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Look Good Instantly This New Year



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Here are some quick tips to look and feel good instantly in ushering the new year.

BOTOX

What is botulinum toxin type A?

Botulinum toxin is a purified substance that's derived from bacteria. Commonly known types of botulinum toxin type A injections include Botox and Dysport.

Injections of botulinum toxin blocks muscular nerve signals, which then weakens the muscle so it can't contract. The end result is diminished unwanted facial wrinkles.

Botulinum toxin can be used to help smooth:

- Crow's feet
- Forehead furrows
- Frown lines
- Skin bands on the neck

Smiling, frowning, squinting, and even chewing – basically any facial movement – can eventually lead to one of the most common signs of aging: wrinkles. They can make you appear tired or even angry when you are not. One of the quickest and safest remedies to remove wrinkles is an injection of botulinum toxin type A.

Botulinum toxin can be combined with other cosmetic surgical procedures – such as face lift, neck lift or non surgical skin procedures – such as fillers, – to further improve your results. This combination of therapies can even help to prevent the formation of new lines and wrinkles.

Injections of botulinum toxin may seem like a simple procedure to you, since it's just a few shots. But it's actually both an art and science that only an experienced healthcare professional should do.

There are 43 muscles in your face and it's vital that the person who performs botulinum toxin injections understands and pinpoints the correct spots to optimize your treatment.

A very thin needle is used to inject small amounts of botulinum toxin into specific muscles.

By carefully choosing specific muscles, your healthcare provider weakens only the wrinkle-producing muscles, preserving your natural facial expressions.

Botulinum toxin treatment injections usually take less than 15 minutes.

The number of injections you need will depend on your facial features and the extent of your wrinkles. Crow's feet, for example, usually demand two to three injections. Furrows above your brow could take five or more.

No anesthesia is required. There is no down time or recovery time for botulinum toxin injections.

You may resume normal activities immediately.

You may notice results within a few days, but it can take up to a week to see the full effect. This improvement typically lasts about three to four months.

When the effects of botulinum toxin begin to fade, your muscle reactions and the wrinkles will return.

FILLERS

What are fillers?

Fillers help to diminish facial lines and restore volume and fullness in the face.

As we age, our faces naturally lose subcutaneous fat. The facial muscles are then working closer to the skin

surface, so smile lines and crow's feet become more apparent.

The facial skin also stretches a bit, adding to this loss of facial volume. Other factors that affect the facial skin include sun exposure, heredity, and lifestyle.

Fillers can be used to:

- Plump thin lips
- Enhance shallow contours
- Soften facial creases and wrinkles
- Improve the appearance of recessed scars

Fillers can be very helpful in those with early signs of aging, or as a value-added part of facial rejuvenation surgery.

What fillers won't do:

For some patients, surgery such as a facelift, brow lift, or eye lift may be the best approach. Non-surgical rejuvenation treatments, such as soft tissue fillers, cannot achieve the same results, but may help delay the time when consideration of a facelift becomes appropriate.

If you want to reduce facial wrinkles and lines, hyaluronic acid may be a good choice as a filler because of its compatibility with the human body.

In fact, this substance is found in almost every single living thing. In humans, it acts as a network that transfers essential nutrients from the bloodstream to skin cells.

Hyaluronic acid is a natural substance found in your body. High concentrations are found in soft connective tissues and in the fluid surrounding your eyes. It's also in some cartilage and joint fluids, as well as skin tissue. It is extracted and reformulated and now has become one of the most popular kinds of injectable fillers. If the term sounds familiar, it's because the same substance is often injected into the aching joints of people with arthritis to ease pain and provide extra cushioning. Hyaluronic acid is not derived from animal sources.

When this gel is injected, it acts like an inflated cushion to support facial structures and tissues that may have lost volume or elasticity due to normal aging. It also brings water to the surface of skin to keep it looking fresh and supple.

There are several different types of fillers.

Fillers differ in chemical make-up, longevity, and have varying degrees of softness. Softer fillers are used in the lips, for example, while sturdier fillers might be desired to enhance cheekbones.

Your surgeon will determine with you the best type and volume of filler needed for your particular areas of concern.

For many people, the use of "off-the-shelf" fillers can be a simple office-based procedure that can nicely enhance their appearance. These fillers are very predictable, and have relatively minimal risks and side effects. These fillers are often injected in the surgeon's clinic.

You may be a good candidate for fillers if you:

- Are physically healthy
- Don't smoke
- Have a positive outlook and realistic goals in mind for the improvement of your appearance

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