

# HEALTH CHECK



Before



After

## Permalip – a new alternative to collagen?

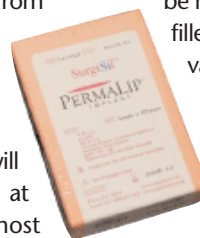
**PERMALIP IS A** revolutionary new, permanent lip implant that was introduced to the UK earlier this year and is already proving a great success.

The 20-minute procedure, which produces incredibly natural looking results, was performed on the first three UK women in February by Roy Ng, consultant plastic surgeon at The London Clinic. Made from soft, but solid silicone, and in a shape corresponding to the dimensions of the lips, Permalip is being tipped as the new alternative to injectable fillers.

Unlike injectable fillers, Permalip will not need to be replaced or renewed at specific time intervals and, most

importantly, it is removable, should a patient wish to return to their original lip appearance. It is put into place via two small incisions in the corner of the mouth and the whole procedure can be carried out in approximately 20 minutes.

Roy Ng comments: "What makes Permalip so attractive is that the results can be more easily predicted than injectable fillers. The implant is available in a variety of diameters and lengths to accommodate the uniqueness of each person's lip characteristics and so, from the outset, patients can feel reassured that they will have very natural looking results."



Welcome to a special edition of The London Clinic's bulletin to keep you up-to-date with the latest developments in cosmetic surgery through the expert eyes of some of our leading surgeons.

## Pioneering new surgery for breast cancer patients

**WITH BREAST CANCER** the most common cancer in the UK, accounting for almost one in three (30%) of all cancer cases in women\*, it is becoming more important that patients know about the latest advancements in reconstructive breast surgery. David Ross, plastic and reconstructive surgeon at The London Clinic, is leading the way with a pioneering new form of surgery - Superior Gluteal Artery Perforator Flap.

This highly intricate procedure involves microsurgery to remove areas of fat from the upper or lower buttock to help reconstruct

the breast area. Blood vessels from the armpit or near the breastbone are used to create a new blood supply for the tissue that has been moved to the breast. Scarring is invisible to the human eye, as a result of it being carefully hidden in the crease of the buttock.

Women who would benefit most from the type of surgery are those who have a lot of abdominal scarring from previous surgical procedures, require a larger breast size to be reconstructed, or who are particularly slim, therefore making it much harder to remove tissue from elsewhere on the body.

\*Breast Cancer Care

## Choosing a consultant – dos and don'ts

**FOR THOSE WHO** have recently decided to undergo cosmetic surgery, the next big decision is choosing the right consultant – crucial to ensuring the whole process, from start to finish, runs smoothly. The London Clinic's cosmetic surgery team recommends the following three steps to help achieve the best results...

1. Choose a consultant who is listed on the General Medical Council (GMC) Specialist Register and is a member of BAPRAS (British Association of Plastic, Reconstructive and Aesthetic Surgeons) or BAAPS (The British Association of Aesthetic Plastic Surgeons)
2. See three surgeons before

making a decision. Aside from qualifications, you need to have a good rapport with your chosen consultant and a lot of confidence in him/her, particularly when considering facial surgery

3. Always pay for a consultation. Free consultations nearly always involve the patient being 'sold' something somewhere along the line.

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# Using liposculpture to change the shape of the body

**STILL STUCK WITH 'saddle bags' or 'love handles',** despite leading a generally healthy and active lifestyle?

Unwanted deposits of fat can be a common problem, even for slim people, and some fat deposits, no matter how hard we try, cannot be removed simply through healthy eating and dieting alone.

