

body

# WHAT'S NEXT IN MINIMALLY INVASIVE PROCEDURES FOR 2016?

GONE ARE THE DAYS OF DOWNTIME AND LENGTHY HOSPITAL STAYS – SMALLER PROCEDURES CAN ACHIEVE GREAT RESULTS ACCORDING TO SYDNEY COSMETIC PHYSICIAN DR BUDDY BEAINI. ERIN DOCHERTY REPORTS.



AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



Whether it's facelifts, eye surgery or vaginal rejuvenation – nowadays, the possibilities of minimally invasive cosmetic procedures are endless. Sydney cosmetic physician and director of MD Cosmedical Solutions Dr Buddy Paul Beaini is an advocate of minimally invasive procedures, particularly using the latest laser technologies.

'I believe such procedures hold a lot of promise for the future of cosmetic enhancement industry. They offer convenient walk-in, walk-out alternatives to surgery, with minimal discomfort and downtime,' he says.

## TREATMENTS FOR THE AGEING FACE

Dr Beaini's go-to non-invasive anti-ageing treatments are Fraxel and Thermage, which can take years off a person's appearance – with minimal side effects and downtime.

Fraxel laser treatment uses microscopic laser columns that penetrate deep into the dermis to create tiny wounds, triggering the body's natural response system to heal those wounds. This process speeds up the body's remodelling of collagen and elastin, resulting in tighter, fresher, more youthful-looking skin.

'Think of your skin as a digital photo that is delicately touched up one spot at a time. Similarly, Fraxel treatment affects a fraction of tissue at a time with thousands of microscopic laser columns – each just one-tenth the diameter of a hair follicle,' says Dr Beaini.

Fraxel laser treatments vary in strength, downtime, the amount of procedures needed and the final results. Less aggressive treatments, such as Fraxel re:store or Fraxel re:fine, can achieve impressive results for mild to moderately damaged skin over the course of three to six treatments.

For skin tightening, Thermage is another non-invasive procedure that tightens and renews the skin's collagen in all three layers. The treatment heats the skin's collagen, causing immediate tightening, as well as improved tone and texture. Improvements continue for around four to six months following treatment, as the collagen continues to build.

Thermage improves the skin's texture and reduces sagging skin, as well as contouring the jaw line and underneath the chin. It also softens wrinkles around the mouth, eyes and forehead.

'Due to this collagenesis the skin looks more plump and refreshed. One Thermage treatment can make a patient look years younger and can last three to four years in most individuals,' Dr Beaini says.

Dr Beaini recommends using Thermage and Fraxel in a synergistic way to treat skin conditions. 'When combined,

## THE 15-MINUTE SNORE SOLUTION

Sleep Eze is a new, painless, fast and long-lasting laser treatment offering sufferers renewed hope in the battle against sleep deprivation.

Targeting the cause of snoring and mild obstructive sleep apnoea, Sleep Eze uses laser technology to target the roof of the mouth and back of the throat. Heating the soft tissue and stimulating collagen production, this tightens soft tissue so it's not loose and prone to vibration.

Three short treatments are typically needed over six weeks, with more than 90 percent of snorers and 70 percent of sleep apnoea sufferers experiencing improvement.

'There's no pain involved – it feels like drinking a warm cup of tea,' says Dr Beaini. 'Plus there's no downtime; you can go straight back to work afterwards.'

After the third treatment, the soft tissue gradually tightens and the outcome is long lasting. 'Within three months after the first treatment, you should notice a defined change and improvement to your snoring and sleep apnoea,' he says.

As tissue does soften with age, Dr Beaini recommends his patients return every 12 to 18 months for single maintenance treatments.

Some of the devices on the market aimed at reducing snoring can be inconvenient, uncomfortable and are temporary solutions. 'Sleep Eze is the only real permanent treatment and offers an invaluable long-term investment in sleep quality,' says Dr Beaini.

'If you don't treat it, snoring can get worse and develop into sleep apnoea. For people with sleep apnoea, any reduction in severity can make a significant difference.'

further skin tightening and face lifting can be achieved to maximise results,' he says.

When working in conjunction, Fraxel targets collagen remodelling in the upper part of the dermis to improve skin quality and reduce wrinkles and lines, while Thermage addresses deeper sagging in the skin from gravity and the natural ageing process.

'Together, the two treatments offer suitable patients effective and predictable results for a variety of skin types and conditions,' says Dr Beaini. 'I believe the combined results of both treatments are superior to the outcomes that may have been achieved by using one technology alone.'



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# VAGINAL REJUVENATION

A no-fuss laser treatment for vaginal and bladder rejuvenation, Dr Beaini offers the Aphrodite treatment, which uses laser energy to help improve gynaecological health, boost sexual satisfaction and relieve stress incontinence.

