



KKLIU: 0902/2014

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#### Our Core Medical & Surgical Specialties

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- Cardiac Care
- Diabetes & Kidney Care
- ENT, Head & Neck Laser Surgery
- Fertility & Reproductive Health
- Gastroenterology & Liver
- General, Minimally-Invasive & Cancer Surgery
- Hand & Microsurgery
- Neurology Services
- Obstetrics & Gynaecology Services
- Ophthalmology Services
- Orthopaedic, Spine & Sports Injury
- Paediatric Services
- Plastic & Reconstructive Surgery
- Respiratory Care
- Urology Services

#### Our Facilities & Services

- 24-hour Accident & Emergency Services
- 24-hour Emergency Hotline
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- Clinical Laboratory Services
- Day Care Unit
- Dietetic Services
- Endoscopy Unit
- Fully-equipped Operating Theatres
- Imaging & Image Guided Surgery Centre
- IVF Laboratory
- Medical & Surgical Specialist Clinics
- Multidisciplinary & Specialised Wards
- Physiotherapy & Rehabilitation Services
- Pharmacy
- Wellness & Screening Centre



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HOSPITAL



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## health

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# Age-defying Beauty Secrets Using Non-invasive Techniques

## 1. BOTOX

Botulinum toxin type A, or botox, is a purified substance derived from bacteria. Injections of botulinum toxin block 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, and skin bands on the neck.

The action of botox injections lasts for only four to six months.

Regular use of Botox every four to six months can help to reduce the appearance of wrinkles and help patients obtain a smooth and youthful appearance.

## 2. FILLERS

Filler injections 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, and improve the appearance of recessed scars. Filler injections can be very helpful in those with early signs of aging, or as a value-added part of facial rejuvenation surgery.

## 3. PRP (PLATELET-RICH PLASMA)

Platelet-rich plasma is, as the name suggests, blood plasma that has been enriched with platelets. PRP takes on the form of a viscous gel containing high levels of several platelet-derived growth factors that may then be injected into the face in much the same manner as other dermal fillers for facial rejuvenation. About 10 millilitres of blood is taken from the patient and is processed to separate the plasma rich in platelet. This is then injected to various parts of the face for rejuvenation and enhancement.

## 4. FAT INJECTIONS

Some patients may want to consider fat injections, which uses fat harvested from the patient's own body which can then be re-injected to several areas in the body to enhance the appearance of the individual.

Fat injections can be given to any part of the body where volume is deficient. Common areas of injections include face ( cheeks, lips, chin, nose, forehead ), breasts, buttocks, depressed scars or cavities, and chronic wounds.

Fat injection requires a more extensive procedure than "off-the-shelf" soft tissue fillers. An appropriate "donor area" must be determined (such as the abdomen or buttocks) and using a specialised technique for liposuction the fat is extracted together with the stem cells. The fat harvested is carefully processed and transplanted to the desirable sites.

## 5. THREAD FACE LIFT

Face and neck can be lifted using special threads to restore the facial contour and youthful appearance.