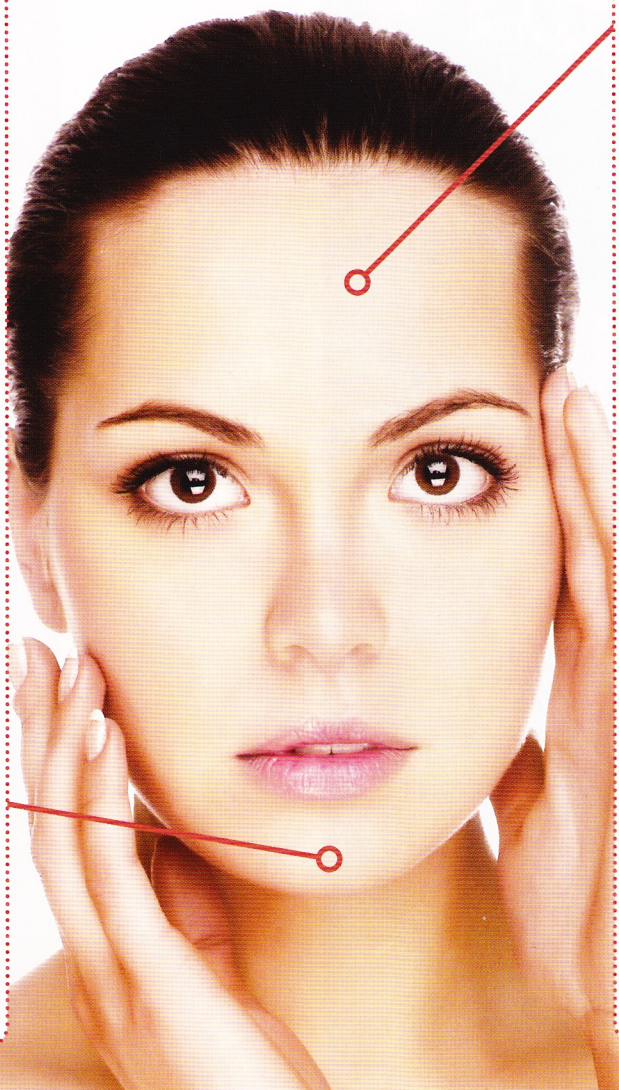
THE FIX

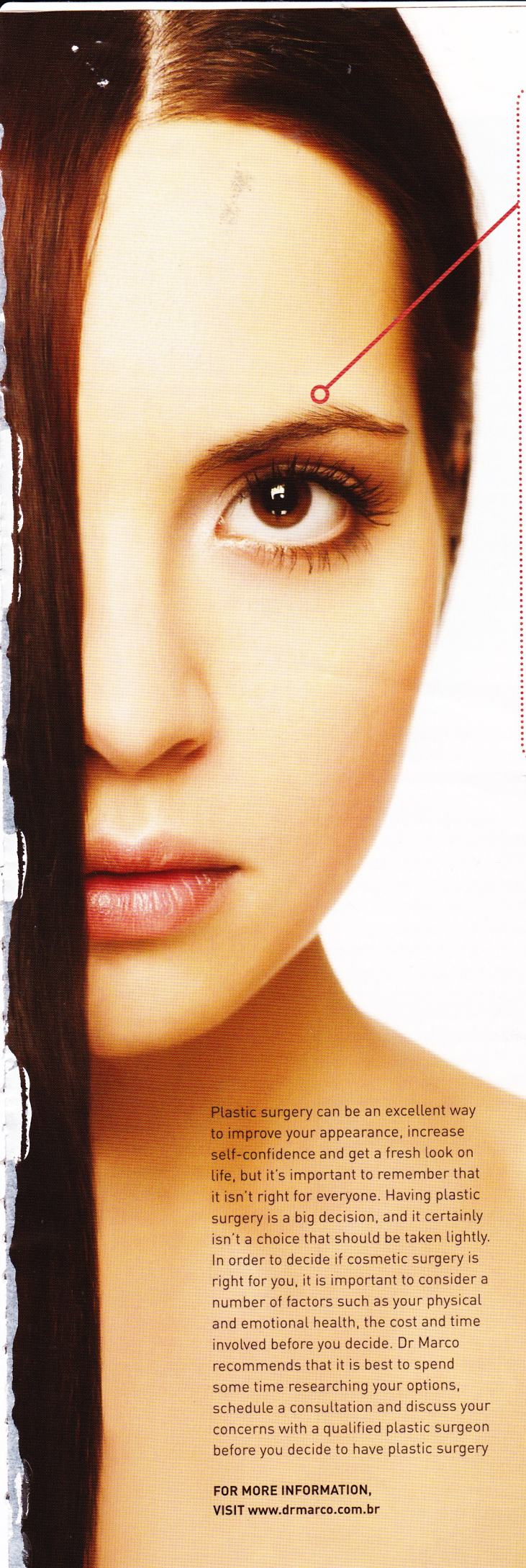
Liquid Facelift with Fillers and Botox

Liquid facelift uses various kinds of liquid products as fillers to refill cheek bones, deep smile lines, and chin or nose augmentation. Dermal fillers are natural 'volumiser' that fills under the wrinkle, which is then lifted up and smoothened out.

Botox, another kind of liquid product, is a protein derived from botulism toxin that is administered via a few tiny injections directly into the muscles in order to minimise or smooth out lines and wrinkles on the face. The treatment is usually done in about 15 to 30 minutes, and no recovery time is needed. The effect of one treatment can last up to four months.

Such methods are less invasive and expensive than a facelift and the results are immediate, but for those who with hanging or excess skin, these methods cannot replace or substitute a facelift. Stem cells fat injections are also used to enhance certain areas.





THE PROBLEM

General ageing appearance, premature lines, wrinkles and drooping caused by excessively strong and active frown muscles

THE FIX

Minimally Invasive Endoscopic Brow Lift or Forehead Lift

A brow lift or forehead lift procedure is a cosmetic surgery procedure performed to overcome the adverse effects of ageing, repetitive muscle activity and sun exposure on the forehead, brow and upper eyelid area. This procedure helps to correct a drooping brow and upper eyelid, improve horizontal brow lines and smooth out the forehead and any furrows from above the bridge of the nose.

The surgery can be performed in two ways, using either a traditional incision technique or through the latest technique using Minimally Invasive Surgery (MIS), which is also commonly referred to as 'Keyhole Surgery' or Endoscopy Surgery.

Minimally Invasive Surgery (MIS) is performed with the aid of an endoscope (a slim viewing instrument). This method is especially suited for men and women with a thin or receding hairline, as the likelihood of visible scarring after surgery is greatly reduced, explains Dr Marco.

With either the use of a brow lift surgery or an Endoscopy brow lift surgery, the surgery will take about one to one and a half hour, and is done as a day surgery procedure that usually does not require hospital stay.

Although the recovery period is about five days, we have seen patients returning to work after three days, says Dr Marco.

Plastic surgery can be an excellent way to improve your appearance, increase self-confidence and get a fresh look on life, but it's important to remember that it isn't right for everyone. Having plastic surgery is a big decision, and it certainly isn't a choice that should be taken lightly. In order to decide if cosmetic surgery is right for you, it is important to consider a number of factors such as your physical and emotional health, the cost and time involved before you decide. Dr Marco recommends that it is best to spend some time researching your options, schedule a consultation and discuss your concerns with a qualified plastic surgeon before you decide to have plastic surgery

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