Women experiencing vaginal dysfunction – in the way of dryness or discomfort during intercourse, leaking of the bladder when sneezing, coughing or laughing, or persistent irritation and inflammation – often put the symptoms down to the inevitable effects of ageing. Now, with advancements in laser technology, the Aphrodite treatments can deliver a non-surgical method for rejuvenating the surrounding muscles and improving vaginal and bladder function.

As a woman's body experiences childbirth or as a result of natural ageing, the tissue surrounding the vagina can become weakened, resulting in a condition known as vaginal atrophy. Aphrodite laser vaginal rejuvenation results in a tighter, more elastic and rejuvenated vagina, as well as enhancing the appearance. The treatment also strengthens the tissues supporting the bottom wall of the urethra, helping to improve stress urinary incontinence.

Stress urinary incontinence is the involuntary loss of urine caused by the weakened tissues supporting the urethra as a result of childbirth or the normal ageing process. It is a common and embarrassing problem for many women.

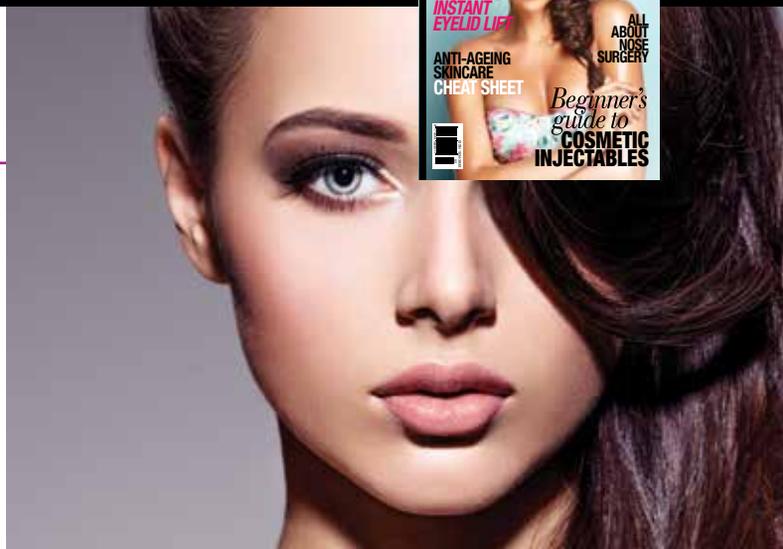
The non-surgical laser treatment is a hallmark procedure in the newly established field of cosmetogynaecology, offering a convenient treatment that rejuvenates the vaginal tissues with minimal discomfort and downtime.

# EYELID HOODING SURGERY

'When we look at an individual's face, our attention first focuses on the eyes, and any abnormality or asymmetry,' Dr Beaini explains. For this reason, blepharoplasty – or eyelid hooding surgery – can achieve significant results in rejuvenating the entire face.

The procedure involves excising excess fat and skin from the upper and/or lower eyelids to open the eyes for a fresher, more alert appearance. 'The day surgery is performed under local anaesthesia, and can be used in conjunction with other treatments such as brow thread lifting, non-invasive skin tightening and laser skin rejuvenation,' he says.

'If an individual has droopy, aged eyes, the first impression is that he or she is sad, tired or unwell,' Dr Beaini continues. 'Eyelid surgery is a very effective and long-term solution for such individuals, and automatically has the effect of revitalising the entire face.'



# THREAD LIFTING

This is a minimally invasive way to lift the skin on the face to achieve a younger and more contoured appearance and help counter the inevitable effects of gravity.

The procedure involves inserting dissolvable threads into the skin's dermis, or support structure, to trigger the synthesis of collagen and elastin at the site. The threads act as scaffolding for the production of these new connective fibres, lifting and bolstering the tissue for an anti-ageing and rejuvenating effect.

'I have been performing mini-facelifts and neck lifts with threads over the past few years,' Dr Beaini explains. 'We have seen exceptional face lifting and rejuvenation results in more than 95 percent of our patients.'

Thread lifting is suitable for those patients hoping to reverse the descent of facial soft tissue associated with ageing, or to waylay the need for a surgical facelift. It is performed under local anaesthetic, and incurs some mild swelling and possible bruising post-procedure.

'Thread lifting is commonly used to address mid-face drooping, deep cheek wrinkles, deep nasolabial lines, excessive jowling, and neck laxity,' Dr Beaini explains. 'Other concerns include brow droop, facial asymmetry and loss of cheek positioning.'

# BAT EAR CORRECTION

Dr Beaini offers a permanent non-surgical treatment to correct and reshape protruding ears (bat ear correction). He performs the procedure with a mild sedative and local anaesthesia; no hospitalisation, general anaesthetic or surgical incisions are required.

'Any abnormality and asymmetry in facial appearance will attract attention, which is particularly relevant to individuals with bat ears,' Dr Beaini explains.

'These patients were born with this problem and, in most cases, are burdened with underlying emotional issues relating to the appearance of their ears. The joy and relief they experience once their ears are corrected makes this treatment extremely desirable.' **csbm**