

body

# REJUVENATE WITH THE LATEST LASER TECHNOLOGIES

WITH INCREASINGLY ADVANCED MEDICAL LASER TREATMENTS, WE ARE NOW ABLE TO TREAT A WIDER RANGE OF MEDICAL AND COSMETIC PROBLEMS THAN EVER BEFORE. ERIN DOCHERTY REPORTS.

Lasertreatments can offer a non-invasive alternative to surgery and have, over the past few years, revolutionised the cosmetic enhancement industry.

Using the latest laser technologies, Sydney cosmetic physician and director of MD Cosmedical Solutions, Dr Buddy Paul Beaini, is able to deliver professional laser treatments for problems ranging from snoring and sleep apnoea to stress urinary incontinence, skin tightening and vein treatments. The non-surgical laser-treatments offer convenient walk-in, walk-out alternatives to surgery, with minimal discomfort and downtime.

AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



## THE 15-MINUTE SNORE SOLUTION

Offering sufferers renewed hope in the battle against sleep deprivation, Sleep Eze is a new painless, fast and long-lasting laser treatment that targets the cause of snoring and mild obstructive sleep apnoea.

Dr Beaini offers Sleep Eze at MD Cosmedical Solutions and is impressed with the results achieved. '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, in turn, tightens soft tissue so it's not so loose and prone to vibration,' he says.

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, he 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.'

## VAGINAL REJUVENATION

Dr Beaini offers a no-surgery, no-fuss laser treatment for vaginal and bladder rejuvenation. The Aphrodite treatment use 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. Symptoms include vaginal dryness, burning sensation, vaginal discharge, genital itching, burning with urination, and decreased vaginal lubrication during sexual activity. Aphrodite laser vaginal rejuvenation results in a tighter, more elastic and rejuvenated vagina, as well as enhancing the aesthetic appearance of the vaginal area.

Aphrodite laser vaginal rejuvenation 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 walk-in, walk-out treatment that rejuvenates the vaginal tissues with minimal discomfort and downtime.



## body



## TREATMENTS FOR THE AGEING FACE

An ageing face can be rejuvenated by combining non-invasive treatments to help tighten sagging skin and resurface aged, sun-damaged and wrinkled skin.

Dr Beaini's go-to non-invasive treatments are Fraxel and Thermage, which can take years off a person's appearance – with less risks, side effects and downtime compared with some other treatment modalities.

'Both treatments typically involve minimal discomfort and little downtime so most patients can continue their daily routines without interruption,' says Dr Beaini.

### HOW DOES FRAXEL WORK?

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.

### HOW DOES THERMAGE WORK?

Thermage is a 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 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.

## COMBINING THERMAGE AND FRAXEL

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

## LASER VEIN TREATMENT

Using state-of-the-art laser technology, Dr Beaini specialises in laser vein removal treatments for unsightly face and leg veins. This includes medical vascular treatments for the removal of face veins and leg veins (spider veins, capillaries, vascular birthmarks and varicose veins). This technology is clinically proven and has visible long-lasting results in the vast majority of patients.

The procedure requires no downtime and is described as a gentle 'lunchtime treatment', with no surgery, anaesthetic or painful sclerotherapy injections.

The Nd:YAG laser is a specialised vascular laser used to treat deeper tissues and longer vascular structures. The laser works by emitting focused high-energy light to the vessel. This will damage the vein, causing scar tissue to form. This scar tissue closes the vein; a closed vein loses its source of blood and dies. After a year or two, the vein is likely to disappear. **csbm**