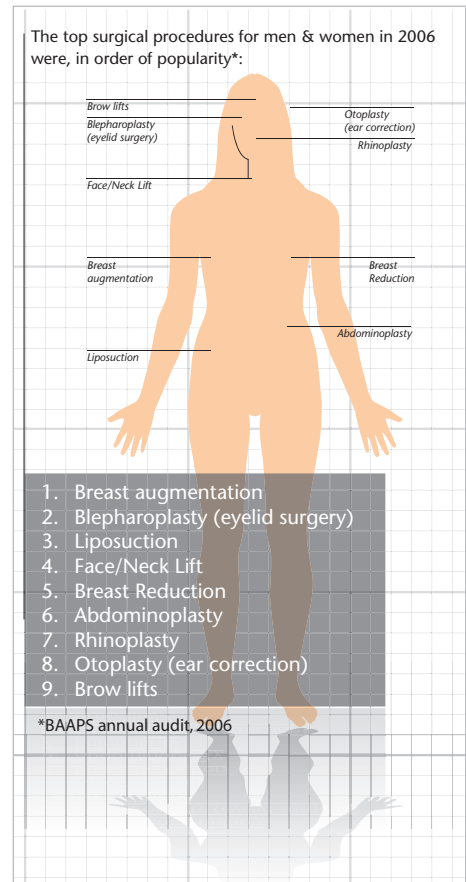
Dalia Nield, consultant plastic and reconstructive surgeon at The London Clinic, has seen a substantial increase over the last few years in the number of slim and healthy patients coming to her, unhappy with their general body shape. Now, thanks to a relatively new procedure called liposculpture, there is a solution.

"A common misconception among the public is that liposuction is used purely to make fat people thin. But, used in a refined way, liposuction can also help change the shape of the body by permanently

removing those fat deposits that will never disappear as a result of dieting or exercising."

Liposculpture uses liposuction to change the shape of the body to achieve an attractive body contour. In addition to 'saddle bags' and 'love handles', it also works for large hips and thighs, thick ankles, a double chin or large upper arms. Even if following surgery a patient puts on weight, the fat deposits in these areas will not return.

Dalia adds: "Liposculpture produces a normal body contour for people who, as a result of genetics rather than poor diet or lack of physical activity, have a body shape that they are unhappy with. Liposculpture produces striking changes and beautiful results and is fast becoming one of my most popular procedures."



**Q How long do fillers last and which is the best option?**

There are many different fillers on the market which

can be divided into permanent and non permanent. Most injectable fillers are non-permanent and last on average between 3-6 months as they are intended to be easily absorbed. However, some can last up to two years, others less - duration varies very much from patient to patient. The benefits, however, can be dramatically reduced if the patient continues to smoke and/or drink.

More recently, collagen filler has lost its popularity, primarily because of hypersensitivity and the requirement of a test patch before injection. Alternatives include hyaluronic acid, calcium hydroxyl appetite and polylactic acid.

**Mr Mark Ho-Asjoe, consultant plastic, reconstructive and aesthetic surgeon**

**Q How can chemical peeling benefit me?**

A chemical peel removes the tired blemished outer layers of the skin and unveils a more radiant and more youthful complexion. By removing the sun damaged outer layers, chemical peeling reduces the risk of skin cancer. By stimulating new collagen formation in the dermis, chemical peeling improves wrinkles. There are a number of different methods of chemical peeling.

It can be done in slow motion and in an invisible way over six months or so by the evening application of a weak concentration of Retin A or other similar products. Alternatively, it can be done in a single session of treatment using more potent agents such as trichloroacetate. Brown marks, whether you have one or two pale ones or many dark brownish-black ones, can be cleared very simply in three sessions using a liquid nitrogen spray known as cryotherapy.

All of these treatments are available at The London Clinic.

**Dr Christopher Rowland-Payne, consultant dermatologist**

**Q Six months ago I had surgery to make my nose appear smaller. However, I am still not happy with the results. Can I go back to my surgeon and ask him to re-operate? Is it dangerous to have more surgery in such a short period of time?**

The first thing to understand is at six months, the nasal skin and tissues are still changing, albeit slowly, and it is therefore advisable not to consider re-operating for at least 12 months following surgery.

However, you should make an appointment with your surgeon to discuss your concerns, so they are clearly documented and a plan agreed, even if it is just for review.

Re-operation may be necessary if there is an obvious structural problem such as irregularity or asymmetry, but there are also some non-surgical tricks available, particularly to deal with swelling around the nasal tip which may be useful.

**Mr Charles East, consultant facial, ENT, head and neck surgeon**

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